

## **Help in a Crisis**

### **Resources for depression, suicide, disasters**

Sometimes life brings burdens we cannot carry alone. There are people and resources who can help. "Bear one another's burdens, and so fulfill the law of Christ." Galatians 6:2

### **Literature on Depression, Suicide, and Disasters**

<http://www.nimh.nih.gov/health/publications/suicide-in-america/index.shtml>

<http://www.nimh.nih.gov/health/publications/depression-and-college-students/index.shtml>

<http://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-violence-and-disasters-parents-trifold/index.shtml>

<http://www.nimh.nih.gov/health/topics/depression/index.shtml>

### **Biblical Counseling in Boone**

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Cru Staff care about you and we are always available to help direct you to the most appropriate resources for your situation. If you need support, please ask us.