

Where Can I Get Help for My Teen or Family?

By Jennifer Sholund, Grants Coordinator

Once you've decided to take the next step and get help for you and your family, where do you turn? Before you reach out, you may want to take a minute to think about what's important to you in a counselor or agency. For example, is it important for you to have counseling that is biblically-based? Are you looking for a counselor/organization with experience, credentials, or both? What type of setting do you think would be the most comfortable for you and your family?

Here are a few suggestions to help you connect with the appropriate resources:

- **Talk to your pastor or contact a local church.** If you attend a local church, your pastor may know of qualified professionals in the area who have been successful in working with families like yours. If you're not part of a church, many churches welcome the opportunity to meet with families from the surrounding community to answer questions and offer support.
- **Talk with a trusted friend of family member.** Often when we're looking for a new doctor, real estate agent, babysitter, or other type of service professional, we turn to those whom we trust. Have they been through something similar or do they know of someone who has? If so, who did they connect with and was it helpful?
- **Contact a referral network or helpline.** Some communities have referral networks that provide families with a list of options to look into or national networks, like Focus on the Family, can suggest resources in your area, as well. Another option would be to contact a "one-stop" helpline organization like Crosswinds, who can provide guidance and support for families nationwide, either over the telephone, in your home, through their programs, or through resources right in your community.

Suggested Resources:

<http://www.focusonthefamily.com/>

Crosswinds, Inc. (855) 927-7963, <http://www.crosswindsyouth.org/>