

Walking With Shadows and Stephen Ministry Resources

Contact Person: Janet Speer (speerj@lmc.edu)

Resources

In Church Services

Walking with Shadows: A group that meets periodically to express feelings about family with mental illness or self-challenges. A trained Stephen Minister works with the group. The group is confidential. Contact Janet Speer. speerj@lmc.edu

Stephen Ministry: trained members of our church to serve parishioners who are suffering from grief, loss, and other challenges. This is a one-to-one ministry. For more information go to

Outside of Church Services (Local)

High Country Counseling: 828-499-8049

Dr. Suzanne McAdams MD Neurologist recommended for persons with Alzheimer's. 828 264-7720

Pathways Counseling and Wellness: A group of certified specialists in various counseling fields, including alternative healing. [Home \(pathwayscw.com\)](http://www.pathwayscw.com)

Daymark Recovery Services: Trained personnel for Substance and Alcohol Abuse. Newland. 828-733-5889

Appalachian State Counseling Center: 828-733-3180 counseling @appstate.edu

Mentor Behavioral Health: (828) 268-2172. mentorbhc@gmail.com

Appalachian Regional Behavioral Health: 828-737-7888

McKinney Marriage and Family Therapy 828-263-4113

Parent to Parent 828-262-6089

Mountain View Family therapy 828-260-9466 mountainviewfamilytherapy@gmail.com

NAMI – High Country: Mental health group meetings. Highly respected organization. Boone. 828=278-9293
info@namihighcountry.org

Numbers

24-hour Crisis Hotline: 866-275-9552

Suicide Prevention Lifeline: 800-273-8255