



Encourager Resources

As you are encouraging others, you may wish that you had something to pass onto them. We recommend the following resources, all of which are free of charge. You may even want to order some for yourself to have on hand to include in a note of encouragement. If you have any suggestions for our next list, please let us know!

Counseling

When Help is Needed, Managing Editor: David Sper
This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) at www.gospelcom.net/rbc/ds/cb931/cb931.html
Includes: Is Counseling An Option? What About Secular Counsel? Why Are Some Problems So Resistant To Change? What Kind Of Counsel Do We Need? When Do I Go For Counsel? A Note About Pastors. When Professional Counseling Is Needed. A Summary Of Biblical Counseling.

Depression

When Hope is Lost This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) at www.gospelcom.net/rbc/ds/cb973 Includes: An Overview Of Depression, Nature Of Depression, Setup For Depression, Process Of Giving Up, Reasons We Give Up, Process Of Recovery, Recovering Hope By Facing Despair, Recovering Faith By Facing Doubt, and Recovering Joy By Giving To Others.

Lonely But Never Alone This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) at <http://www.gospelcom.net/rbc/ds/hp911/>

How Can I Live With My Loss? This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) at www.gospelcom.net/rbc/ds/cb921/

Discouragement

Does God Want Me Well? This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) See website: www.gospelcom.net/rbc/ds/cb921/

10 Reasons to Believe in a God Who Allows Suffering This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net)

www.gospelcom.net/rbc/rtb/4rsn/

Joseph: Overcoming Life's Challenges This booklet is available free of charge by calling Radio Bible Class at 1-800-598-7221 or ordering online (or viewing in complete form on the net) at www.gospelcom.net/rbc/ds/q0715/

Suicidal

- If someone you are corresponding with is having suicidal thoughts that you deem as an emergency we recommend that you:
 - **Call 911** if you think it is an extreme emergency & you have the person's phone number or address.
 - **Encourage them to call** [available 24/7] [New Hope Telephone Counseling Center at \(714\) 639-4673](http://www.newhopecounselingcenter.com). This Christian crisis/suicide hotline is at Crystal Cathedral, in Garden Grove, CA. FREE
 - **Chat online privately** with a New Hope Counselor from Crystal Cathedral: 4 am until 12 am/7 days. FREE <http://newhopeonline.org/counseling/liveperson.html>
 - **Focus on the Family** 8 am-5 pm. Central, find a Christian counselor in your area or talk with a counselor on the phone. (800) A-FAMILY (232-6459) and ask for the "counseling department."
 - **Call us:** 888-751-7378; Rest Ministries does not provide: crisis intervention, professional counseling, medical or legal advice, any kind of suicide counseling.

Emergency Financial Problems:

In His Name Ministry may be able to help if one is having an emergency situation for food, shelter, etc. and he has exhausted all means. 405-942-7831. www.inhisname.org

Additional resources are at the Rest Ministries website, including where we list resources for encouragers to give out at:

www.restministries.org/icare_referrals.htm

*Rest Ministries, Inc.
888-751-REST www.restministries.org
PO Box 502928, San Diego, CA 92150*