

MTS Small Group Crisis Response Requirements

At times, dealing with the issues brought up in a Mending the Soul Small Group may result in painful emotions that a group participant has difficulty knowing how to handle. Since Mending the Soul facilitators are not professional or trained counselors, group participants must bring any problems they are experiencing to the attention of their facilitator so that the group participant and facilitator can discuss whether the participant has professional resources available and/or whether the participant should take a break from or discontinue participation in the group.

Group participants are required to use the following crisis response plan if the participant has difficulty handling the either the homework assignments and/or the group process:

Step 1: Try to identify your thoughts and particularly what is upsetting you.

Step 2: Write out and review more reasonable responses to the upsetting or destructive thoughts.

Step 3: Do things that help you feel better for about 30 minutes (e.g. taking a bath, listening to music, going for a walk).

Step 4: Repeat Steps 1 through 3.

Step 5: If the thoughts continue, get more specific, or if you find yourself preparing to do something destructive, call the National Crisis line.

Step 6: Commit to calling a counselor with whom you have an established relationship, or contact your facilitator to obtain a referral to a counselor.

Step 7: If you are feeling suicidal, feel you will engage in other destructive behavior, and/or do not feel like you can control your behavior, you will go to your local emergency room.

In summary, Mending the Soul Small Group participants are committed to living so that they can learn to thrive.

PROFESSIONAL ORGANIZATIONS TO CALL IN CRISIS:

National Helpline: 1-800-923-4357

National Suicide Hotline: 1-800-784-2433

Participant Initials: _____