



# The Suffering are Indispensable!

## Education #LifeWeek2021

- Locate Lutheran and Christian counseling centers in your community. Post location information publicly.
- Post a list of ways to deal positively with stress and anxiety.

- Plan educational events during suicide awareness and mental health awareness month.
- Create and post fact sheet of referrals for crisis hotlines and support groups.

- Invite speakers to discuss mental illness.
- Bring in a speaker on the warning signs of suicide and how to provide help to those contemplating it.

- Post fact sheets on suffering.
- Encourage open discussion about depression and or anxiety. Model vulnerability in this area.