

THE WELL

✦ September 2025

SPIRITUAL & MENTAL WELLNESS WITH LADY UMEKA

SEPTEMBER
**SUICIDE
 PREVENTION**
 AWARENESS MONTH



"THE LORD IS CLOSE TO THE BROKENHEARTED AND SAVES THOSE WHO ARE CRUSHED IN SPIRIT." — PSALM 34:18

"Anchored in Hope: Faith, Healing, and Mental Wellness"

Grace and peace, church family!

I have truly missed sharing this space of encouragement and connection with you since our last newsletter. The Well was created as a place to refresh our hearts and minds, to draw closer to God, and to remind one another that we are not walking this journey alone.

During the gap since June, I have felt a tug on my spirit to return and pour back into this community. It is a blessing to be back with you, continuing this journey of faith and wellness together.

*As we step into a new season, we honor **Suicide Prevention and Awareness Month** and recommit to being a community where hope lives, prayers cover, and help is always within reach.*

If you are carrying a heavy load, please know you are not alone. We see you. We love you. God is near.

My prayer is that this newsletter once again serves as a reminder of the strength we find in Christ, the comfort of community, and the peace that comes when we choose to lean on Him.

This month, let us choose three rhythms together: **Check In, Speak Life, and Seek Help**. Your life matters to God, and it matters to us. Let us walk boldly into this new season with faith, hope, and a renewed commitment to one another.

*With love, honor and gratitude
 Lady Umeka*

In this newsletter you can expect:

Welcome Message from Lady Umeka

Faith & Wellness Focus: Strength for Today, Hope for Tomorrow

Mental Health Corner: You Are Not Alone: Suicide Prevention and Awareness Month

Monthly Challenge: 7 Day "Check In Challenge"

Church & Community Wellness Initiatives



Faith & Wellness Focus: Strength for Today, Hope for Tomorrow

Faith & Wellness Focus: **Strength for Today, Hope for Tomorrow**

Scripture Reflection: "I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

~3 John 1:2

Whole person wellness, spirit, mind, body, and relationships, keeps us steady in every season. Try this simple weekly check in:

1. Spiritual Health: Did I spend time with God today (Word, prayer, worship)?

2. Emotional Health: What am I feeling, and what do I need?

3. Physical Health: Did I rest well, hydrate, and move my body?

4. Relational Health: Who do I need to forgive, encourage, or ask for help?

Prayer: "Lord, steady my heart, renew my mind, and remind me that You are with me."

MENTAL HEALTH CORNER: YOU ARE NOT ALONE: SUICIDE PREVENTION AND AWARENESS MONTH

Know the Signs: Withdrawal, hopelessness, talk of being a burden, drastic mood or behavior changes, giving away belongings, increased use of alcohol or drugs, reckless behavior.

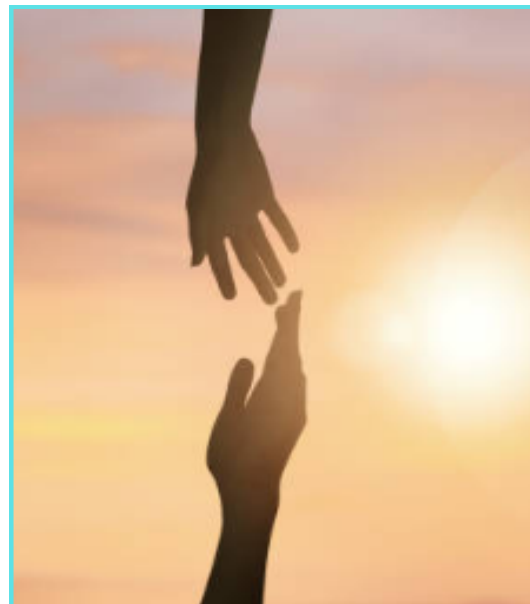
How to Help: Stay with the person if they are in danger, ask directly if they are thinking about suicide, listen without judgment, remove access to lethal means, and connect them to help **immediately**.

Say: "I am glad you told me. You are not alone. Let us get help together."

Quick Help Information:

- **In immediate danger:** Call 911
- **24/7 Crisis Support:** Call or text **988** (Suicide and Crisis Lifeline) or chat at 988
- **Text Support:** Text **HOME** to **741741** (Crisis Text Line)
- **Domestic Violence:** Call **1 800 799 SAFE (7233)** or text **START** to **88788**

If you or someone you love is struggling, reach out. The bravest thing you can do is ask for help.





7-Day Check In Challenge

"Small daily improvements over time lead to stunning results." – Robin Sharma

Day 1: Gratitude:

Write down three things you are thankful for and pray over them.

Day 2: Breathe:

Take five minutes for deep breathing or quiet meditation to calm your mind.

Day 3: Scripture Focus:

Read and reflect on Philippians 4:6–7 and journal one takeaway.

Day 4: Connect:

Share a meal, coffee, or conversation with a friend or coworker.

Day 5: Unplug:

Take a short break from screens and spend that time in prayer or nature.

Day 6: Serve:

Do one small act of kindness for someone without expecting anything in return.

Day 7: Worship:

Begin or end your day with worship music and a prayer of thanksgiving.



Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer low cost counseling options for children 11 and over and adults.

Let us help you find the support you need.

For more information, visit www.btg.org.



**Making Access to Care a Reality**

**BRIDGING THE GAP FOUNDATION**

ABOUT BTGF
Our Mission
To address the disparities associated with mental health and access to quality care within underserved communities.

Our Vision
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

WE CAN HELP!

WHAT WE OFFER
Access to culturally competent mental health professionals.
Funding for ten (10) professional counseling sessions

WHO WE SERVE
Adults, Adolescents, and children ages 11 and older
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

WHAT TO EXPECT

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

CONTACT US NOW
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YOU ARE NOT ALONE

[Click here to access flyer](#)

Thank you for reading!