



## **IWMN RESOURCES**



## CHRISTIAN COUNSELING RESOURCES IN THE IWMN COUNSELLORS LIST

**IWMN Resources**

### **San Diego, CA, USA:**

- Donna Scott, LMFT | Therapist | Speaker: Provides counselling services remotely or in-person. Contact at: [donna@donnascotttherapy.com](mailto:donna@donnascotttherapy.com)

### **Michigan, USA:**

- Gricelda Ramsey, LMSW | Therapist | Minister: Provides counselling services remotely or in-person. Contact at: [lifechangingtherapeutic@gmail.com](mailto:lifechangingtherapeutic@gmail.com)

### **London, ON, Canada:**

- Achlaï Ernest Wallace, Registered Psychotherapist | Therapist | Provides counselling services to clients in the U.S. remotely or in-person. Contact at [aernestwallace@wallaceandwallacehealingcenter.ca](mailto:aernestwallace@wallaceandwallacehealingcenter.ca)

## CHRISTIAN COUNSELING RESOURCES IN THE CHARLOTTE, TRIANGLE, AND TRIAD AREA

### CHARLOTTE, NC

1.

#### **Agape Christian Counseling**

2124 Crown Centre Dr., Suite 400  
Charlotte, NC 28227  
Telephone: 704-849-0144  
E-mail: info@ncagape.org

We offer professional counseling from a Christian perspective, blending proven psychological principles with sound Biblical truths. Our Counselors are Christians who are highly trained mental health professionals with Masters or PhD degrees and are licensed or pursuing NC licensure.

2.

#### **Charlotte Family Counseling Center**

2012 Highway 160 W STE 15 Fort Mill, SC 29708-8401  
or 1101 Tyvola Road, Charlotte, NC 28217.

### DURHAM/RALEIGH

1.

#### **Bridgehaven Counseling Associates**

DURHAM OFFICE:  
2304 South Miami Blvd, Suite 222  
Durham, North Carolina 27703 Phone: (919) 321-2275

2.

#### **LifeCare Counseling & Coaching**

1601 Jones Franklin Road, Suite 104,  
Raleigh, NC 27606

3.

#### **The Armstrong Center for Hope**

5315 Highgate Drive, Suite 102  
Durham, NC 27713-6623  
Multi-cultural, multi-ethnic counseling resource  
To inspire hope, renew the mind, and cultivate peace for every person who seeks transformation, regardless of one's current condition.

### GREENSBORO

#### **1. Crossroads Psychiatric Group**

600 Green Valley Road Suite 204  
Greensboro, NC 27408  
Phone: 336-292-1510

Crossroads is a group of caring mental health professionals who treat a range of problems,

integrating medical, psychological, social and spiritual principles. Our staff includes psychiatrists, a psychologist and professional counselors who believe that the whole person should be considered- body, mind, and spirit.

2.

#### **Restoration Place Counseling**

1301 Carolina Street, Suite 114,  
Greensboro, NC 27401  
336-542-2060

Restoration Place Counseling - Greensboro is a non-profit 501(c)3 organization that exists to facilitate emotional and spiritual healing in girls and women, while restoring dignity, virtue and honor to them, and empowering each to embrace her God-given identity. It is Affordable (sliding-scale fee rate) Professional Counseling for Girls and Women ages 12 and older.

### WINSTON-SALEM

1.

#### **Associates in Christian Counseling**

8025 North Point Blvd # 231, Winston-Salem, NC 27106. (336) 896-0065

*Associates in Christian Counseling* is a full-service counseling and psychological center serving the Triad since 1991. Those who seek our help will find a credentialed, professional [staff](#) offering a unique approach that is tailored to the needs of the individual client. This can include psychological concepts, Biblical precepts and a variety of mental health techniques and services.

2.

#### **Options**

3000 Bethesda Pl, Winston-Salem, NC 27103  
(336) 768-9768

Our counseling and therapies are designed from an integrative view: we look at the whole person and the whole situation when we think about mental health.

#### **3.HOPE Counseling & Consulting Services**

500 4<sup>th</sup> West St., downtown Winston-Salem

**HOPE** promotes and enhances health and recovery for individuals with mental illness, substance abuse, and behavior problems through high quality services



**IWMN Resources**

**CHRISTIAN COUNSELING RESOURCES  
IN Southern California**

**SAN DIEGO**

1. Donna S. Scott, Licensed Marriage and Family Therapist  
Donna Scott Therapy, Director/Owner  
San Diego Institute for Couples and Families  
donna@donnascotttherapy.com
2. Tanisha Fulcher, MFT | Therapist Provides counselling services remotely or in-person.  
Contact at (619) 432-3676
3. Dr. Nikki Watkins, LMFT, Licensed Mental Health Clinician | Provides counselling services remotely or in-person. Contact at: [linkedin.com/in/nikki-watkins-lmft](https://www.linkedin.com/in/nikki-watkins-lmft)  
Provides counselling services remotely or in-person.
4. Natasha Bailey, LMFT 619.370.1714
5. Theresa Warren-Johnson, AMFT 619.318.3274
6. Dr. Aliya Fonseca 619. 447. 0910 Ask for Christian Therapist
7. New Vision Counseling Center 619.630.3607

**Los Angeles**

<https://www.therapyforblackgirls.com/>



## MONTREAL IWMN Resources

## CHRISTIAN COUNSELING RESOURCES IN THE MONTREAL AND GREATER TORONTO AREA

1. Isaiah 40 Foundation  
Christian Counseling Center  
Westmount, QC H3Z 1S8

We are Christians of many denominations who have a deep confidence in the power of God to heal and transform people, growing them up into the full stature of Christ. Our Purpose is to teach, to heal and counsel, and to grow leadership. This is the work of making disciples – the work Jesus commanded us to do. (Matthew 28:20)

The clients of the Isaiah 40 Foundation come from a wide variety of faith perspectives, Christian and non-Christian.

2. Chantal Theberge, MSW  
Clinical Social Work, Therapist  
124 O'Connor Street, suite 310  
Ottawa, Ontario K1P  
[\(613\) 701-9768](tel:6137019768)
3. Rita Castenada, Licensed Psychotherapist [rita\\_dellacivita@yahoo.ca](mailto:rita_dellacivita@yahoo.ca)
4. Shayla Stephen, RSW, Counsellor [shaystep@hotmail.com](mailto:shaystep@hotmail.com)

Manon Washer, Christian Counsellor – [manonwascher@gmail.com](mailto:manonwascher@gmail.com)

5. Église Nouvelle Vie - <https://nouvellevie.com/vie-deglise/relation-d-aide/>  
Pastoral care is an integral part of New Life's vision of help. The Church is a "spiritual hospital" that guides each person to complete healing and restoration of their family, emotional, psychological and spiritual life. This pastoral accompaniment service is for people who attend the New Life Church on a regular basis.

## TORONTO

- Tyndale Counselling Services. | <https://www.tyndale.ca/family-life> | 416-226-6620
- Jessica Zeyl Psychotherapy | Individual, Couple & Family 416-763-4679
- Pregnancy care centre: <https://pccfriends.ca/about-us/#services>.

## LONDON

- Wallace and Wallace Healing Center | offers counseling remotely to clients in U.S. and Canada:  
*Where we encourage you towards mental & relational health,  
emotional wellness, physical soundness and spiritual wholeness.*

Achlaï Ernest Wallace, Psychotherapist: [aernestwallace@wallaceandwallacehealingcenter.ca](mailto:aernestwallace@wallaceandwallacehealingcenter.ca)  
Working with couples and individuals.

- Christian Counselling Centre  
<https://www.christiancounsellingcentre.ca> (Southwestern Ontario) - offers counseling remotely



## HOW TO RECOGNIZE IF YOU OR A FRIEND IS SUFFERING FROM SUICIDE IDEATION AND STEPS TO HELP

Your friend dealing with suicidal thoughts might experience the following:

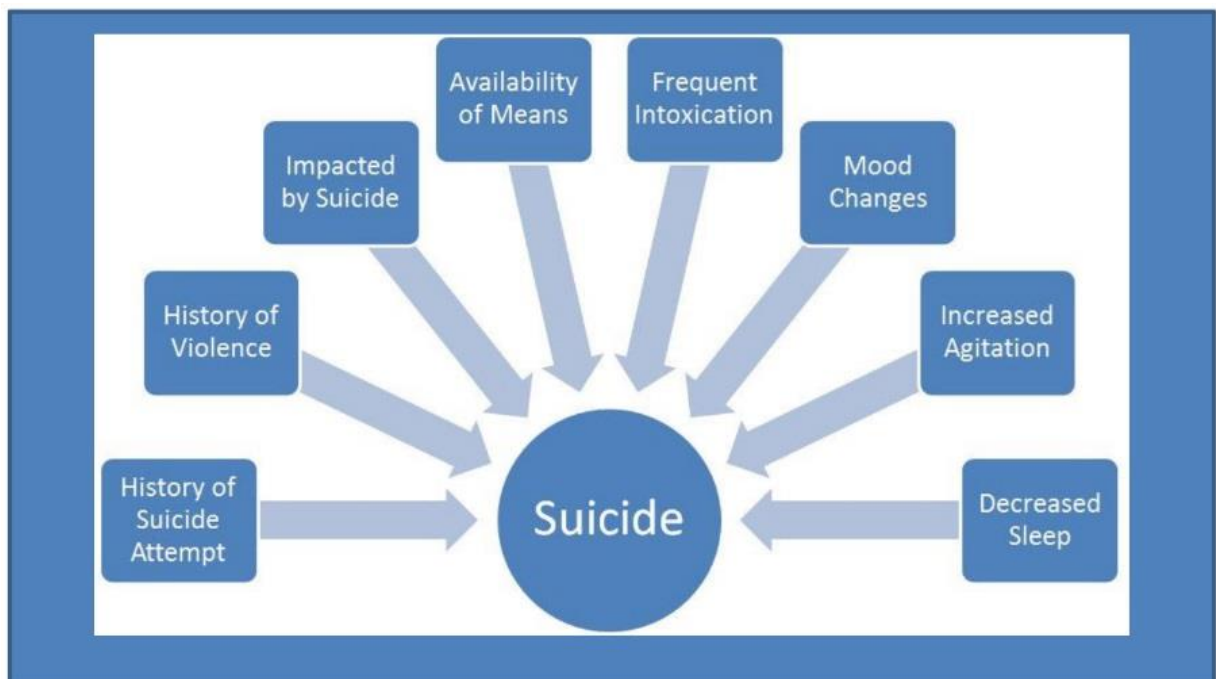
- ☑ Feelings of hopelessness
- ☑ Feeling trapped
- ☑ Feeling as if there are no other options or course of action
- ☑ Feeling alone or isolated
- ☑ Intense psychological pain
- ☑ Helplessness
- ☑ Perceiving oneself as a burden
- ☑ Complete numbness
- ☑ Preoccupation with death or leaving this world

Often people who perceive themselves as a burden, see themselves as incompetent and feel that their ineffectiveness is negatively impacting others.

It's important to recognize the warning signs.

Suicidal desire should prompt you to explore the second component of suicidality: capability which includes:

- ☑ Sense of fearlessness
- ☑ Availability of means
- ☑ Specificity of plan
- ☑ Any preparations made for an attempt





## IWMN Resources

Here is what you should look for and ask gently of your friend, do they have

- 1) An Idea
- 2) A Plan
- 3) A Means/A Method
- 4) A Date

For immediate help If someone has attempted suicide:

☑ Don't leave the person alone.

☑ Call 911 or your local emergency number right away. Or, if you think you can do so safely, take the person to the nearest hospital emergency room yourself.

☑ Try to find out if he or she is under the influence of alcohol or drugs or may have taken an overdose.

☑ Tell a family member or friend right away what's going on.

If a friend or loved one talks or behaves in a way that makes you believe he or she might attempt suicide, don't try to handle the situation alone:

☑ Get help from a trained professional as quickly as possible. Bring the person to the nearest medical facility ASAP. The person may need to be hospitalized until the suicidal crisis has passed.

When someone is experiencing suicidal ideation, it is crucial to approach the situation with care and seek professional help immediately. It is important to consult with a mental health professional for a comprehensive understanding. Here are five signs to look for in someone who may be experiencing suicidal ideation:

1. Verbal Cues: Pay attention to any direct or indirect statements that express thoughts of suicide, such as "I wish I wasn't here anymore" or "Everyone would be better off without me."

2. Behavioral Changes: Look for significant changes in behavior, such as withdrawal from social activities, loss of interest in previously enjoyed activities, or giving away personal belongings.

3. Emotional Distress: Notice signs of extreme sadness, hopelessness, or despair. They may express feelings of being trapped, worthless, or having no reason to live.

4. Increased Risk Factors: Take note of any recent traumatic events, loss, or major life changes that may contribute to their emotional distress. Substance abuse or a history of mental health issues can also increase the risk.

5. Social Isolation: If someone is isolating themselves from friends, family, or social support systems, it may be a warning sign. They may withdraw from relationships and avoid seeking help.

Remember, if you suspect someone is experiencing suicidal ideation, it is crucial to involve professionals who can provide appropriate support and intervention. Encourage the person to seek help from a mental health professional or contact a helpline in your country.

**CANADA:** 1.833.456.4566 | 24/7/365 for calls; 4 PM—12 AM ET for texts. SMS: 45645. Call 999 as of November 30

**USA:** Call 988 | 988 Suicide & Crisis Lifeline | We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.