

## Getting More Help When There Are Serious Problems

The workshop you are taking is an educational program that teaches you skills and principles that can help you build strong and healthy marriages, and couple or family relationships. However, it is not designed to address serious relationship and individual problems.

Since you are taking this time to think more about your life and relationships, it may also be a good time to think about other services that you or others you care about may need. **We provide this sheet of information to ALL couples and individuals in these workshops so that you will be aware of other available services.**

Even if your main goal right now is to improve your marriage or relationship, difficulties in other areas could make it that much harder to make your relationship work. Likewise, if you are having really severe problems in your relationship, it can make dealing with any of these other problems that much harder.

The good news is that participating in this workshop can be a gateway to getting other services. It can provide you with awareness, motivation and tools to help you take other steps to improve your life. Here are some areas where seeking additional help could be really important for you and your family.

### Financial Problems

- Serious money problems make everything else harder.
- Unemployment/job loss can be one of the key sources of conflict and stress for couples.
- While this workshop can help you as a couple to work more as a team, you may need more help to learn to manage your finances or find a job.

### Serious Marital or Other Family Problems or Stresses

- If you have serious marital or adult relationship problems where more help is needed that can be provided in this educational workshop, you can seek counseling from someone who specializes in helping couples.
- Coping with a serious, life threatening or chronic illness or disability in a child or adult can place a lot of stress on caregivers and their family relationships. Community resources often exist to help families with these kinds of issues.

### Substance Abuse, Addictions and Other Compulsive Behaviors

- No matter what else you have to deal with in life, it will be harder if you or your partner, or another close family member, has a substance abuse problem.
- Drug or alcohol abuse and addiction robs a person of the ability to handle life well, have close relationships, and be a good parent.
- Alcohol abuse can also make it harder to control anger and violence.
- Other problems families sometimes face include eating disorders, sexual addictions, and gambling.

You need to decide to get help with these problems to make your life better and the life of those you love. It will make it easier if your partner or spouse supports this decision.

### Mental Health Problems

- Mental health problems come in many forms, from anxiety to depression to schizophrenia, and place a great deal of stress on couple and family relationships.

- Depression is particularly common when there are serious relationship problems.
- Having thoughts of suicide is often a sign of depression. Seek help if you struggle with such thoughts.

The good news is that there are now many effective treatments for mental health problems with services available in all counties, including options for those with less means to pay.

### Domestic Aggression and Violence

- While domestic violence can take many forms, *the key is doing whatever is needed to make sure you and your children are safe.*
- While domestic aggression and violence of any sort is wrong and dangerous, experts now recognize different types, for example:
  - Some couples have arguments that get out of control, with frustration spilling over into pushing, shoving or slapping. This can be dangerous, especially if you don't take strong measures to stop the patterns from continuing.
  - The type of domestic violence that is usually the most dangerous of all and least likely to change is when a male uses aggression and force to scare and control a woman. Verbal abuse, threats of harm, and/or forced sexual activity can be part of this pattern.
- This workshop/program is not a treatment program for physical aggression. If you are dealing with aggression and violence in your relationship, you need more help than what can be offered in this program. That might mean seeking marital or relationship counseling or seeking the advice of domestic violence experts.
- If you have any questions about the safety of your relationship, you should contact a domestic violence program or hot line,

especially if you feel like you are in danger of being harmed.

The bottom line is doing what you need to do to assure that you and your children are safe. If you ever feel you are in immediate danger from your partner or others, call 911 for help or contact your Domestic Violence hot line.

### Where Can We Get More Help?

If you, your partner, or your relationship experiences any of these special problems, we strongly recommend that you get more help.

Your workshop leaders may have attached additional contact information for some resources in your area. You can also ask your leaders directly (in person or by phone) if you would like any other suggestions.

### **National Resources:**

A national domestic violence hotline: SAFELINE 1-800-799-7233

A national website with links for help with substance abuse and mental health issues:  
[www.samhsa.gov/public/look\\_frame.html](http://www.samhsa.gov/public/look_frame.html)

A national hotline for referrals to substance abuse treatment: 1-800-662-HELP

A national hotline for suicide prevention:  
National Hopeline Network  
1-800-SUICIDE (784-2433)

### **Local Resources To Consider:**

There are community mental health centers in all areas of the U. S. Other counseling centers and mental health professionals are often available as well (both non-religious and religious). Also, both clergy and family physicians are usually well aware of resources for various needs in their communities, so consider asking them for suggestions.

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