

# Developing a Referral List

## Worksheet 1

**The Goal:** To develop a ready-to-go list of resources that can potentially help the wide, various needs that a person can have. The list is meant to consider the full range of a person's needs. Consider adding and updating to this list as you learn about trusted resources.

### Section 1: Assessing your Congregation's Referral Needs

Consider the following to help develop priorities for building your referral list.

1. What are common recurring needs in your congregation? \_\_\_\_\_

\_\_\_\_\_

2. Think about your community holistically, what issues does your larger community face? \_\_\_\_\_

\_\_\_\_\_

3. What community and individual trauma erects barriers in your community? \_\_\_\_\_

\_\_\_\_\_

4. What are the age-specific issues that need to be addressed? \_\_\_\_\_

\_\_\_\_\_







**System needs:** lawyers; connections to mental health or family court; social workers; principals/superintendents; educators; transportation providers; accountants; rental agencies/ property manager

*Research these types of organizations in your community and record the name and contact information below.*

Provider Name	Service	Phone	Email	Website	Notes

**Organizations Providing Services:**

**Support Groups:** Gamblers Anonymous; AA; Al-Anon; Narcotics Anonymous; Celebrate Recovery; grief groups; Divorce Care; sexual assault support; life-changes (adoption, care-givers, chronic illness, etc.)

Group Name	Type of Group	Meeting Schedule	Meeting Location	Website	Contact
Ex: Life Group	AA	Tue, Fri 8pm	First Baptist Church	www.aalifegroup.com	Aiden Atkinson 704-594-0246


**Hotlines:** Suicide help; crisis hotline. Example: Hope for NC Crisis Counseling hotline: 1-855-587-3463 and National Suicide Hotline: 988. Your local Mobile Crisis Team for mental health concerns.

Hotline Name	Number	Service Area (national, statewide, countywide, etc.)

**Agencies:** hospice care; shelters; food pantries; rehabilitation and treatment centers; recreational centers for children; teenager resources; familiarity with public transportation

Agency Name	Agency Type	Phone	Email	Website	Notes
Ex: Salvation Army	Shelter	910-394-3045	housing@sa.org	Sa.org	Takes families


Links provided in the PowerPoint slides for Video 1:

- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) Treatment Locator](#)
- [NC Cares 360 Provider Locator](#)
- [Unite SC](#)
- [National Domestic Violence Hotline](#)
- [National Alliance on Mental Illness \(search for local affiliate\)](#)
- [CareNet Counseling](#)
- [Sanctuary Counseling Group](#)
- [Psychology Today \(helpful filters\)](#)
- [Online Therapists](#)

These are helpful links for faith leaders around mental health:

- <https://www.psychiatry.org/faith>
- [\(Article\) Pastoral Counseling: The Art of the Referral](#)
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/faith-mentalhealth-bibliography.pdf>
- [Mental Health Guide for Faith Leaders](#)
- [Quick Reference for Faith Leaders](#)

Links to see if there are affiliates in your area:

- [The Compassionate Friends](#) - Support after the death of a child
- [AARP Grief and Loss Resources](#) - Support after the death of a senior
- [National Widower's Organization](#) - Support for men grieving a loss
- [American Foundation for Suicide Prevention](#) - Support for suicide survivors

[Griefnet.org](http://Griefnet.org) - Support for adults grieving a loss

[Hellogrief.org](http://Hellogrief.org) - Support for adults and kids grieving a loss