*Anchor Ministries*



*The mission of Anchor Ministries is to be a resource for the Christian Church and the wider community in areas of emotional and mental health and family relationships.*

All of us need encouragement and support from time to time – especially from someone who cares about us. During this pandemic, lockdown, worry, social isolation and mask-wearing affect us all. They can take a huge toll on our emotional resilience and add stress to our lives when are already stretched and under pressure. Despite the vaccine roll-out and record numbers of shots in arms, we are uncertain when the end will be in sight. When will normality return?! For many of us, the need to follow the guidelines in this interval can feel like a growing nuisance, and for some it can be an unbearable delay.

*Here is some good news…*

1. *Key to our mission is a counselling service which is available to anyone regardless of their faith.*
2. *Our counselling service is currently able to provide online sessions (via Zoom) for those who are living in the local area and have wi-fi access.*
3. *Anchor Ministries can help to subsidise those sessions if they cannot afford the full fee.*

Update: During this time since the Covid-19 outbreak, the work of Anchor Ministries is more significant than ever. Through the work of our Christian partners, we are able to make subsidy available for those who couldn’t otherwise access professional counselling. We give thanks to God for his ongoing provision. **Resolving mental health issues in a healthy way will make you stronger – as well as the people you care about and your community.**

Your prayers are key to this ministry. Please pray…

* That people who are struggling could know of a place to turn to for help.
* That they could connect with our counselling service and begin a healing journey.
* That we could continue to provide a subsidy for those who are in need of it.
* That the church communities in our area could know of this resource and recommend it where appropriate.
* That we could continue to reflect God’s heart of compassion as we deal with the challenges we face as a charity.

Thoughts on Loneliness

Many of us are currently feeling lonely. There are many reasons.

NOTICE… We are not able to meet publicly in the way we used to. We are not able to touch or hug one another, sing together in worship, or spend much time face-to-face with those we love and care about.

UNDERSTAND… In itself, there is nothing wrong with what we feel. They are normal feelings given the times we live in.

ACCEPT… We are made for relationships. Not being able to engage with one another during this time can be really difficult.

MAKE ALLOWANCES… For some of us, especially those of us who are more extrovert, being isolated means that we are deprived of a significant emotional resource (being with people) and we can find our mood dropping as a result.

But there are some things we can do when we feel this way.

SHARE... Don’t let your feelings go unexpressed. Talking with others – on the phone or online – can break the sense of isolation and desperation.

CONSIDER… Those who are single or living alone can be especially vulnerable. Consider how you can reach out and connect with them during this time.

WATCH YOURSELF… If you find yourself feeling low and wanting to withdraw and be alone, do watch yourself. As emotional resources get depleted, depression can follow and affect our overall wellbeing. For a few, loneliness can trigger childhood feelings of neglect or abandonment, and these can feel overwhelming. In such cases, professional help can be transformational.

REMEMBER… No one should have to face their struggles alone. In the deepest places of our hearts God can make his healing presence known. One of God’s greatest promises to us is this: “I will never leave you or forsake you.” (Heb.13:5)

May we all continue to grow as you go through this difficult time!

How You Can Help

1. Please Pray. (We cannot say this enough.) Keep remembering us before the Father.
2. Pass the Word. If you know someone who could benefit from counselling, let them know of our counselling service *Anchor Counselling*. <https://anchor-counselling.org.uk> or call 07971 582 718.
3. Consider Giving. Your financial gifts mean that we can continue to offer subsidies for those who need counselling but cannot afford it. Just go on our website: [www.anchorministries.co.uk](http://www.anchorministries.co.uk)
4. Give Feedback. You can get in touch with us by email through our CONTACT page on our website and let us know how we could respond in this time.