KAIROS PATHWAYS

Trauma-Aware Group Study Resource Kit

Crisis Lines and Support Resources

Trying to find help through challenging situations, you will need external help. You should never navigate through difficult situations alone. Since resources can change over time, there are new tools available to you that will enable you to find the resources you need: AI. Tools like ChatGPT, Claude, Gemini, and other AI's are here to stay and so it is extremely possible they will be available when you need to find help. I tested an AI with the following question: I am trying to find mental health resources, both Christian and Secular, that are available to me. How do I ask you to get that information for me?

It responded with:

To get the most accurate and relevant resources, you can simply tell me your location, your specific needs, and whether you are looking for online or in-person support.

Once you share those details, I can find and organize a list of both Christian counseling services (such as faith-based therapists or pastoral care networks) and secular mental health resources (such as evidence-based clinics, community health programs, or secular support groups).

Whenever you're ready, please let the AI know:

- What city, province, or state and country are you located in.
- Are you looking for virtual (online) care, in-person sessions, or both?
- Do you have a preference for a specific type of resource (like individual counseling, support groups, or crisis lines)?
- Do you wish the search to include general faith-based, specific faith-based, and/or secular services?

It will then gather a comprehensive list of resource options for you.

This is for informational purposes only. For medical advice or diagnosis, consult a professional and not an AI. AI responses may include mistakes.

Example request to AI:

I live in {city} {state/province}. {country} and I need a list crisis lines, counselors, counseling services, support groups, and any other resources to help those who are dealing with trauma and abuse. I'm not concerned whether they offer online or in-person care. I would like the list to include Christian and secular services. What are available to me?

Replace: '{city}' with your city, '{state/province}' with your state/province, and '{country}' with your country. The request should not include any '{' or '}'. I tested this request and got an extensive list of resources.