



Enhance your wellbeing

The Bible tells us that difficulties in this life are inevitable. The Pastoral Support Network offers you and your family professional, confidential resources to help you navigate them. We can lighten your load. Take the first step today to a happier, healthier you.



888-712-1805  
[www.ConcordiaPlans.org](http://www.ConcordiaPlans.org) > Health and Wellness

Your wellbeing matters.

To your family.  
To your congregation.  
To the Lord.





Together  
we're better

*God created everyone – including pastors – to be interdependent, not completely self-reliant. We follow His plan both while sharing our joyous mountaintop moments with others, and by reaching out to others when we're in a valley.*



**All of us — pastors, in particular—  
need someone to lean on**

As a pastor, the demands of your vocation are numerous and varied. You and your family are in a fishbowl 24/7 and expected to handle everything perfectly. And yet, you're human. Which means you will hit stumbling blocks, and occasionally falter. It's not reasonable to expect that you can solve every problem on your own. And in your position, you can't confide in just anyone.

**Tailored for you**

The Pastoral Support Network is a private, trusted resource provided through Concordia Plan Services for LCMS pastors and their families to get the support they need when personal and professional challenges infringe on their wellbeing.

# Personal and Professional Support Services

These services are available to you and your family through the Pastoral Support Network\*. Rest assured that they are completely confidential. Neither your employer nor the LCMS will be notified when you use them. Call 888-712-1805 or visit [www.ConcordiaPlans.org](http://www.ConcordiaPlans.org) > Health and Wellness for more information or to get started.

## Type of Support

## Details

## How it Works

### Counseling: Face-to-Face

For any life issue that threatens the wellbeing of you or your family. For example:

- ▶ Marital problems or divorce
- ▶ Depression, stress or anxiety
- ▶ Homosexuality issues
- ▶ Drug or alcohol abuse
- ▶ Bullying
- ▶ Grief or loss
- ▶ Burnout

You choose an in-network, licensed therapist and set up in-person sessions to deal with an issue. You can specify criteria such as "Christian counselor" and zip code. Six sessions per issue are covered at no cost to you.

### Phone Consultation & Assessment

For times when you or a family member are struggling with an emotional challenge or life issue but you're not sure how to resolve it or where to get help.

A Pastoral Support Network Advocate will ask you questions to help identify the issue and to assess the situation. You can speak to a counselor or a qualified clinician over the phone at no cost and/or receive referrals to appropriate local resources so you can begin the healing process.

### Crisis Intervention

For situations where there's concern of harm to yourself or others. Might be related to:

- ▶ Physical abuse
- ▶ Thoughts of hopelessness or suicide
- ▶ Emotional trauma
- ▶ Witnessing of violence
- ▶ Drug or alcohol abuse

Available 24/7, a Pastoral Support Network Advocate will ask you questions to immediately assess the situation. You can speak to a counselor or a qualified clinician over the phone at no cost, and you will be given advice for handling the current situation as well as referrals to specific local resources, if needed.

## Type of Support

## Details

## How it Works

### Management/Leadership Consultation

For management challenges with church staff or committee members, such as:

- ▶ Leadership/Motivation
- ▶ Behavioral problems
- ▶ Substance abuse
- ▶ Personal conflicts

A Pastoral Support Network qualified clinician will work with you over the phone to understand your unique situation and to provide practical steps and techniques for solving your personnel issues. There is no cost to you.

### Legal Services

Assistance with legal matters such as living wills, power of attorney, and more.

- ▶ Free 30-minute legal consultation, face-to-face or by phone

Call us for a referral to an attorney. Make an appointment with the attorney for a free 30-minute, face-to-face or phone consultation. Also receive up to 25% off usual fees for legal services.

### Financial Services

Free 30-minute phone consultation on issues such as tax preparation, debt counseling, and retirement planning.

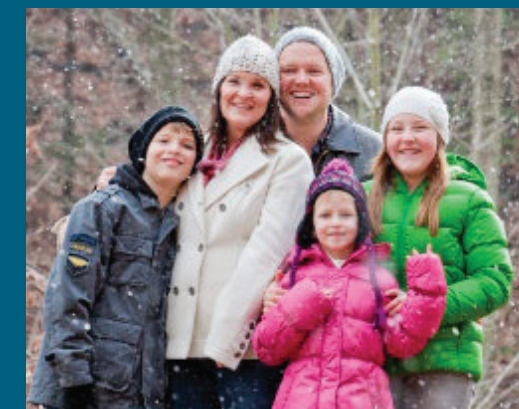
Call us and we'll give you a referral to a qualified financial specialist. Call the specialist for a free 30-minute phone consultation. Also enjoy a 25% discount on tax preparation services.

### Identity Theft Recovery

If you think you might be the victim of identity theft, get a 60-minute free consultation with a fraud resolution specialist.

We'll connect you with a specialist who will walk you through emergency response activities such as notification, debt disputing, and credit freezing.

\*The Pastoral Support Network services are administered by Cigna Behavioral Health, Inc. and are available to you and your family.



# Family and Parenting Support Services

For assistance, call 888-712-1805.  
 Or log on to [www.CignaBehavioral.com](http://www.CignaBehavioral.com)  
 Employer ID: PSN

## Type of Support

## Details

### Parenting Support

Free advice, materials, and referrals for everyday parenting issues like:

- ▶ Separation anxiety
- ▶ Sleep and bedtime routine
- ▶ Toilet training
- ▶ Sibling rivalry

### Adoption Assistance

Assistance finding resources such as:

- ▶ State adoption specialists
- ▶ Adoption support groups
- ▶ Private adoption agencies

### Prenatal Care

Free, confidential resources, support, and referrals for topics such as:

- ▶ Pregnancy and infertility
- ▶ Birthing methods
- ▶ Nutrition and exercise

### Child Care

Assistance finding the right care for your child, including:

- ▶ Family daycare or nannies
- ▶ Daycare centers
- ▶ Before and after school programs
- ▶ Summer camps

### Senior Care

Information, resources, and referrals for finding:

- ▶ Home health agencies
- ▶ Assisted living facilities
- ▶ Social and recreational programs
- ▶ Long-distance care giving

### Pet Services

Support and referrals for your furry friends, including:

- ▶ Veterinarians and pet hospitals
- ▶ Obedience training
- ▶ Breeders and groomers
- ▶ Boarding facilities

# Self-Service Online Resources

Enjoy access to the extensive Education & Resource Center at [CignaBehavioral.com](http://CignaBehavioral.com) (Employer ID: PSN). If you have questions or need help finding anything, please call us at 888-712-1805.

## Interactive Health Tools

### Discover:

- ▶ Your personal wellbeing status
- ▶ If you may have depression
- ▶ Your target heart rate and BMI
- ▶ Your risks for certain conditions
- ▶ How your drinking compares to others
- ▶ And much more

## Educational Materials

### Learn about:

- ▶ Family & Care Giving – adoption, baby care, child development, teen issues
- ▶ Health & Wellness – nutrition, aging, exercise, disease prevention, recovery
- ▶ Behavioral Health – anxiety, domestic violence, grief, OCD, suicide, abuse



All communications are strictly confidential and will not be shared with Concordia or LCMS.