

What type of support/counseling do I (or does my colleague) need?

*I need spiritual and emotional support during a challenging season
OR I am having conflict with a team member*

I need **pastoral counseling**

Click here for the contact information of the global pastoral care team OR contact your team leader, area director, or a trusted minister friend.

Make an appointment. Our pastoral care team offers pastoral counseling free of charge.

Engage in pastoral counseling, normally 1-5 50-minute sessions by phone or online.

If symptoms persist, email your regional member care leader with your pastoral counselor's recommendations regarding continuing care. Alternatively, follow the mental health professional pathway found here.

*I feel stuck and need help moving forward
OR I would like to develop my leadership, business, or team skills*

I need a **life coach** to increase motivation, develop strategies, and achieve goals

Contact your regional member care leader or global mental health coordinator ([link here](#)) for a list of life coaches. OR you may find a life coach on your own.

Make an appointment. Note that life coaching is not reimbursed by IMG but may be paid from your 00 account with AD approval (\$3000 cap per term; \$6000 lifetime cap). **Click link here for Coaching Request pdf.**

Engage in online sessions with your life coach, normally 5-10 50-minute sessions, coming up with a plan to achieve your goals.

Discontinue sessions when goals are achieved.

Schedule follow-up sessions as needed or as recommended by your life coach.

*I need to deal with something from my past,
OR I am dealing with a mental health diagnosis,
OR my current thoughts, feelings, or behaviors are negatively impacting me*

I need a **mental health professional** (professional counselor, licensed clinical social worker, marriage and family therapist, or psychologist)

Contact your regional member care leader or global mental health coordinator ([link here](#)) for a list of recommended mental health professionals from your region, from other regions, or stateside. OR you may find a mental health professional on your own.

Schedule a session. Sessions must be paid up front. Then submit the claim to IMG to be reimbursed 80% of the charges, less a \$10 copay and 20% coinsurance ([4 links to insurance information here-4 pdfs](#))

Engage in counseling, normally 7-10 online 50-minute weekly sessions.

Ideally, counseling ends when you meet your goals. You are free to stop at any time. You may also choose to engage periodically to maintain optimal mental health.

I desire to connect with God more deeply and discern how He is working in my daily life.

I need a **spiritual director** to provide soul care.

Contact your regional member care leader or global mental health coordinator ([link here](#)) for a list of recommended spiritual directors. OR you may find a spiritual director on your own.

Email a spiritual director to discuss forming a director/directee relationship and to schedule the first meeting. Usually, a small fee is paid. The cost is not reimbursable by insurance but may be paid via your 00 account with AD approval.

Meet regularly with your spiritual director (usually monthly) for 40 minutes-1hour. Sessions involve prayer, listening for God's voice, and discerning how God may be working or leading. The spiritual director will ask open questions to promote reflection and may also teach spiritual practices to increase discernment.

In between sessions, you might be assigned to do a spiritual practice such as the Ignatian Examen or daily journaling to discover God's activity in your life throughout the month.

Spiritual direction is open-ended. When you feel more connected with God and better equipped to discern Him in daily life you may discontinue.
OR, if you came to spiritual direction needing to make a decision, once the decision is clearly discerned, you may choose to discontinue.
OR, you may choose to engage regularly for spiritual health purposes.



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