

IMPORTANT NEWS!
Toll-Free Clergy Care Number—877.REV.CARE

Dear Pastor,

You invest your life everyday helping others through tough times. But when you and your family go through difficult times where do you turn? Caring for your congregation is obviously important, but caring for yourself and your family is essential.

One of the most important ways that you can care for yourself and your family is to recognize when you need help and then ask for it. Unfortunately, we often have too many reasons, good and bad, that deter us from asking for help when we need it. Sometimes we simply aren't sure who we can safely call. *Now, there's no reason not to ask for help and you will never have to wonder again who you can call.*

We are excited and privileged to offer a **confidential, toll-free pastoral care number for all Wesleyan clergy and their families in North America: 1-877-REVCARE.**

Education & Clergy Development is privileged to be partnering with EMERGE Counseling Services for this provision. EMERGE has been offering quality care and counseling to clergy and their families for more than 40 years. They especially understand pastors and their families and stand ready to assist you with emotional, relational and spiritual care. This number is available to call now.

Below are some answers to important questions you may have:

1. Who can call this number?

Any pastor, spouse, or child of a minister in The Wesleyan Church in both the U.S. and Canada. Please don't hesitate to let your spouse and children know they can call this number.

2. Is it confidential?

Yes. One of the main reasons that this number goes to a trusted third-party caregiver is to help guarantee confidentiality. No personal identifiers are collected or maintained. *You will be asked to volunteer your district affiliation, but this is only for statistical records and accounting and only if you feel comfortable providing it.*

All information remains anonymous and only aggregate numbers are reported to our office after a significant number of calls are taken from any given district so as to assure complete confidentiality. Your sense of safety and well-being is our primary concern. Confidentiality is of utmost importance if this care is to be trusted and engaged.

3. Is it REALLY confidential?

Absolutely. *NO ONE* in The Wesleyan Church will know who calls this number. No names or personal identifiers are recorded.

4. Is there a cost to you?

We are happy to offer this service free of charge. REVCARE is a toll-free number. Our division and other ministry partners are covering the costs of this service.

5. Is this number only for a crisis?

No. It is actually intended to be a crisis *prevention* number. If you are in a personal crisis please call. But, we hope you will call any time you are struggling and would like some help. If you catch yourself wondering if you should call, then call. Reaching out for positive care early and often is a proven strategy increasing your resilience and helping you flourish. (If you are facing an actual safety emergency or physical threat, please always call 911.)

6. What are the reasons I might call?

You may call for any issue of personal concern: stress, moral struggles, depression, conflict(s), relational problems or anything else you feel is important.

7. When can I call?

The REVCARE line is open Monday-Friday between 11:00am and 5:00pm EST. If you call at other times you will hear a message but you will not be able to leave a message. To ensure confidentiality EMERGE Counseling Services will not return calls from voicemail.

8. What can I expect when I call?

You will first experience a warm, wise, and friendly voice. The caregiver will ask you what you would like to talk about. The caregiver will help you with any issue you choose to discuss. You can also call back more than once.

9. What if I would like face-to-face or ongoing care?

If you would like to speak with someone in person or receive ongoing care, the caregiver will help you identify a skilled, licensed, and trusted counselor or appropriate caregiver in your region. We are continually working to build this trusted network of counselors throughout North America.

10. Why should I call?

God cares about *you* more than your ministry. In everyone's life and ministry there are relationships, seasons and episodes which can be very difficult and even damaging to you, your family and your ministry. However, for clergy the personal and professional

stakes of confession or revelation of certain struggles can deter ministers from reaching out early and often for appropriate care and/or counseling.

If we do not have a source of care that we can trust completely and in which we can confide and confess struggles and problems, then those issues will remain unresolved and become a drain on our joy, health and ministry. In some cases, they may wreak havoc on our lives, the lives of those we love and on those under our care. Secrecy and isolation exacerbate all problems large or small. Having a completely confidential third-party source for clergy care and counseling is a first step toward banishing them from our lives and maintaining our well-being and effectiveness.

We are deeply committed to the well-being and flourishing of you and your family. We hope this number will help us all be healthy, fit, and effective so that we may continue to experience God's gift of abundant life and share that good news with our churches and communities.

That's it! We all know there are times when we should turn somewhere for help. When those times come 877-REV-CARE is there for you. Please feel free to call.

Yours in Christ,

Russ Gunsalus & Dave Hagle