

## Helping Pastors Help Their Parishioners

As a United Methodist pastor, you're called upon to help parishioners with emotional, social, health, economic or workplace concerns that challenge *their* well-being—and may reach beyond *your* expertise.

Turn to the **Pastoral Consultation Line** for peer guidance. You'll speak with an ordained minister who also is an experienced counselor—someone who understands your commitment to helping others in your service to Christ.

This service for clergy can help you:

- balance multiple demands for your time and attention within your ministry;
- address difficult situations in your congregation;
- approach parishioners facing personal challenges; and
- identify appropriate resources for parishioners struggling with substance abuse, marital conflict, illness, loss, mental health issues and other difficulties.



## Helping Pastors Help Parishioners Pastoral Consultation Line 1-800-842-2869

The **Pastoral Consultation Line** can support your ministry role. This service offers pastor-to-pastor support—including identifying referral sources for parishioners.

## Helping Pastors Help Themselves Employee Assistance Program 1-800-788-5614

If you (or a family member) face personal challenges, turn to the **Employee Assistance Program (EAP)** instead of the Pastoral Consultation Line. Confidential support is available any day, any time. HealthFlex benefits provide eight EAP visits at no cost to you.

*The Pastoral Consultation Line and the EAP are managed by United Behavioral Health (UBH) as a part of HealthFlex.*



**1-800-842-2869**  
**Pastoral Consultation Line**

### Helping Pastors Help Their Parishioners

*Reach out for peer guidance and resources to meet your parishioners' needs.*

Brought to you by HealthFlex at no cost to you.

**Pastoral Consultation Line: 1-800-842-2869**

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**Employee Assistance Program: 1-800-788-5614**

Confidential support for clergy and their families



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