



November 27, 2022  
9:30 a.m.

PRAISE & ADORATION

Praise & Worship.....	Praise Team
Scripture.....	Minister
Prayer.....	Deacon
Hymn.....#591.....	“Tis So Sweet to Trust in Jesus”

CHRISTIAN STEWARDSHIP

Church News
Offertory Prayer
Offering/Giving
Offertory Song
CARE & CONCERNS THROUGH PRAYER
Pastoral Concerns/ Recognition of Sick/Prayer Concerns

Altar Call & Prayer

The Word in Song

WORSHIP THROUGH INSTRUCTION

**The Sermon.....	Pastor Marc A. Lavarin
*Invitation to Christian Discipleship/ Invitational Selection	
If you would like to unite with our Church Family, you can do so during the Hymn of Invitation following the sermon. You may join by Baptism, Christian Experience, Letter, or as an Associate Member.	
*Benediction	
*PLEASE STAND IF YOU ARE ABLE and remain standing **Please refrain from walking during The Sermon	



CHURCH NEWS

**FROM PASTOR LAVARIN & PASTOR EMERITUS DAVIS:** Come to Bible Study! Join us in-person (please wear a mask), on Zoom (Meeting ID: 932 281 4455, Password: 573710) and Facebook on Wednesdays at 7:00pm!

**CALLING ALL YOUTH, AGES 12-17:** Your Bible Study happens on Wednesdays, at 6:30pm on Zoom. ID: 840 0185 2577 Password: Youth2. Come join in....and invite someone!

**ALL 2023 MINISTRY LEADERSHIP NAMES SHOULD BE SUBMITTED TO WIBBIE.GILMER@GMAIL.COM BY DECEMBER 10<sup>TH</sup>.**

**Pastor & Rev. Lavarin & Pastor Emeritus & Mrs. Davis invite ALL FCBC MINISTRY VOLUNTEERS to be their special guests on THURSDAY, December 15<sup>th</sup> at 7:00 p.m. for the Volunteer Appreciation Event. Thank you for your service to this Ministry and to this Church! PLEASE RSVP FOR THIS EVENT BY DECEMBER 12<sup>TH</sup>. Visit the Church Website to register. PLEASE DON'T WAIT 'TIL THE LAST MINUTE TO REGISTER!**

**HONORING OUR PASTOR EMERITUS: FOR THE SUNDAYS IN DECEMBER, CHURCH MEMBERS ARE ENCOURAGED AND WELCOME TO BRING GIFTS OF LOVE, CARDS, ETC. FOR PASTOR EMERITUS AND MRS. DAVIS TO SAY 'THANK YOU'!** Please bring your items ON SUNDAYS ONLY and place them in the designated basket after service in the Vestibule. All gifts will be presented to the Davis's on December 31<sup>st</sup>. Again, you can give on Sundays ONLY in the designated basket-not throughout the week.

**“SOCK IT TO ME!” Support our Boy Scouts Troop/Pack 108:** The Boy Scouts of FCBC is collecting socks for the Durham Rescue Mission. We will need socks for men, women & children. Please drop off socks in the boxes located in the vestibule and by the church office by December 6<sup>th</sup>.

**CLOTHING COLLECTION:** The Daughters of Calvary will start accepting gently used children, men and women's clothing and shoes on Tuesdays from 12noon to 4pm and Saturdays from 9am to 12noon starting on Saturday December 3, 2022, until further notice. NO DONATIONS will be received on Saturday, December 24<sup>th</sup>. **Donations can ONLY be received at the Smith House located at 1019 Cornell Street during the days and times noted.** Stay tuned for updates on the re-opening of the Clothing Closet at the Smith House as we restock. Please only donate gently used clothing/shoes, no soiled, torn or worn out items or any items over 5 years old.

**FA LA LA LA LAAAAA!** It's that time of year for us to spread a little cheer! Calling all children/youth and adults. Let's go caroling and fellowship on December 10, 2022. Time: 9:00am to 1:00pm. Volunteers are needed and community services hours will be given. Please register by December 4<sup>th</sup> at [https://bit.ly/FCBC\\_SING](https://bit.ly/FCBC_SING) If you have any questions, please contact Deaconess Janet Squires at (919)606-4801 or email [youthministry@firstcalvary.org](mailto:youthministry@firstcalvary.org).

**COUPLES SOCIAL:** Married and Engaged Couples and their families are invited to attend the Couples Ministry Family Holiday Social on Saturday, December 10<sup>th</sup>, from 3pm to 6pm in the Fellowship Hall. Come for some good food, good fun, and good fellowship as we celebrate the holiday. SPECIAL GIFT FOR ALL COUPLES....with a little something extra for couples under 40. HANDS FOR THE HOLIDAY- Share your warm heart for cold hands and bring new pairs of gloves to be donated to those in need. Register by December 5<sup>th</sup> BY SENDING A TEXT MESSAGE TO (919)924-6129 or by sending an email to [fbccouplesministry@gmail.com](mailto:fbccouplesministry@gmail.com).

**THE DENTAL VAN IS COMING!** Come to the Dental Van on December 3, 2022 from 9am to 12:30pm here at First Calvary. Extractions and fillings offered to adults with no dental insurance. Please call Sister Carolyn Boone at (919)684-2686 for an appointment.

**FROM THE COMMUNITY:** Healthy Heritage Lifestyles workshop at NCCU is on December 17, 2022. This is a day for women of color to gather, learn and discuss how to better manage their health. Lunch is provided. Information postcards are in the Vestibule. We have 10 admission cards, so contact Sister Carolyn Boone Alston at (919)598-3319 if interested. Visit <https://healthyheritagelifestyle.com/durham-2022> for details.

**FROM THE COMMUNITY:** There is a NEW Athletic Association in the area! Youth Empowerment Association is looking for children ages 5-15, who are interested in playing basketball to join them for the Winter Youth League. EARLY BIRD registration is going on NOW through December 1<sup>st</sup>. Visit [www.youthempowermentassociation.com](http://www.youthempowermentassociation.com) and use "EARLYBIRD22" after clicking on "APPLY COUPON CODE" to save \$20 off the registration cost. Do you have a team ready to play?!?!... Register the team today for \$500.00 before the December 1<sup>st</sup> deadline! Email: [yempowermenta@gmail.com](mailto:yempowermenta@gmail.com) for more details.

**FROM THE COMMUNITY:** Come celebrate the 100<sup>th</sup> Anniversary of the Lyon Park School on Saturday, December 3<sup>rd</sup>, 1pm to 4pm at the CFL&RC at Lyon Park. Get some Lyon Park history, enjoy food, fellowship, and the "Hollywood Cowboy" Nathaniel Rex, Lyon Park School Alumni. Pastor Emeritus Davis will bring greetings and share some history.

**LET US PRAY: MATURE ADULTS, AGE 60 & UP,** join "Noon Day" midweek prayer & devotion, **EVERY WEDNESDAY at 12:00 p.m.** Call 712-432-1000, enter access code 616729948#. Others are invited to attend as well.

**THE HOUSE THAT PRAYS TOGETHER....:** Join the Prayer Conference Call on Wednesdays at 7:00 a.m., 712-432-1001, code "494132935#". **This call is led by Pastor Elect Marc A. Lavarin.** Please ONLY use the above listed number for this Wednesday call. Additionally... **AND THIS IS VERY IMPORTANT....PLEASE MAKE SURE THAT YOUR PHONE IS MUTED ON THE CALL AND YOU CANNOT BE HEARD.**

**Come to Intercessory Prayer on the 4<sup>th</sup> Sundays, 7:00 a.m.- Zoom Access: Meeting ID: 874 6010 4604, Passcode: 386584.**

HEALING AND RECOVERY

**Remember our sick & shut-in members with prayers, cards, visits, & calls and share this information with the Pastor and Deacons. Contact the church office with sick & shut in information.**

HOSPITAL & CARE FACILITY		
Sis. Rochelle Nelums	Pruitt Health	
	Erwin Road 27707	
Sis. Bettie Sanders	UNC Rex Rehabilitation of Apex	
	911 S. Hughes Street Apex, NC 27502	
Bro. Michael Wilson	Tower Rehabilitation & Nursing Center	
	3609 Bond Street Raleigh, NC 27604	
AT HOME CARE		
Sis. Mary Bailey	1505 Palmers Grove Church Rd, Hillsbrough	27278
Bro. Danny Blackwell	1 Lucas Drive	27703
Sis. LaQuinta Blackmon	1109 Rosedale Avenue	27707
Sis. Betty Borden	718 Wortley Drive	27713
Min. Rosa Centry	2417 Faucette Avenue	27704
Sis. Wilhemenia Foster-Long	309 Pearson Drive	27713
Pastor Greg Hatcher	621 Clayton Road	27703
Sis. Shirley Jackson	2420 Glenbrook Drive	27707
Sis. Louise Jones	1218 Cornell Street	27707
Sis. Mary Liverman	4302 Stonehenge Rd., Greensboro	28406
Bro. Frank Lloyd	7 Gwendolyn Circle	27703
Sis. Princess Matthews	1127 Briar Rose Lane, Apt. 103	27704
Dea. John Smith	1405 Timber Wolf Drive	27713
Sis. Conya Thorpe	2801 Ross Road	27703
Bro. Kevin Young	1027 Moreland Avenue	27707

MINISTRY MEETING SCHEDULE

**CFLR** –Community Family Life Center at Lyon Park  
**CFR** –Conference Room **CRM** -Choir Room  
**CR I** -Classroom 1 **CR II** -Classroom 2 **CR III** -Classroom 3  
**FH** – Fellowship Hall **LIB** – Library **Sanct**-Sanctuary

SUNDAY		
7:00 am	Intercessory Prayer Service (4 <sup>th</sup> Sun)	Sanct
9:30 pm	Discipleship Orientation Class	LIB
1:15pm	Health & Wellness Ministry (2 <sup>nd</sup> Sun)	CR I
1:15 pm	Evangelism Ministry (2 <sup>nd</sup> Sun)	CR II
1:15 pm	Daughters of Calvary (3 <sup>rd</sup> Sun)	CR II
1:15 pm	Computer Ministry (2 <sup>nd</sup> Sun)	CR III
4:00 pm	Associate Ministers (each 2 <sup>nd</sup> Sun)	CR II
5:00 pm	Deacons & Trustee Ministry Mtg. (2 <sup>nd</sup> Sun)	CR III/LIB
6:30 pm	Official Leadership Team (2 <sup>nd</sup> Sun)	FH
MONDAY		
6:00 pm	Tots of Praise Rehearsal (after 1 <sup>st</sup> )	CRM
6:30 pm	Psalms 150 (after 3 <sup>rd</sup> & 4 <sup>th</sup> Sun)	CRM
6:30 pm	Young Adult Choir (after 2 <sup>nd</sup> Sun)	CRM
6:30pm	Children's Church Committee (after 2 <sup>nd</sup> Sun)	LIB
6:30 pm	Sunday School Teachers (1 <sup>st</sup> Mon)	CR I
6:30 pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
7:00pm	Entrepreneur Ministry (TBA)	CR III
7:00pm	Visionary Ministry (3 <sup>rd</sup> Mon)	LIB
7:30pm	Male Chorus (after 2 <sup>nd</sup> & 3 <sup>rd</sup> Sun)	CRM
7:30pm	Young Adult Choir (before 3 <sup>rd</sup> Sun)	CRM
TUESDAY		
6:00pm	Scouting Ministry (every other Tues)	ALL AREAS
6:30pm	Hospitality Ministry (2 <sup>nd</sup> Tues)	CR I
6:30pm	Praise Team	CRM
6:30pm	Circle of Care (COC) (2 <sup>nd</sup> Tues-Quarterly)	LIB
6:30pm	Beauty for Ashes	LIB
7:00pm	Male Summit (Tuesday after 3 <sup>rd</sup> Sun)	LIB
7:30pm	Music Council (2 <sup>nd</sup> Tues)	CR II
7:30pm	The Encouragers (1 <sup>st</sup> Tues)	CR III
WEDNESDAY		
12:00pm	Noon Day Prayer	Conf. Call
6:30pm	Youth Bible Study	Zoom
7:00pm	Bible Study	Zoom/FB
THURSDAY		
6:00pm	Nursery Ministry (1 <sup>st</sup> Thurs)	Nursery
6:30pm	Calvary's Anointed/Vessels of Praise	FH/Sanct
6:30pm	Beautification Committee (2 <sup>nd</sup> Thurs)	CR I
6:30pm	Couples' Ministry (4 <sup>th</sup> Thurs)	CR II
6:30pm	Youth Council (4 <sup>th</sup> Thurs)	CR I
6:30pm	ACT Ministry (3 <sup>rd</sup> Thurs)	CR I
6:30pm	Young Adult Ministry (3 <sup>rd</sup> Thurs)	CR II
6:30pm	Emergency Response Team (ERT)	CR II
7:00pm	Singles in Love with Christ (4 <sup>th</sup> Thurs)	LIB
7:00pm	Sunday Service Choir Rehearsal	CRM
7:30pm	Drama Ministry	CR III
SATURDAY		
9:30am	Pearls of Praise (2 <sup>nd</sup> Sat)	CRM
10:00am	Scholarship Ministry (before the 2 <sup>nd</sup> Sun)	CR II
10:00am	PROJECT F.I.N.E.	CFLR
10:00am	Onesiphorous Prison Ministry (3 <sup>rd</sup> Sat)	CR I
10:30am	Deaconess Ministry (1 <sup>st</sup> Sat)	LIB/Sanct
11:00am	Senior Missionary Ministry (3 <sup>rd</sup> Sat)	LIB
11:00am	Senior Usher & First Aid Ministry (2 <sup>nd</sup> Sat)	CRM/ Sanct
11:30am	Culinary Arts Ministry (4 <sup>th</sup> Sat)	LIB



## FROM THE PASTOR'S DESK

Thanksgiving has ended and we hope yours was fantastic. Prayerfully you were full of good food, good rest, good times with family and friends....and it was all blessed by a good God! I have the familiar scripture in my mind of "Oh give thanks unto the Lord, for He is good, and His mercy endures forever". The word "thanks" appears in the Bible approximately 73 times. Almost always, it appears with a form of the word give beside it or close to it. Though we are specifically reminded and we emphasize thankfulness at this time of the year, the people of God are always thankful. We should be grateful for our daily covering and blessing from a Great God and we must be thankful for the Great Sacrifice of the One who came to save us.

We are still in the thick of the holiday and we are still working in Ministry at First Calvary. On the horizon is Christmas worship, which will be a bit abbreviated. We also look forward to celebrating our church and ministry volunteers at the Volunteer Appreciation event on December 15<sup>th</sup>. This event is on a Thursday this year instead of the usual Wednesday. We are looking for our hardworking, dedicated volunteers to be there. You will be hosted by myself, Rev. Barbara, and Pastor Emeritus and Mrs. Davis. We are excited to celebrate with you as we come to the close of the year.

Because of Calvary,  
Pastor Marc

## THE DEACON'S MESSAGE

Thanksgiving is a wonderful time to celebrate with family and friends. It is also a perfect time to honor God. Turkey, parades, television, and shopping soon to come should never eclipse the blessing of salvation we have received through Jesus Christ. When we think of the goodness of the Lord we should be thankful and celebrate with praise his mighty and wonderful acts. Psalm 106:1, NIV tells us the importance of praise and thanksgiving to God. *Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever.* God is indeed good and the impact of his goodness translates into blessings for you and me. This does not occur one day out of the year, but everyday. In this season of giving thanks, we should remember everyday is a Thanksgiving Day to God who is eternally good to his children.

## STEWARDSHIP STATISTICS

Our **Tithes & Offerings** must be \$36,810.84 per Sunday to meet our budget. Thank you for giving!

**November 20, 2022**

Bible Study <b>N/A</b>	Sunday School <b>61</b>	New Members <b>7</b>
In-Person Worship <b>208</b>	Worship Service (Streaming) <b>227</b>	
Tithes and Offering	\$11,553.21	
Sacrificial Offering	\$985.00	
Food Pantry	\$548.00	
Scholarship	\$25.00	
Children's Church	\$23.00	
Sunday School	\$10.00	
Online Giving	\$13,178.62	
<b>Total Giving</b>	<b>\$26,322.83</b>	



**REMINDER:**  
The **FCBC Food Pantry** always welcomes donations of non-perishable food items!

**Types of Items Needed: rice, beans, jelly, peanut butter, cereal, pasta, pasta sauce, canned veggies & fruit, tuna, pickles, soup, ramen noodles, hot dogs, small packs of hamburger, etc.**

(This is a great community service project for your job or school...or even a great family project!)

The Church Office and Building are still on limited access during the week. Please be prepared to practice "Social Spacing", and **YOU WILL NEED TO STILL WEAR A MASK.**



## PASTORAL APPRECIATION MONTH

**November 2022**

<b>2</b>	7:00 PM	<b>BIBLE STUDY</b> Stream on Facebook & Zoom
<b>SUN 6</b>	9:30 AM	Worship Service Stream on Facebook & Website
<b>9</b>	11:00 AM	Sunday School on Zoom
<b>12</b>	7:00 PM	<b>INSTALLATION REVIVAL</b>
	11:00 AM	<b>INSTALLATION SERVICE FOR PASTOR MARC A. LAVARIN</b>
<b>SUN 13</b>		<b>INSTALLATION SUNDAY WORSHIP</b>
	9:30 AM	Worship Service Stream on Facebook & Website
<b>16</b>	7:00 PM	<b>BIBLE STUDY</b> Stream on Facebook & Zoom
<b>SUN 20</b>	9:30 AM	Worship Service Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
<b>23</b>	7:00 PM	<b>NO BIBLE STUDY</b>
<b>24</b>		<b>THANKSGIVING</b>
<b>25</b>		<b>CHURCH CLOSED</b>
<b>SUN 27</b>	9:30 AM	Worship Service Stream on Facebook & Website
	11:00 AM	Sunday School on Zoom
<b>30</b>	7:00 PM	<b>BIBLE STUDY</b> Stream on Facebook & Zoom

### TODAY'S MINISTRY THROUGH SERVICE

Music:	Praise Team
Director of Music Ministries:	Minister Michael Dotson
Senior Church Musician:	Brother Tony Rhodes
Percussionist:	Brother Andre Sanders
Saxophonist:	Brother Lynwood Jones
Videographers:	Sister Hilary Fearington/ Dr. Toni McIntosh
Audio Team (1 per Sunday):	Brother Ivan Holloway/ Deacon Darryll Gadson/ Deacon Xavier Cason/ Brother Michael Hill/ Deacon Calvin Squires/ Brother Derrick Garrett

**YOU CAN COME BACK TO CHURCH FOR WORSHIP ON SUNDAYS! REMINDING OUR CHURCH FAMILY ....PLEASE WEAR A MASK TO CHURCH. WE WILL ALSO CONTINUE TO LIVE STREAM WORSHIP VIA THE CHURCH WEBSITE AND FACEBOOK AT 9:30 A.M. EACH SUNDAY UNTIL FURTHER NOTICE.**

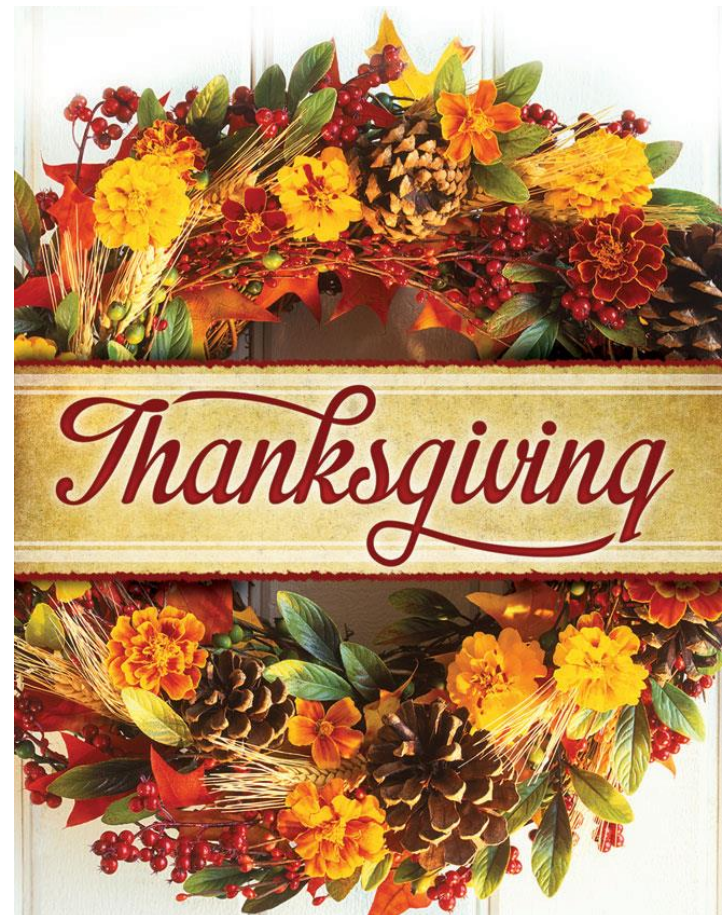
**FACEBOOK: First Calvary Baptist Church, Durham, NC**

If you are having a medical procedure, or are sick at home for over a week, please contact the church office so that Pastoral contact can occur as soon as possible or at your request.

**Our Mission: E<sup>3</sup>**  
**Empower spiritual lives,**  
**Enhance quality of life,**  
**& Evangelize the lost**



**"An Exciting Church Excited About Its Mission"**



# Thanksgiving

## Pastoral Appreciation Month

**Marc A. Lavarin, M.DIV.**

**Pastor-[pastorlavarin@firstcalvary.org](mailto:pastorlavarin@firstcalvary.org)**

**Fredrick A. Davis, M.DIV., D.D.,**

**Pastor-Emeritus-[pastor@firstcalvary.org](mailto:pastor@firstcalvary.org)**

1311 Morehead Avenue • Durham, NC 27707

☎ (919) 489-4184 • FAX (919) 489-3565

**[www.firstcalvary.org](http://www.firstcalvary.org)**

**November 27, 2022**

**SUNDAY-Worship- 9:30am**

**Sunday School-11:00am**

**WEDNESDAY-Bible Study-7:00pm**

**"ENHANCING & EQUIPPING DISCIPLES  
TOWARDS MISSIONAL CHANGE"**



**Join**  
 ★ **us at** ★  
**Sunday**  
**school**

Join Zoom Meeting  
Meeting ID: **812 1447 4860**  
**\*No Passcode Needed**

Meeting ID: 829 7194 0163  
\*No passcode needed

✠FCBC Sunday School: **Couples' Class**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/3786293858?pwd=aTdzZW94MnZZMnF1TUUVWdGNWUWUjEjZz09>  
Meeting ID: **378 629 3858**  
Password: **878147**

**✦FCBC Sunday School: Primary Class**  
**Ages 6-8**  
 Join Zoom Meeting  
 Meeting ID: **818 7955 6365**  
 Passcode: **892947**

**✦FCBC Sunday School: Teen Class**  
**Ages 13-17**  
Join Zoom Meeting  
<https://us02web.zoom.us/j/81023410603?pwd=RGU1aTVKTS9Ta29OL3VhQzd2ZE1Udz09>  
Meeting ID: **810 2341 0603**  
Passcode: **515700**

**ALL PARENTS:** The Sunday School Ministry invites you and your child to join Zoom Sunday School Classes for children ages 5 to 17. We understand the taxing effect of ZOOM, but this is an opportunity to share with your child knowledge of Jesus. Allow us to assist you with your child's the spiritual formation. (See church website for listing of all ZOOM Sunday School Classes each Sunday at 11:00 am).

DATE: \_\_\_\_\_ Text: \_\_\_\_\_  
SUBJECT: \_\_\_\_\_



**Reminder:**  
**If you come to the Church during the**  
**week or on Sundays,**  
**PLEASE STILL WEAR A MASK.**



- \*When you need to schedule an appointment to see the Pastor.
- \*When there is death in your family.
- \*To make a prayer request.
- \*When you are going to have surgery.
- \*When you a question regarding scheduling a room for a meeting
- \*If you need to contact your deacon and you don't know who he is.
- \*When you have a baby or to arrange a Baby Dedication.
- \*To set up marriage or pre-marital counseling.
- \*If you desire your wedding ceremony to be performed by Pastor.
- \*When you have questions regarding your financial giving.
- \*To change your address or telephone numbers when you move!

NOTE: Some of the above items are altered due to Church schedule and availability at this time.



# LYON PARK SCHOOL 100th ANNIVERSARY

**1:00 PM – 4:00 PM**  
**Saturday, DECEMBER 3, 2022**  
**COMMUNITY FAMILY LIFE & RECREATION CENTER AT LYON PARK**  
**1309 Halley Street**  
**Durham, NC**

**FEATURED ATTRACTION  
&  
SPECIAL GUEST**

## **NATHANIEL “REX” PUREFOY**

Known as the “Hollywood Cowboy”  
**NATIONAL BLACK COWBOY HALL OF FAME INDUCTEE**  
Durham Native & Lyon Park School Alumni

**PERFORMING HIS  
“WILD AS THE WEST  
HOLLYWOOD COWBOY ACT”**  
• FANCY ROPING  
• SPECTULAR WHIP TRICKS  
• FANCY GUN TWIRLING

Performance on the Flip Wilson TV show, Bill Pickett Rodeo,  
American Rodeo national parades, and Black Rodeo movie

**CONTACT**  
West End/Lyon Park Legacy Project  
919-596-4584  
casw42@aol.com

**SHOW TIME 2:00 PM**



\*Greetings and Lyon Park School History by Pastor Emeritus Fredrick A. Davis, 1:00 PM

First Calvary Baptist Church  
The Health & Wellness Ministry  
Marc Lavarin, Pastor • Fredrick A. Davis, Pastor Emeritus



## **Mental Health**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.<sup>1</sup> Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems.

It's important to remember that a person's mental health can change over time, depending on many factors. When the demands placed on a person exceed their resources and coping abilities, their mental health could be impacted.

## **Early Warning Signs**

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities

- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting dressed

## **988 Suicide & Crisis Lifeline**

We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the

United States. [988](https://988lifeline.org) -CDC, -mental health .gov