

## SHOW NOTES

**Sue shares her top three recommendations for our mental health. You will find encouragement for your marriage, self-care, and family communication!**

**About Sue** | Sue Hein is a Licensed Professional Counselor in Colorado. She has a private practice in Centennial where she offers counseling to individuals and couples. Sue considers it a privilege to work with individuals and couples who desire hope and personal growth when facing life's challenges; to help those desiring to have a more meaningful relationship with God and others. Sue has been married to our executive pastor, Gary Hein, for 27 years. They have a young adult son, daughter and son-in-law.

### **Referenced Resources for you:**

#### **Max Lucado Devotional**

Cherry Creek Pres. We are here for YOUR needs! 303-779-9909

National Suicide Hotline – 800-273-8255

Colorado Crisis Service – 844-493-8255

Focus on the Family – [focusonthefamily.com](http://focusonthefamily.com) – 855-771-HELP