



"The Gatehouse has been a great support through this time of reflection and refocus. All staff have continued to be hands on [during this crisis]. Thank you, ladies, for selflessly sacrificing so much of your time; it does not go unnoticed or unappreciated!"
-Gatehouse Member

With mental health and domestic violence hotlines surging in calls, this Mental Health Month, possibly up to 8x more people are in crisis. The impacts are being felt worldwide, including at The Gatehouse. For instance, concerns about the COVID crisis, as well as lock down cabin fever and longer remote work hours, are keeping nearly a quarter of Americans up at night.¹ Almost half of Gatehouse Members have become unemployed, furloughed or experienced loss of hours.

But this crisis is not the end. Crisis originates from the Greek "krisis" which translates to "choice". So while experiencing this crisis, we have the choice to let it break us or build us up. The Gatehouse women have chosen to build themselves up during this time.

Thank you for what you have done to empower our families during this pandemic, and always. Our prayer is that we all continue to build each other up, and when possible, give a hand up to those in extra need.

With prayerful thanks,
The Gatehouse Team

Choose a way to give a hand up today

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Currently
160

women and children on
campus in the Program

Pending
16

women and children
entering the Program

Currently
42%

women under- or
unemployed to COVID-19

Trauma informed counseling is essential to total healing.

Total healing is not achieved alone. We are grateful for community partners like [His Story Coaching & Counseling](#) as they walk alongside Gatehouse Members and children, helping them heal emotionally and mentally. Hear from Founder and Executive Director, Matthew LaGrange on this crucial partnership:



In case you missed it on [Facebook](#), hear from a couple of Gatehouse Members on how beneficial counseling has been during their time in our Program:



New Articles on LinkedIn

Join alongside our team of experts each month as we share more on the work we do on and off campus while giving behind-the-scenes insight to the complexities and breadth of populations we serve.

This month learn more about:

[How Trauma Impacts Children](#)

[How Trauma Impacts Adults](#)

[Trauma Healing Groups](#)

[Follow us on LinkedIn](#) to stay up to date with articles, corporate partners and more.

May is Mental Health Month

Self-sustainability cannot occur without emotional stability. In our Program, Members are given tools and a team to help heal and overcome traumatic obstacles put in their path of permanent change. From counseling to support groups, Members learn they don't have to walk this journey alone and are capable of achieving their God-given potential.

