

MENTAL ILLNESS RESOURCES

Books – Web Links – Articles – Sample Mission Statement

BOOKS

Ministry with Persons With Mental Illness and Their Families, Edited by Robert H. Albers, William H. Meller, Steven D. Thurber Fortress Press, 2012

When Life Goes Dark: Finding Hope in the Midst of Depression by Richard Winter Intervarsity Press, 2012

Books by Edward Welch: **Depression: A Stubborn Darkness**; Depression: **Looking Up from the Stubborn Darkness** (\$14); small paperback: **Depression: The Way up When You Are Down** (\$3.52)

Breaking Through Depression by Donald Hall, MD - A biblical and medical approach to emotional wholeness

Blame it on the Brain by Edward Welch Distinguishing Chemical Imbalances, Brain Disorders and Disobedience

Grace for the Afflicted by Matthew Stanford, PhD A clinical and biblical perspective on Mental Illness

RESOURCES and WEB LINKS

National Mental Health Institute www.nimh.nih.gov

Fresh Hope <http://freshhope.us/> To empower individuals to live a full and rich faith-filled life in spite of a mental health diagnosis.

WebMD Mental Health Center <http://www.webmd.com/mental-health/>

Mental Health Ministries <http://www.mentalhealthministries.net/> Full of faith based resources including a monthly newsletter and Mental Illness & Families of Faith Study **Guide** Mental Illness and Families of Faith: The Challenge and the Vision, How Congregations Can Respond, is a **free** downloadable resource/study guide for clergy and communities of faith.

Key Ministry <http://www.keyministry.org/> Providing training, resources and support to churches serving families of kids with mental illness, trauma and developmental disabilities.

Resources to help churches more effectively minister to children and adults with [ADHD](#), [anxiety disorders](#), [Asperger's Disorder](#), [Bipolar Disorder](#), [depression](#) and [trauma](#).

NAMI National Alliance on Mental Illness <http://www.nami.org/>

MN Metro Children's Crisis Response Services are available 24/7. We provide immediate help for youth experiencing a mental health crisis. Different phone # for each county. Check web site.

<http://www.childcrisisresponsemn.org/>

Health and Safety links: <http://kids.usa.gov/health-and-safety/index.shtml>

Preventing Mental Illness <http://www.samhsa.gov/prevention/> Creating communities where individuals, families, schools, faith-based organizations, and workplaces take action to promote emotional health and reduce the likelihood of mental illness, substance abuse including tobacco, and suicide.

Blogs on mental health <http://drgncevich.wordpress.com/category/mental-health-2/>

Suicide Prevention

American Foundation for Suicide Prevention <http://www.afsp.org/>

Zero Suicide Initiative. Includes toolkit/newsletter

<http://zerosuicide.actionallianceforsuicideprevention.org/>

Action Alliance for Suicide Prevention. Resources including 10 Steps We Can Take to Reduce Suicides, Counter Stigma, and Save Lives <http://actionallianceforsuicideprevention.org/>

Your Life Matters Initiative. Faith leaders can find the information and resources they need to help prevent suicide. <http://actionallianceforsuicideprevention.org/task-force/faith-communities/YLM-home>

National Suicide Prevention Lifeline <http://www.suicidepreventionlifeline.org/> If someone you know is in a crisis, call 1-800-273-8255 (24/7)

Teen Suicide info & resources. Subscribe to email updates here: <http://kids.usa.gov/>

Youth Suicide <http://thinkingaboutsucide.com>

Depression

Depression Outreach <http://depressionoutreach.com/>

Depression Toolkit U of Michigan's comprehensive, one-stop destination for information about depression; treatment options; self-care; and how to talk about depression with others. 30 downloadable tools that patients can use. <http://www.depressiontoolkit.org/>

Depression overview slide show <http://www.webmd.com/depression/ss/slideshow-depression-overview>

What is Depression? An animated video using the analogy of a dog to show the feelings on one who is depressed. <http://www.upworthy.com/what-is-depression-let-this-animation-with-a-dog-shed-light-on-it?g=2>

Listing of helpful Bible verses for depression <http://www.whatchristianswanttoknow.com/bible-verses-about-depression-15-helpful-scriptures/#ixzz3AB3KsAVq>

Tools and Assessments for the Church

NAMI Faith Net An outreach of NAMI, a vital education and support agency, for faith communities and their leaders

Focus on the Family

- Pastoral Care Line / Consultation: 844-4PASTORS
- Counseling Line: 855-771-HELP

Mental Illness and the Church: At Focus on the Family our Thriving Pastor ministry exists to equip church leaders for success with broken and hurting families in your church and community. Download a Free Pastor's Guide This short e-book provides a summary of the latest research findings from LifeWay Research on mental health & the church, along with helpful articles, brief medical overviews for acute mental illness and recommended resources. Documents/books to download. Find a counselor tool. <http://www.thrivingpastor.com/mentalhealth/>

The Patient Health Questionnaire (PHQ) and GAD-7 offer clinicians concise, self-administered screening and diagnostic tools for mental health disorders, which have been field-tested in office practice. The screeners are quick and user-friendly, improving the recognition rate of depression and anxiety and facilitating diagnosis and treatment.

GAD-7 <http://www.mpho.org/resource/d/34008/GAD708.19.08Cartwright.pdf>

PDQ-9 http://www.phqscreeners.com/pdfs/02_PHQ-9/English.pdf

http://www.depressiontoolkit.org/download/PHQ-9Diagnostic_blank.pdf

Screener instructions: http://www.phqscreeners.com/pdfs/02_PHQ-9/English.pdf

Church4EveryChild <http://drgrcevich.wordpress.com/> Helping churches pursue kids with mental illness, trauma or developmental disabilities and their families.

“Ministry in the Face of Mental Illness” Study by Dr. Frank Page, who shares from his own firsthand experience of dealing with depression and suicide in his own family. Click on the links below to download the Personal Study Guide and the Leader Guide.

Ministry in the Face of Mental Illness Leader Guide

Ministry in the Face of Mental Illness Personal Study Guide

<http://blog.lifeway.com/biblestudiesforlife/free-bonus-session-ministry-in-the-face-of-mental-illness/>

Children Mental Health Sites

Why is effective mental health care for kids so hard to find?

<http://drgreivich.wordpress.com/2012/05/01/hot-topics-why-is-effective-mental-health-care-for-kids-so-hard-to-find/>

NAMI's Child and Adolescent Action Center...[Getting an Accurate Diagnosis for Your Child: 10 Steps for Families.](#)

Facts for Families. Download from the American Academy of Child and Adolescent Psychiatry on [questions for parents to ask about psychiatric medication.](#)

Fact sheet from the National Institute of Mental Health on [Frequently Asked Questions about Treatment of Children with Mental Illnesses.](#)

ARTICLES

A Year of Grieving Dangerously by Kay Warren. One year after the suicide of her son, she shares her story of grief, mystery, and hope. <http://www.christianitytoday.com/ct/2014/march-web-only/kay-warren-grieving-mental-illness-suicide-saddleback.html?start=2>

1 in 4 Pastors Have Struggled with Mental Illness, Finds LifeWay and Focus on the Family
<http://www.christianitytoday.com/gleanings/2014/september/1-in-4-pastors-have-mental-illness-lifeway-focus-on-family.html?paging=off>

Looking at the Lifeway/Focus on the Family mental illness study as a peer reviewer would...
<http://drgreivich.wordpress.com/2014/10/02/looking-at-the-lifewayfocus-mental-illness-study-as-a-peer-reviewer-would/>

Mental Illness and the Church: An Analysis, a guest post by David Murray - Ed Stetzer Blog
Christianitytoday.com *What do the stats tell us about how the church deals with mental illness?*
<http://www.christianitytoday.com/edstetzer/2014/october/mental-illness-and-church-guest-post-by-david-paul-murray.html>

The Stigma of Mental Illness and the Scope of Medicine by Steve Phillips. Bioethics at TIU
<http://blogs.tiu.edu/bioethics/2013/06/19/the-stigma-of-mental-illness-and-the-scope-of-medicine/>

A Game of Chess With No Winner by Mike Pitts [March 30, 2014](#)
<http://drgreivich.wordpress.com/2014/03/30/a-game-of-chess-with-no-winners-mike-pitts/>

Families impacted by mental illness crave support from their church
<http://drgreivich.wordpress.com/2014/05/20/families-impacted-by-mental-illness-crave-support-from-their-church/>

What if a parent also has mental health issues? <http://drgncevich.wordpress.com/2014/03/11/what-if-a-parent-also-has-mental-health-issues/>

Should Christian Parents Only Use Christian Mental Health Professionals?
<http://drgncevich.wordpress.com/2011/07/02/should-christian-parents-only-use-christian-mental-health-professionals/>

When Kids Become Aggressive at Church
<http://drgncevich.wordpress.com/when-kids-become-aggressive-at-church/>

Sample Mental Health Team Mission Statement

The mission of the Brooklyn Park Evangelical Free Church Mental Wellness Team is to promote the mental well - being of people in our church and in the community in a manner congruent with the Christian faith and principles as described in the statement of faith of the Evangelical Free Church. In doing so, members of the mental wellness team will:

- * Promote healthy relationships and stable emotional lives
- * Promote excellence in the provision of mental health related services in the church
- * Refer persons to appropriate church and community resources
- * Promote the development and continuation of support groups and provide support for the leaders of these groups
- * Encourage continuing education of the church leadership. Of the church membership and of the greater community about mental health issues