

Breathe



RESOURCE PACKET

RECOMMENDED RESOURCES

Highlighted Websites

HopeForBrighterTomorrows.org

As a mom of a child with mental illness, Kay Warren often felt overwhelmed by the lack of mental health resources and the time it took to find reputable information. Hope forBrighter Tomorrows, the mental health non-profit she founded, created a website where people can come and easily access trustworthy and helpful material without having to spend hours searching the Internet. Please visit the specific mental health pages on this website: **ADHD, Anxiety, Bipolar Disorder, Borderline Personality Disorder, Depression, Eating Disorders, Grief, Obsessive Compulsive Disorder, Schizophrenia, Students, Substance Use Disorder, Suicide, Support for Families and Friends, Trauma.**

Mental Health Resource Guide for Individuals and Families

The Mental Health Resource Guide for Individuals and Families is provided free of charge. It includes basic education about common mental illnesses, answers to frequently asked questions, and helpful information for families on how to support their loved ones with mental illness. It is designed to serve as a simplified reference guide and should not be utilized as a diagnostic tool. Visit hopeforbrightertomorrows.org/breathcalls to download the Resource Guide.

Saddleback Church's Hope for Mental Health Community

The Hope for Mental Health Community was designed as a time to connect with others who have mental health challenges, learn from professionals in the fields of psychology, theology, and wellness, and gain spiritual strength from God and each other. You can view videos of previous Hope for Mental Health Community events at hopeforbrightertomorrows.org/videos.

How to Navigate a Mental Health Crisis Seminar

This recorded seminar, hosted by the Saddleback Church Hope for Mental Health Ministry, will give you the tools to recognize the precipitating events leading up to a crisis, what you need to know to help yourself or your loved one through the crisis, how to follow up afterwards, as well as ways to connect with on-going support. You can view [How to Navigate a Mental Health Crisis](http://hopeforbrightertomorrows.org/videos) at hopeforbrightertomorrows.org/videos.

RECOMMENDED RESOURCES

Websites

988 | National Suicide and Crisis Lifeline

The National Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call or text HOME to 988, or visit their website to connect via online chat with a trained Crisis Counselor.

2-1-1

211.org

Provides free and confidential information and referrals for mental health services, help with food, housing, employment, counseling, and more.

Celebrate Recovery: A Christ-Centered, 12-Step Program

celebraterecovery.com

A Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. Groups are available throughout the nation, internationally, online, and in many prisons.

CHOC Mental Health Toolkit

health.choc.org/guide/mental-health

The Children's Hospital of Orange County (CHOC) created a Mental Health Tool kit that includes free resources on mental health topics common to kids and teens, such as depression, anxiety, suicide prevention, trauma, bullying, eating disorders, attention deficit/hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD). Many resources are available in English, Spanish, and Vietnamese.

Compassion in Action: A Guide for Faith Communities, Serving People with Mental Illness and their Care Givers

hhs.gov/sites/default/files/compassion-in-action.pdf

The U.S. Department of Health and Human Services created a guide with seven key principles to help faith leaders address mental illness in their communities.

Embracing the Unexpected: A Guide for Faith and Mental Illness Resources, Support, and Community

embracingtheunexpected.com

Maree Dee is a writer, speaker, mental health advocate, and ministry leader passionate about encouraging and equipping others to embrace life in the midst of the unexpected.

Fresh Hope for Mental Health

freshhope.us

Fresh Hope offers a safe space, both online and in-person for anyone feeling hopeless. Participants are invited to process their pain and find faith-filled hope through peer-led support groups, classes, coaching, and resources.

Hope and Healing Center

hopeandhealingcenter.org

The Hope and Healing Center is a comprehensive mental health resource serving the Houston community and beyond. HHCI's Hope Line is open daily from 5-8pm (CT) at (832) 831-7337. Call and receive 30 minutes of free counseling over the phone.

International OCD Foundation

iocdf.org/find-help

The IOCDF provides resources and support for those affected by OCD, including individuals with OCD and related disorders, their family members, friends, and loved ones.

Mental Health Grace Alliance

mentalhealthgracealliance.org

Mental Health Grace Alliance is a Christian-based organization that provides online and in-person support groups for individuals, parents, and loved ones. Their support groups combine neuroscience and faith with the hope of building mental and emotional health resiliency.

National Alliance on Mental Illness (NAMI)

nami.org/home

NAMI is the nation's largest grassroots mental health organization which provides education classes, support groups, and resources for individuals and families.

Number Story

numberstory.org

Exists to build awareness of Adverse Childhood Experiences (ACEs) and to help people and communities prevent and address the effects of ACEs and childhood toxic stress. This website helps you learn about your ACEs score.

The Healing Power of Breathing and Prayer I Breathe Call with Kay Warren and Brooke & Dave Thompson

hopeforbrightertomorrows.org/breathecalls

Brooke Thompson is a Holy Yoga instructor and her husband, Dave, is a firefighter. They have learned how to integrate breathing and holy yoga practices into their family life and careers -including sharing with other firefighters how to manage the chronic stress first respondersexperience on a daily basis.

Protecting Youth Mental Health: The U.S. Surgeon General's Advisory

hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf

The U.S. Surgeon General's Advisory calls the nation to immediate awareness and action for this significant public significant public health challenge.

The Orange County Anxiety Center

ocanxietycenter.com

The OCAC was founded to help individuals overcome anxiety-related disorders through direct clinical therapy as well as research.

**For additional recommended books, organizations, and resources
please visit hopeforbrightertomorrows.org/mentalhealth.**

RECOMMENDED RESOURCES

Books

The Bipolar Disorder Survival Guide, Third Edition: What You and Your Family Need to Know by David J. Miklowitz, Ph.D.

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud, Ph.D. and John Townsend, Ph.D.

Breath: The New Science of a Lost Art by James Nestor

Breath as Prayer: Calm Your Anxiety, Focus Your Mind, and Renew Your Soul by Jennifer Tucker

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by Melody Beattie

Difficult: Mothering Challenging Adult Children Through Conflict and Change by Judith R. Smith

Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges by John Swinton, Ph.D.

Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace by J.P. Moreland, Ph.D., Th.M., M.A.

Good Enough: 40ish Devotionals for a Life of Imperfection by Kate Bowler and Jessica Richie

Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness by Matthew S. Stanford, Ph.D.

Grace for the Afflicted Discussion Guide by Matthew S. Stanford, Ph.D.

Grace for the Children: Finding Hope in the Midst of Child and Adolescent Mental Illness by Matthew S. Stanford, Ph.D.

How We Love Our Kids: The Five Love Styles of Parenting by Rev. Milan Yerkovich, M.A. & Kay Yerkovich, M.S., LMFT

How You Can Survive When They're Depressed: Living & Coping with Depression Fallout by Anne Sheffield

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment by Xavier Amador, Ph.D.

I Love Jesus, But I Want to Die: Finding Hope in the Darkness of Depression by Sarah J. Robinson

Loving Someone with Suicidal Thoughts: What Family, Friends, and Partners Can Say and Do by Stacey Freedenthal, Ph.D., LCSW

Madness & Grace: A Practical Guide for Pastoral Care and Serious Mental Illness by Dr. Matthew S. Stanford, Ph.D.

Make Sense of Your Story: Why Engaging Your Past with Kindness Changes Everything by Adam Young

A New Kind of Normal: Hope-Filled Choices When Life Turns Upside Down by Carol Kent

Overcoming Borderline Disorder by Valerie Porr

Redeeming Heartache: How Past Suffering Reveals Our True Calling by Dan B. Allender, Ph.D., M. DIV.

Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict by Joshua Coleman, Ph.D.

Surviving Schizophrenia: A Family Manual by E. Fuller Torrey, M.D., M.A.

Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed by Claudia J. Strauss

Talking to Eating Disorders: Simple Ways to Support Someone Who Has Anorexia, Bulimia, or Other Eating Disorders by Jeanne Albronda Heaton, Ph.D. and Claudia J. Strauss

What Happened To You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry, M.D., Ph.D. & Oprah Winfrey

When I Lay My Isaac Down: Unshakable Faith in Unthinkable Circumstances by Carol Kent

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers by Rebecca Woolis

You are Not Alone - The NAMI Guide to Navigating Mental Health by Ken Duckworth, MD

RECOMMENDED RESOURCES

Podcasts

The Allender Center Podcast

Dr. Dan Allender and his team engage topics on healing and restoration through the unique intersection of theology and psychology. Gain refreshing insight into understanding your story, handling relational struggles, recovering from trauma and abuse and more.

Being Human with Steve Cuss

Steve, Cuss, a former trauma and hospice chaplain, pastor, and leadership coach, guides listeners with a gospel-informed journey of discovery into the world of emotional health, exploring anxiety and reactivity, triangulation, and more.

Madness & Grace Podcast

Madness & Grace Podcast with Dr. Matthew Stanford, is a podcast from the Hope and Healing Center & Institute. The show focuses on the interplay between mental health and faith.

The Place We Find Ourselves

The Place We Find Ourselves podcast features private practice therapist Adam Young, LCSW, M.Div. and guests as they discuss how trauma and abuse impact the heart and mind, as well as how to navigate the path toward healing, wholeness, and restoration. This podcast will equip and inspire you to engage your own stories of harm in deep, transformative ways.