



## **Books**

- Amen, Daniel. *Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems*. 2013.
- Coleman, Monica. *Bipolar Faith: A Black Woman's Journey in Depression and Faith*. Minneapolis: Fortress Press, 2016.
- Crafton, Barbara. *Jesus Wept: When Faith and Depression Meet*. Jossey-Bass, 2009.
- Greene-McCreight, Kathryn. *Darkness is My Only Companion: a Christian Response to Mental Illness*. Grand Rapids: Brazos, 2015.
- Kehoe, Nancy. *Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness*. San Francisco: Jossey-Bass, 2009.
- Lund, Sarah Griffith. *Blessed Are the Crazy: Breaking Silence about Mental Illness, Family, and Church*. St. Louis: Chalice Press, 2014.
- Miller, Lisa. *The Spiritual Child: The New Science on Parenting for Health and Lifelong Thriving*. St. Martin's Press, 2015.
- Ruether, Rosemary Radford. *Many Forms of Madness: A Family's Struggle with Mental Illness and the Mental Health System*. Minneapolis: Fortress Press, 2010.
- Simpson, Amy. *Troubled Minds: Mental Illness and the Church's Mission*. Downers Grove, IL: Intervarsity Press, 2013.
- Swinton, John. *Dementia: Living in the Memories of God*. Grand Rapids: Eerdmans.
- Swinton, John. *Resurrecting the Person: Friendship and The Care of People with Mental Health Problems*. 2000.

## **Local Providers**

### **Atrium HealthCare System**

<https://atriumhealth.org/medical-services/prevention-wellness/behavioral-health>

704-444-2400

### **Hope Way**

<https://hopeway.org/>

1-844-HOPEWAY

### **Novant Health**

<https://www.novanthealth.org/home/services/behavioral-health.aspx>

704-384-CARE (2273)

## **Online Resources – Local and National**

**Center for Mental Health Services (CMHS)**

<https://www.mentalhealth.org/>

**Depression and Bipolar Support Alliance**

[www.dbsalliance.org](http://www.dbsalliance.org) 800-826-3632

**Hope 4 Mental Health/Mental Health and the Church** – Emerging mental health ministry of Saddleback Church (Orange County, CA)

[www.hope4mentalhealth.com](http://www.hope4mentalhealth.com)

**Mental Health America of Central Carolinas**

[www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org) 704-365-3454

**Minds Renewed** - Emerging web-based ministry seeking to link interested seekers with Christian mental health counseling and informational resources.

<https://www.facebook.com/MindsRenewed>

**National Suicide Hotline – 1-800-273- 8255**

<https://suicidepreventionlifeline.org>

**National Action Alliance for Suicide Prevention**

<https://theactionalliance.org/>

**NAMI Charlotte (National Alliance on Mental Illness)**

[www.nami-charlotte.org](http://www.nami-charlotte.org) 704-333-8218

**NAMI FaithNet** - Resource network for faith communities affiliated with the National Alliance on Mental Illness, a prominent advocacy group.

[www.nami.org/NAMIFaithnet](http://www.nami.org/NAMIFaithnet)

**National Council for Behavioral Health**

[www.thenationalcouncil.org](http://www.thenationalcouncil.org) 202-684-7457

**National Institute of Mental Health (NIMH)**

[www.nimh.nih.gov](http://www.nimh.nih.gov) 866-615-6464

**NC Families United**

[www.ncfamiliesunited.org](http://www.ncfamiliesunited.org) 336-395-8828

**Pathways to Promise** - Interfaith (but mostly mainline protestant) coalition providing resources to faith communities regarding mental illness.

[www.pathways2promise.org](http://www.pathways2promise.org)

**Substance Abuse and Mental Health Services Administration**

<https://www.samhsa.gov/>

**To Write Love On Her Arms (TWLOHA)** - Advocacy group that has a very large presence on social media. Addresses youth and issue of self-harming.

[www.twloha.com](http://www.twloha.com)