



RESONATE CHURCH

MENTAL HEALTH

Mental health is so important. And whether it's circumstantial stresses that affect us or clinical conditions that beset us, struggling with lack of mental health can affect us deeply. God cares about our mind and provides healing and peace for us in the midst of mental illness.

SCRIPTURE

Isaiah 43:18-19

1 Peter 1:13

Mark 12:30

Romans 8:6

Isaiah 26:3-4

1 Corinthians 2:14-16

Romans 12:1-2

2 Corinthians 10:5

2 Timothy 1:7

Ephesians 4:22-24

Galatians 5:1

BOOKS

[Emotionally Healthy Spirituality](#)

[When the Darkness Will Not Lift](#)

[Suffering is Never for Nothing](#)

[My Name is Hope](#)

[Troubled Minds: Mental Illness and the Church's Mission](#)



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SERMONS

[The Role of Faith in Mental Health | Glen Scrivener](#)

ARTICLES

<http://resonate.net/resblog/advent-healing>

<https://mentalhealthgracealliance.org/christian-mental-health-and-mental-illness/battling-anxiety-spiritually>

[Hope in the Darkness of Mental Illness](#)

Websites

<https://suicidepreventionlifeline.org/> Gotta have it. People need to know suicide prevention shouldn't start when you're at the end of your rope, it should start as soon as you feel you are struggling to cope. You do not need to be in a life-threatening crisis to get help.

<https://static1.squarespace.com/static/5a9d8fb47c9327e01e4b3451/t/5b99853c562fa7f084901a64/1536787799012/Guided+into+Living+Grace.pdf> Some of the language early on makes me uneasy, but it is probably the best faith-based material I have seen. Page 19 includes other Christian mental health resources that I have not looked into, and I've seen at least one blog post from Grace Alliance on medication that I was not ok with, but this seems to still be a good stand-alone resource.

Tools

[Daily tracker tool](#) This can help you identify patterns you may not notice otherwise.

[Ways to help a loved one at risk of suicide](#)



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[The Best Way To Save People From Suicide](#) This is a long read, and pretty intense, but extremely helpful- especially for people who want do not struggle with depression and want to help.

[Safety plan template](#)- this is designed for providers to use with their patients, and those who are suicidal should absolutely not use this as a replacement for professional help, but everyone can benefit from knowing what their stress triggers, coping strategies, and support systems are.