

Hope for Mental Health
a ministry of MCC

Faith-based Resources

On YouTube

"A Faith That Leads to Emotional Health", part I & II. Pastor Rick Warren provides 10 Biblically based strategies for developing emotional resilience during the Pandemic. <https://youtu.be/Oc8efqg5mII>, https://youtu.be/6eN2_MYnSoc

"Protecting your Mental Health During COVID 19" - Kay Warren has a conversation with Dr. Christine Moutier, MD, Chief Medical Officer of the American Foundation for Suicide Prevention <https://youtu.be/6HaDue77unI>

"How to Achieve Emotionally Healthy Spirituality" An interview with Pastor Peter Scazzaro. (See www.emotionallyhealthy.org in the website section for more information). <https://youtu.be/-AYEpx3prAE>

"EMPOWER Training" This is a 2 hour training by Dr. Matt Stanford providing general information about mental illness and QPR/Suicide Prevention. (Visit www.mentalhealthgateway.org for more information.) <https://youtu.be/HNMxtOhqAZA>

"What is REBOOT Combat Recovery?" REBOOT is a faith based nonprofit that serves Military, First Responders & their families. (See the website for more info.) <https://youtu.be/wKHUPxTA7ek>

Websites

www.mentalhealthgracealliance.org - The mission of the Grace Alliance is to provide innovative Biblically and scientifically based resources.

Free: E-books: "Guided Into Living Grace", and "Guided Into Family Grace" provide whole person approaches to living with mental illness for individuals and families.

www.mentalhealthministries.net An interfaith web-based ministry providing educational resources to help erase the stigma of mental illness in faith communities. Free: Video clips and PDFs on a wide variety of mental health topics, for example : "Overcoming Stigma", "Teenage Depression and Suicide", "Addiction & Depression", "Out of the Ashes: Transforming Trauma".

www.keyministry.org Key Ministry promotes meaningful connection between churches & families of kids with disabilities. Free: Articles, videos & materials for families and churches.

www.mentalhealthgateway.org Provides a wide variety of training, including the free training by Dr. Matt Stanford listed in the YouTube section. Free PDFs & articles & resources on a wide variety of mental health topics, including info. on specific diagnoses.

www.emotionallyhealthy.org Focus is on Emotionally Health Discipleship for Individuals, Teams, and Churches. Free: Podcasts, and a "Vault" containing some free resources for leaders interested in launching Emotionally Healthy Spirituality groups. Pastor Pete Scazzaro's work is highlighted.

www.hope4mentalhealth.com Saddleback Church's mental health ministry that inspired ours! Free: Many videos, audios & webcasts. Click on "Mental Health Community" to find webcasts with Kay Warren, who hosts monthly speakers.

www.rebootrecovery.com Focuses on trauma recovery for Military, First Responders, and their families. Provides courses and training. Free: Podcasts can be found on YouTube. They also have a Facebook page.

www.abuserecovery.org This ministry serves those impacted by domestic violence and controlling relationships, primarily women, but men as well. They are based in Hillsboro, OR. Free: Many PDFs and videos.

*****See the Hope for Mental Health page for crisis resources as well as community resources. Contact information is there as well.**