

Breathe



RESOURCE PACKET

# RECOMMENDED RESOURCES

## [KayWarren.com](https://www.kaywarren.com)

As a mom of a child with mental illness, Kay often felt overwhelmed by the lack of mental health resources and the time it took to find reputable information. Her website is created to be a place 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 her 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. Click [HERE](#) to download the Resource Guide.

## [Saddleback Church's Hope for Mental Health Community](#)

The Hope for Mental Health Community is a safe place for anyone with or affected by mental illness. These gatherings are 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. Please join us on the fourth Sunday of every month from 1:00 pm – 3:00 pm at Saddleback Church Lake Forest. You can view videos of previous Hope for Mental Health Community events at [KayWarren.com/Community](https://www.kaywarren.com/Community).

## [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.

- Click [HERE](#) to follow along with the PowerPoint presentation.
- Download the handouts [HERE](#).

# RECOMMENDED RESOURCES

## **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](#)**

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](#)**

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](#)**

The Children’s Hospital of Orange County (CHOC) created a Mental Health Toolkit 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](#)**

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](#)**

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

# RECOMMENDED RESOURCES

## [Fresh Hope for Mental Health](#)

Fresh Hope provides a safe place online and in-person for anyone who feels hopeless to process their pain and experience faith-filled hope modeled, shared, and given in support groups, classes, coaching, and resources that are led and written by peers.

## [Hope and Healing Center](#)

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](#)

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](#)

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

## [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.

## [Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#)

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

# RECOMMENDED RESOURCES

## [The Healing Power of Breathing and Prayer | Breathe Call with Kay Warren and Brooke & Dave Thompson](#)

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 responders experience on a daily basis.

## [The Orange County Anxiety Center](#)

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 [KayWarren.com/MentalHealth](https://KayWarren.com/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

# RECOMMENDED RESOURCES

## *Books continued*

*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.

*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.

### [CXMH](#)

*CXMH* is a podcast at the intersection of faith & mental health, hosted by Robert Vore & Dr. Holly Oxhandler, Ph.D., MSW. They bring together faith leaders and mental health professionals for honest conversations.

### [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.





