



## MENTAL HEALTH RESOURCES – 2024 OTTER CREEK

### COUNSELORS:

Daystar Counseling Ministries ([daystarcounseling.com](http://daystarcounseling.com))  
The Refuge Center for Counseling ([refugecenter.org](http://refugecenter.org))  
Hunter Stanfield - [m.hunter.stanfield@gmail.com](mailto:m.hunter.stanfield@gmail.com)  
Heather Lefebvre - [heather@mytherapistheather.com](mailto:heather@mytherapistheather.com)  
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Chad Johnson - [Chaddouglasjohnson@gmail.com](mailto:Chaddouglasjohnson@gmail.com)  
Jim Frost - [jim.frost@live.com](mailto:jim.frost@live.com)  
Mike Runcie (pastoral counseling only) - [mike@ottercreek.org](mailto:mike@ottercreek.org)  
Steve Parham - [steveparham30@gmail.com](mailto:steveparham30@gmail.com)  
Hannah Dunsmore - [Hannahddunsmore@gmail.com](mailto:Hannahddunsmore@gmail.com)  
Nick McCollum - [nick@nickmccollumcounseling.com](mailto:nick@nickmccollumcounseling.com)  
Winn Thomas-Simmons – [winn@nashvilletherapy.org](mailto:winn@nashvilletherapy.org)  
Judith R. Roney - [judithroney@benlomand.net](mailto:judithroney@benlomand.net)  
Gracie Self - [gracie@nashvilletherapy.org](mailto:gracie@nashvilletherapy.org)

### SPIRITUAL DIRECTORS:

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Roger Harwell - [roger.harwell@gmail.com](mailto:roger.harwell@gmail.com)

### OTHER IMPORTANT RESOURCES:

**Agape** -counseling, crisis support, adoption and foster care services, pregnancy-maternity care, emergency domestic violence shelter, and court advocacy assistance

<https://agapenashville.org>

**Freedom Prayer Ministry** -offered through Otter Creek Church  
[ottercreek.org/freedom-prayer/](http://ottercreek.org/freedom-prayer/)

**Grief Share** -hosted by Otter Creek Church \*Brentwood Campus [griefshare.org](http://griefshare.org)

**Insight Counseling Centers** -offers quality and compassionate mental health counseling services in person and via telehealth. <https://insightcounselingcenters.org>

**Sage Hill** -We provide relationship-focused, evidence-based, counseling services to help you live fully. <https://www.sagehill.co>

***The Wild Edge of Sorrow*** by Francis Weller

***My Bright Abyss*** by Christian Wiman

***When Breath Becomes Air*** by Paul Kalanithi

***The Bible and Mental Health*** edited by Cook and Hamley