



MENTAL HEALTH RESOURCES – 2024 OTTER CREEK

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OTHER IMPORTANT RESOURCES:

- **AGAPE** -counseling, crisis support, adoption and foster care services, pregnancy-maternity care, emergency domestic violence shelter, and court advocacy assistance agapenashville.org
- **Southeast Psych Nashville** -certified clinicians specialize in treating: depression, anxiety/OCD, trauma, ADHD, grief & loss, autism spectrum, behavioral problems, relationship issues, and more southeastpsychnashville.com

- **Daystar Counseling Ministries** -dedicated to providing support, encouragement & compassion to children, adolescents & families in need through counseling daystarcounseling.com
- **The Refuge Center for Counseling** -exists to offer excellent, accessible, and affordable mental and emotional healthcare services in support of a transformational impact on communities refugecenter.org
- **Insight Counseling Centers** -offers quality and compassionate mental health counseling services in person and via telehealth insightcounselingcenters.org
- **Sage Hill** -provides relationship-focused, evidence-based, counseling services to help you live fully sagehill.co
- **Freedom Prayer Ministry** -offered through Otter Creek Church ottercreek.org/freedom-prayer/
- **Grief Share** -hosted by Otter Creek Church *Brentwood Campus griefshare.org

BOOKS:

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