

MENTAL HEALTH RESOURCE LIST

The 2020 Wellness Conference • Bethany Community Church

In the hope of providing connections that you will find helpful for yourself and others as we seek to invite people to God, community and wholeness, please find a wide variety of resources from the Bethany Community Church Wellness Conference 2020. This includes:

BOOKS

- *Personal Growth*
- *Grief and Loss*
- *Pain and Suffering*
- *Trauma*
- *Addiction, Mental Illness, Therapy, and Faith*
- *Relationships*

PODCASTS

COMMUNITY RESOURCES

- *Mental Health*
- *Intimate Partner Violence and Sexual Assault*
- *Recovery from Addiction*

ENGAGING YOUR STORY

FINDING A THERAPIST

- *Bethany Resources*
- *Websites and Local Resources*

HOW TO TALK TO AND/OR SUPPORT A LOVED ONE WITH A MENTAL HEALTH ISSUE

MINISTRIES AND CLASSES AT BETHANY

- *Journey Groups*
- *Stephen Ministry*
- *Spiritual Journey*
- *Sermon-Based Discussion Small Groups*
- *Ancient Paths Trips*

BOOKS

PERSONAL GROWTH

- [*Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships*](#), Curt Thomson
- [*Bold Love*](#), Dan B. Allender and Tremper Longman III
- [*The Bondage Breaker*](#), Neil T. Anderson
- [*Can You Hear Me?: Tuning into the God who Speaks*](#), Brad Jersak
- [*Changes That Heal*](#), Henry Cloud
- [*Emotionally Healthy Spirituality*](#), Peter Scazzero
- [*Every Good Endeavor*](#), Timothy Keller
- [*The Gifts of Imperfection*](#), Brene Brown
- [*Option B: Facing Adversity, Building Resilience, and Finding Joy*](#), Sheryl Sandberg
- [*Quiet: The Power of Introverts in a World that Can't Stop Talking*](#), Susan Cain
- [*The Return of the Prodigal Son*](#), Henri Nouwen
- [*Rising Strong*](#), Brene Brown
- [*The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*](#), John Mark Comer
- [*The Soul of Shame: Retelling the Stories We Believe About Ourselves*](#), Curt Thompson
- [*Total Forgiveness*](#), R.T. Kendall

GRIEF AND LOSS

- [*A Grief Observed*](#), C.S. Lewis
- [*On Grief and Grieving*](#), Elisabeth Kubler-Ross and David Kessler
- [*Lament for a Son*](#), Nicholas Wolterstorff

PAIN AND SUFFERING

- [*The Problem of Pain*](#), C.S. Lewis
- [*Walking with God through Pain and Suffering*](#), Timothy Keller

TRAUMA

- [*The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*](#), Bessel van der Kolk
- [*Getting Past Your Past*](#), Francine Shapiro
- [*Healing The Wounded Heart*](#), Dan B. Allender
- [*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*](#), Resmaa Menakem
- [*To Be Told*](#), Dan B. Allender

ADDICTION, MENTAL ILLNESS, THERAPY, AND FAITH

- [*Addiction and Grace*](#), Gerald May
- [*God and Soul Care*](#), Eric L. Johnson
- [*Grace for the Afflicted*](#), Matthew S. Stanford

RELATIONSHIPS

- [*Boundaries*](#), Henry Cloud and John Townsend
- [*The Emotionally Destructive Relationship*](#), Leslie Vernick
- [*Hold Me Tight*](#), Sue Johnson
- [*The Language of Letting Go: Daily Meditations for Codependents*](#), Melodie Beatty

PODCASTS

- [The Allender Center Podcast](#)
- [Another Name for Everything with Richard Rohr](#)
- [Homilies with Richard Rohr](#)
- [The Place We Find Ourselves](#)

COMMUNITY RESOURCES

MENTAL HEALTH

- Crisis Connections (local mental health crisis line)
1-866-427-4747 or 206-461-3222, www.crisisconnections.org
- National Alliance on Mental Illness (resources and support groups): nami.org
- National Suicide Prevention Lifeline: 1-800-273-8255
- Q Christian Fellowship (LGBTQ+ Support): <https://www.qchristian.org/crisis>
- Teen Link (teen support line, text & chat available): 1-866-833-6546, teenlink.org
- Warm Line (local mental health support line): 1-877-500-9276

INTIMATE PARTNER VIOLENCE AND SEXUAL ASSAULT

- National Sexual Assault Hotline: 1-800-656-4673, www.rainn.org
- WA Domestic Violence Hotline: 1-800-562-6025
- WA State Coalition Against Domestic Violence: wscadv.org

RECOVERY FROM ADDICTION

- Al-Anon Family Groups: wa-al-anon.org/meetings/
- Alcoholics Anonymous: area72aa.org
- Recovery Help Line (Substance Abuse, Problem Gambling, & Mental Health): 1-866-789-1511

ENGAGING YOUR STORY

- Engaging Your Story—A How-To Guide
theallendercenter.org/resources/engaging-your-story/

FINDING A THERAPIST

BETHANY RESOURCES

- Contact Pastor Phil Maulding, philm@churchbcc.org
We maintain a strong referral network of professional therapists.

WEBSITES AND LOCAL RESOURCES

- Asian Mental Health Project: asianmentalhealthproject.com
- Consejo Counseling and Referral Service: consejocounseling.org
- Good Therapy: www.goodtherapy.org
- Inclusive Therapists: inclusivetherapists.com
- InnoPsych: innopsych.com
- Melanin and Mental Health: melaninandmentalhealth.com
- Navigate Family Therapy: navigatefamilytherapy.com
- Psychology Today: www.psychologytoday.com
- Seattle Indian Health Board: sihb.org
- Samaritan Center of Puget Sound: samaritanps.org
- Therapy for Black Girls: therapyforblackgirls.com
- Therapy for Black Men: therapyforblackmen.org
- Hall Health Center (for UW students): 206-543-5030
- Student Counseling Center (for SPU students): 206-281-2657
- Counseling and Psychological Services (for SU students): 206-296-6090
- The Emily Program (Eating disorder treatment): 206-283-2220
- Opal (Eating disorder treatment): 206-926-9087

HOW TO TALK TO AND/OR SUPPORT A LOVED ONE WITH A MENTAL HEALTH ISSUE

- Crisis Plan and working through hard times
mentalhealthrecovery.com/info-center/crisis-plan/
- Eight tips for talking about mental health
mentalhealth.org.uk/publications/supporting-someone-mental-health-problem
- How I can help someone I'm concerned about
mhfa.com.au/resources/help-a-friend-family-member-or-co-worker-with-mental-health-illness-or-crisis
- How to navigate conversations about mental health
cbsnews.com/news/when-a-loved-one-is-in-need-how-to-navigate-conversations-about-mental-health/
- How to talk about mental health
mentalhealth.gov/talk/friends-family-members
- Navigating conversations with youth, older adults, and/or co-workers
health.clevelandclinic.org/worried-about-a-loved-ones-mental-health-how-to-help-and-what-to-say/

HOW TO TALK TO AND/OR SUPPORT A LOVED ONE WITH A MENTAL HEALTH ISSUE (CONT.)

- Suggestions on how you may approach someone living with a mental health condition, things to avoid saying, things to avoid doing
nami.org/Get-Involved/NAMI-FaithNet/Tips-For-How-to-Help-a-Person-with-Mental-Illness
- Take a Mental Health First Aid (MHFA) training course
mentalhealthfirstaid.org/take-a-course/
- Tips for supporting a loved one with psychiatric illness
psychologytoday.com/us/blog/crazy-life/201209/how-help-loved-one-mental-illness

MINISTRIES AND CLASSES AT BETHANY

- **Stephen Ministry**
Contact Don Riggs, donr@churchbcc.org
Stephen Ministry provides confidential, one-on-one care to individuals who are experiencing a tough season in their lives. Trained care-givers come alongside both men and women to listen, encourage, support and pray for them as they seek healing and strength while facing particular crises, such as the loss of a loved one, convalescence, separation or divorce, loneliness or discouragement, unemployment, terminal or chronic illness, birth or adoption, miscarriage or infertility, relocation, and more.
- **Spiritual Journey**
August-December 2020
churchbcc.org/greenlake/classes
This 15-week class offers ways to grow beyond the harmful effects of living in a fallen world, being 'stuck' in life, breaking free from unhealthy patterns, and growing in Christ through both biblical teachings and consistent small groups.
- **Sermon-Based Discussion Small Groups**
Year-round - Varies by location
groups@churchbcc.org
Relationship with others is vital to our journey towards God, community and wholeness. Small groups provide one avenue for experiencing life in community through weekly connection and study of scripture.
- **Ancient Paths Trips**
Trips in June, July, and August 2020
churchbcc.org/wilderness
Connect with Christ and engage with your story through the text of creation and the practice of spiritual disciplines on a fully-guided Ancient Paths trip.