



# Resource List: Mental Health

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

## Included

[Anxiety & Fear](#)  
[Bipolar Disorder](#)  
[Depression](#)  
[Personality Disorders](#)  
[Trauma & PTSD](#)  
[For Pastors](#)  
[E-Booklets & Information Sheets](#)  
[Related Resource Lists](#)  
[Webpages and Q&As](#)  
[Referrals](#)

## Anxiety & Fear

### Books

**The Anxiety Cure** by Dr. Archibald Hart (2001) • 9780849942969 •

Hart explores anxiety and the roles played by brain chemistry, physiological responses, and patterns of thinking—and he compassionately offers steps for holistic healing.

**The Anxious Christian** by Rhett Smith (2012) • 9780802413222 •

“Can God use your anxiety for good?”

**Anxious for Nothing: God's Cure for the Cares of Your Soul** by John MacArthur (2012) • 9781434702975 •

“God's Cure for the Cares of Your Soul”.

**Breaking Free from Fear** by Kay Arthur (2012) • 9780307729859 •

A six-session study examines the roots of fear and explores Scripture to explain the trustworthiness of God and what it means to live a fearless life.

**Fear: A Spiritual Navigation** by Jo Kadlecsek (2000) • 9780877882688 •

Offering thoughts from historical writers as well as sharing the effects of fear in her own life, Kadlecsek encourages readers to place their trust in an unchanging God who can see them safely home.

**Fearless: Imagine Your Life Without Fear** by Max Lucado (2012) • 9780849946394 •

Fear can hold us captive and influence our choices and perceptions about life, God, and other people. But Lucado shows how to replace fear with faith so we can live with confidence and joy.

**Getting Unstuck** by Dr. Linda Mintle (2000) • 9780884196525 •

“Escape Three Traps Women Face Today: Anxiety, Depression, Eating Disorders”

**Helping Your Kids Deal With Anger, Fear, and Sadness** by H. Norman Wright (2005) • 9780736913331 •

Wright uses Scripture and offers practical tools to compassionately address anger, fear, and depression—and to help parents guide their children in handling these difficult emotions.

**How to Handle Your Emotions** by June Hunt (2008) • 9780736923286 •

“Anger, Depression, Fear, Grief, Rejection, and Self-Worth”

**Let. It. Go: Breaking Free from Fear and Anxiety** by Tony Evans (2005) • 9780802443786 •

Evans shares thoughts from God’s Word about moving beyond fear and anxiety—to let go of the past, to live in the present, and to trust God for the future.

**Letting Go of Worry and Anxiety** by Pam Vredevelt (2001) • 9781576739556 •

For many, worry has become a habit. Drawing from decades of clinical experience, research, and scriptural insight, Vredevelt suggests steps to embracing a more peaceful life.

**Living Free in an Anxious World** by R. Lanny Hunter and Victor Hunter (2010) • 9780891126805 •

Written by a physician and a pastor, this book offers a holistic approach to addressing worry and anxiety. Learn the physiological background for these emotions and how to courageously handle the experiences of life.

**Overcoming Anxiety, Worry, and Fear** by Gregory Jantz, Ph.D., and Ann McMurray (2011) • 9780800719685 •

Millions of Americans are burdened by an anxiety disorder, but Jantz helps you discover causes and resolutions as he explores Scripture and offers therapeutic insights.

**Overcoming Fear and Discouragement** by Kay Arthur (1999) • 9780736908108 •

Through the biblical books of Ezra, Nehemiah, and Esther, learn about the lives of ordinary men and women who encountered and overcame fearful and discouraging situations—and how *you* can conquer these emotions.

**Singing the Songs of the Brokenhearted** by Bill Crowder (2009) • 9781572932746 •

For hearts broken by anger, bitterness, fear, despair, or any number of debilitating emotions, the Psalms can give words to our anguish. Crowder explores several specific passages to help us apply God’s wisdom to our journey.

**Take Charge of Your Emotions** by Dr. Linda Solie (2013) • 9780764211133 •

“Seven Steps to Overcoming Depression, Anxiety, and Anger”—Pointing to the strength and hope available in Christ, Solie helps you recognize and find relief from negative or destructive feelings and behaviors.

**Tame Your Fears and Transform Them into Faith, Confidence, and Action** by Carol Kent (2003) • 9781576833599 •

Kent suggests fears most common to women (including rejection and a loss of control) and offers steps to overcoming and allowing them to deepen your confidence in a caring Heavenly Father.

**Walking on Water When You Feel Like You’re Drowning** by Tommy Nelson and Steve Leavitt (2012) • 9781604826791 •

Whether dealing with depression, anxiety, fear, or other emotional distress, individuals often feel isolated and hopeless. But as Nelson shares his personal experience with depression, he and Leavitt offer encouragement through a biblical approach to healing—integrating mind, body, and soul.

**What Women Fear: Walking in Faith That Transforms** by Angie Smith (2011) • 9780805464290 •

Sharing her own journey through fear, as well as offering stories of biblical men and women who fought for faith in the midst of uncertainty, Smith encourages readers with the reminder that God can redeem *every* hard place.

**What Women Should Know About Facing Fear** by Christin Ditchfield (2013) • 9780891123729 •

Sharing her personal experiences with fear, Ditchfield helps you understand the devastation fear can cause, identify unhealthy reactions to fear, and find courage to walk in freedom.

**When Someone You Love Suffers From Depression or Mental Illness** by Cecil Murphey (2004) • 9780834121348 •

Day-to-day activities and special challenges can be overwhelming when coming alongside those with mental illness. Murphey encourages you to care for yourself and keep your eyes on God in the midst of uncertainty.

**Worry Free Living** by Dr. Arnie Cole and Michael Ross (2014) • 9781780782263 • (not currently available through Focus on the Family)

“Finding Relief From Anxiety and Stress for You and Your Family”

## Broadcasts

### **Helping Kids Conquer Their Fears** (Danny Huerta) • 9781624711909 •

A licensed counselor, Huerta explains why young children experience fear and how parents can respond. Instead of discounting children's concerns, help them learn to have courage and appropriately face fears.

### **How Mental Illness Impacts Families** (Dr. Jared Pingleton, Dr. Don Graber, Dr. Ricardo Whyte) • 9781624717932 •

Mental illness can take a variety of forms, such as anxiety, depression and phobias—but it's often misunderstood or goes untreated. Experts compassionately discuss the medical, psychological, and spiritual aspects of mental illness, and they point listeners to sources of help.

### **Learning to Lay Down Your Fears** (Angie Smith) • 9781624715792 •

Smith shares struggles she's faced since she was a small child—including questioning her purpose, God's plans, and if she's a "good enough" Christian—and how God is teaching her to trust Him and rest in His peace.

### **Moving Beyond Fear and Worry** (Max Lucado) • 9781624713491 •

Lucado talks about common fears and explains why fear is so prevalent in our society. But he shares the encouraging truth that we are all significant to God—and through Him and the love of Christ, we can find courage to face our fears.

## Bipolar Disorders

## Books

### **Blue Genes: Breaking Free From the Chemical Imbalances that Affect Your Moods, Your Mind, Your Life, and Your Loved Ones** by Paul Meier, M.D. (2006) • 9781414312163 •

Many psychological problems can be linked to chemical imbalances in the brain. Meier discusses the difference that counseling and medicine can make toward resolving issues that affect mood and personality.

### **Fresh Hope: Living Well in Spite of a Mental Health Diagnosis** by Brad Hoefs and Dr. Michael Egger (2013) • 9781625094254 •

Hoefs shares his journey of resigning as senior pastor of a large church and starting Fresh Hope after being diagnosed with a bipolar disorder. Whether you or a loved one suffer from mood disorders, be encouraged that there *is* help.

### **Mood Swings** by Paul Meier, M.D., Stephen Arterburn, M.Ed., and Frank Minirth, M.D. (2000) • 9780785267713 •

Learn the physiological influences of bipolar-related disorders, and find hope through medical, spiritual, and lifestyle intervention.

### **When Someone You Love Suffers From Depression or Mental Illness** by Cecil Murphey (2004) • 9780834121348 •

Day-to-day activities and special challenges can be overwhelming when coming alongside those with mental illness. Murphey encourages you to care for yourself and keep your eyes on God in the midst of uncertainty.

## Broadcasts

### **How Mental Illness Impacts Families** (Dr. Jared Pingleton, Dr. Don Graber, Dr. Ricardo Whyte) • 9781624717932 •

Mental illness can take a variety of forms, such as anxiety, depression, and phobias—but it's often misunderstood or goes untreated. Experts compassionately discuss the medical, psychological, and spiritual aspects of mental illness, and they point listeners to sources of help.

## Depression

### Books

**Blue Genes: Breaking Free From the Chemical Imbalances that Affect Your Moods, Your Mind, Your Life, and Your Loved Ones** by Dr. Paul Meier (2006) • 9781414312163 •

Many psychological problems can be linked to chemical imbalances in the brain. This resource discusses the difference counseling and medicine can make toward resolving issues that affect mood and personality.

**Five Keys to Dealing With Depression** by Gregory Jantz (2016) • 9781628623611 •

“Rediscover your world—and yourself—with a new, positive, and healthy outlook.”

**The Freedom From Depression Workbook** by Dr. Les Carter and Dr. Frank Minirth (1996) • 9780840762078 •

This workbook features a 12-step plan to define and identify depression, understand the physical and mental factors of depression, and develop keys to lasting change.

**Getting Unstuck** by Dr. Linda Mintle (2000) • 9780884196525 •

Mintle gently addresses how depression, anxiety, and eating disorders affect women. Learn to recognize negative influences to your emotional health, and find strategies to help you move forward.

**Help! Someone I Love Is Depressed** by Greg L. Ross (2006) • 9781620202067 • (not currently available through Focus on the Family)

Find practical insights for those who struggle with depression, and for their families, friends, caregivers, and churches.

**Helping Your Kids Deal With Anger, Fear, and Sadness** by H. Norman Wright (2005) • 9780736913331 •

Wright uses Scripture and offers practical tools to compassionately address anger, fear, and depression—and to help parents guide their children in handling these difficult emotions.

**Hope Again: A 30-Day Plan for Conquering Depression** by Mark A. Sutton and Dr. Bruce Hennigan (2001) • 9781433683688 •

Christians struggle with depression on a regular basis. *Conquering Depression* draws on personal experiences and is grounded in biblical and medical principles to offer a 30-day plan for managing and overcoming depression.

**Hope Again: When Life Hurts and Dreams Fade** by Dr. Charles R. Swindoll (1997) • 9780849940880 •

Swindoll offers encouragement and hope to those who are struggling. He gives guidance for finding God’s purpose in suffering, for rebuilding life after failure, for allowing God to share grief, and for finding joy when life doesn’t seem fair.

**How to Handle Your Emotions: Anger, Depression, Fear, Grief, Rejection, and Self-Worth** by June Hunt (2008)

• 9780736923286 •

How can we keep negative feelings from getting the best of us? With biblical insights and practical applications, Hunt offers guidance to help work through emotions.

**Is Your Teen Stressed or Depressed: A Practical and Inspirational Guide for Parents of Hurting Teenagers** by Dr. Archibald Hart and Dr. Catherine Hart Weber (2008) • 9780785289401 •

Many teens are overwhelmed with today’s increased pressure. Discover the link between stress, anxiety, and depression; find the right treatment for your teen; and nurture healthy attitudes—not just to *get* well, but to *stay* well.

**Living Beyond Postpartum Depression** by Jerusha Clark (2010) • 9781600066214 •

Postpartum depression is far more common and debilitating than most people realize. In a time women expect will be the happiest of their lives, they may be faced with a crushing weight of despair and anxiety. Clark helps readers and loved ones work through physical, emotional, and spiritual struggles.

**Singing the Songs of the Brokenhearted** by Bill Crowder (2009) • 9781572932746 •

For hearts broken by anger, bitterness, fear, despair, or any number of debilitating emotions, the Psalms can give words to our anguish. Crowder explores several specific passages to help us apply God’s wisdom to our journey.

**Take Charge of Your Emotions** by Dr. Linda Solie (2013) • 9780764211133 •

“Seven Steps to Overcoming Depression, Anxiety, and Anger”—Pointing to the strength and hope available in Christ, Solie helps you recognize and find relief from negative or destructive feelings and behaviors.

**Turning Your Down Into Up: A Realistic Plan for Healing From Depression** by Gregory Jantz, Ph.D., and Ann McMurray (2013)

• 9780307732101 •

Be encouraged with hope for healing. This book includes a whole-person plan for treating depression: spiritual renewal, emotional wellness, environmental balance, physical health, relational healing, and “technology detox.”

**Understanding and Loving a Person With Depression** by Stephen Arterburn, M.Ed., and Brenda Hunter, Ph.D. (2017)

• 9781434710543 •

“Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion”

**Unmasking Male Depression** by Dr. Archibald Hart (2001) • 9780849940705 •

Millions of men become depressed in their lifetimes—with the effects impacting their families, work, and relationship with God. Hart shares about his personal struggle to offer good news: There *is* hope for healing.

**Walking on Water When You Feel Like You’re Drowning** by Tommy Nelson and Steve Leavitt (2012) • 9781589977228 •

Whether dealing with depression, anxiety, fear, or other emotional distress, individuals often feel isolated and hopeless. But as Nelson shares his personal experience with depression, he and Leavitt offer encouragement through a biblical approach to healing—integrating mind, body, and soul.

**When Someone You Love Suffers From Depression or Mental Illness** by Cecil Murphey (2004) • 9780834121348 •

Day-to-day activities and special challenges can be overwhelming when coming alongside those with mental illness. Murphey encourages you to care for yourself and keep your eyes on God in the midst of uncertainty.

**When the Darkness Will Not Lift: Doing What We Can While We Wait for God—and Joy** by John Piper (2007)

• 9781581348767 •

Even the most faithful, focused Christians can encounter depression and spiritual darkness. Piper offers comfort, guidance, and hope—affirming “the wise, strong hand of God to hold us, even when we have no strength to hold Him.”

**Where Is God** by Dr. John Townsend (2012) • 9780849964619 •

“Finding His Presence, Purpose, and Power in Difficult Times”

**Broadcasts**

**Embracing God’s Promises for My Life** (Sheila Walsh) • 9781624714351 •

Walsh shares how God has used her brokenness through shame, depression, and perfectionism to help reach others. She encourages listeners to be vulnerable before the Lord so their days are filtered through His love.

**Finding Hope After My Darkest Day** (Kristen Anderson) • 9781624713903 •

Anderson shares her testimony of surviving being run over by a train in a suicide attempt—losing her legs in the process. She recounts coming to faith in Christ, and she talks about what parents can do to reach out to a depressed teen.

**Finding Hope in the Midst of Postpartum Depression** (Jerusha Clark) • 9781624717406 •

Many women experience postpartum depression. But Clark offers encouragement and advice in a discussion based on her book, *Living Beyond Postpartum Depression: Help and Hope for the Hurting Mom and Those Around Her*.

**How Mental Illness Impacts Families** (Dr. Jared Pingleton, Dr. Don Graber, Dr. Ricardo Whyte) • 9781624717932 •

Mental illness can take a variety of forms, such as anxiety, depression, and phobias—but it’s often misunderstood or goes untreated. Experts compassionately discuss the medical, psychological, and spiritual aspects of mental illness, and they point listeners to sources of help.

**Learning to Lay Down Your Fears** (Angie Smith) • 9781624715792 •

Smith shares struggles she’s faced since she was a small child—including questioning her purpose, God’s plans, and if she’s a “good enough” Christian—and how God is teaching her to trust Him and rest in His peace.

**My Journey Through Depression** (Pastor Tommy Nelson) • 9781624711862 •

Nelson’s schedule of pastoring, writing, and teaching led to burnout, illness, and depression. Calling on God, he received encouragement from his family, church, and others who helped him find healing.

**Seeking God in Hard Times** (Dr. John Townsend) • 9781624713699 •

Townsend offers encouragement from his book *Where Is God?* He explains why it’s important to seek help from a caring pastor, spiritual mentor, or professional counselor when going through hard times.

**Shining a Light on Depression** (Dr. Gary Lovejoy, Dr. Greg Knopf) • 9781624710841 •

Lovejoy and Knopf address the difficulty many depressed Christians have in understanding their experience from the perspective of their faith.

## Personality Disorders

### Books

**Understanding and Loving a Person With Borderline Personality Disorder** by Stephen Arterburn, M.Ed., and

Robert Wise, Ph.D. (2017) • 9780781414890 •

“Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion”

### Broadcasts

**How Mental Illness Impacts Families** (Dr. Jared Pingleton, Dr. Don Graber, Dr. Ricardo Whyte) • 9781624717932 •

Mental illness can take a variety of forms, such as anxiety, depression, and phobias—but it’s often misunderstood or goes untreated. Experts compassionately discuss the medical, psychological, and spiritual aspects of mental illness, and they point listeners to sources of help.

## Trauma & PTSD

### Books

**Understanding and Coping With Trauma** by Gail Schra • Focus on the Family online booklet

Trauma can affect all of us, resulting in emotional distress and shock that can overwhelm our abilities to cope—potentially leading to Post-Traumatic Stress Disorder. Learn the symptoms of trauma and how to find help toward healing.

**Understanding and Loving a Person With Post-Traumatic Stress Disorder** by Stephen Arterburn, M.Ed., and Becky Johnson (2018) • 9781434710574 •

“Biblical and Practical Wisdom to Build Empathy, Preserve Boundaries, and Show Compassion”

**When Someone You Love Suffers From Depression or Mental Illness** by Cecil Murphey (2004) • 9780834121348 •

Day-to-day activities and special challenges can be overwhelming when coming alongside those with mental illness. Murphey encourages you to care for yourself and keep your eyes on God in the midst of uncertainty.

**When War Comes Home** by Chris Adsit, Rahnella Adsit, and Marshéle Carter Waddell • offered through Cru Ministries

This resource provides a biblical framework with advice from counselors and medical professionals for addressing the struggles of war, including Post-Traumatic Stress Disorder.

### Broadcasts

**How God Saved a Military Marriage** (Chad and Kathy Robichaux) • 2350000010188 •

Both from broken homes, the Robichauxs married right out of high school. Chad is a former Marine in Special Ops, former firefighter, former police officer, and former professional Mixed Martial Arts fighter. After eight tours in Afghanistan, he suffered from PTSD, neglected his family, and became involved in affairs. Chad and Kathy separated, but Kathy worked to set her own heart right with God while God was helping Chad overcome PTSD symptoms and straighten out his priorities. Their marriage of 20 years is now stronger than ever, and they operate Mighty Oaks, a Christian outreach to soldiers who’ve experienced military trauma.

**How Mental Illness Impacts Families** (Dr. Jared Pingleton, Dr. Don Graber, Dr. Ricardo Whyte) • 9781624717932 •

Mental illness can take a variety of forms, such as anxiety, depression and phobias—but it's often misunderstood or goes untreated. Experts compassionately discuss the medical, psychological, and spiritual aspects of mental illness, and they point listeners to sources of help.

**The Impact of PTSD on Military Families** (Panel) • 9781624718168 •

Many military families struggle with the aftereffects of war as men and women return home with physical wounds and psychological pain. Guests discuss their experiences with Post-Traumatic Stress Disorder, and they encourage listeners to seek help for their own families.

**For Pastors**

**Books**

**Caring for People God's Way** edited by Dr. Tim Clinton, Dr. Archibald Hart, and George Ohlschlager (2009) • 9780785297758 •  
"Personal and Emotional Issues, Addictions, Grief, and Trauma"

**Christian Mindful Manners** by Marvis Williams (2010) • 9781609571269 •

Williams offers a biblically based approach to how the church can and should respond to those who struggle with mental illness.

**Fresh Hope: Living Well in Spite of a Mental Health Diagnosis** by Brad Hoefs and Dr. Michael Egger (2013) • 9781625094254 •

Hoefs shares his journey of resigning as senior pastor of a large church and starting Fresh Hope after being diagnosed with a bipolar disorder. Whether you or a loved one suffer from mood disorders, be encouraged that there *is* help.

**Help! Someone I Love Is Depressed** by Greg L. Ross (2006) • 9781620202067 • (not currently available through Focus on the Family)

Find practical insights for those who struggle with depression, and for their families, friends, caregivers, and churches.

**Troubled Minds: Mental Illness and the Church's Mission** by Amy Simpson (2013) • 9780830843046 •

Simpson combines surveys from pastors, clinical research, and her family's personal experience to offer a better way of coming alongside and loving those who suffer from mental illness.

**A Trusted Friend When It Matters Most** by Tim Clinton and Pat Springs • offered through LifeWay

Six sessions help participants learn to listen, develop compassion, use Scripture and prayer, share the Gospel, and develop a list of professional referrals.

**Webpage & E-Book**

- [focusonthefamily.com/lifechallenges/promos/mental-health-resources](http://focusonthefamily.com/lifechallenges/promos/mental-health-resources)

Find articles, resources, and referrals to help you and your loved one as you wade through the complexities of mental health and mental illness.

- **Serving Those with Mental Illness**

[[http://media.focusonthefamily.com/pastoral/pdf/PAS\\_eBook\\_Series\\_Mental\\_Health\\_INTERACTIVE.pdf](http://media.focusonthefamily.com/pastoral/pdf/PAS_eBook_Series_Mental_Health_INTERACTIVE.pdf)]

This e-book provides a summary of the latest research findings from *LifeWay Research* on mental health and the church. Also find helpful articles, brief medical overviews for acute mental illness, and recommended resources.

**Focus on the Family**  
**Online Booklets & Info Sheets**  
(complimentary)

**First Steps: What to do now that your loved one has been diagnosed with a mental illness**

- [media.focusonthefamily.com/pastoral/pdf/First-Steps-Resource.pdf](http://media.focusonthefamily.com/pastoral/pdf/First-Steps-Resource.pdf)

**Daily Steps: Developing a holistic mental health care plan for your loved one**

- [media.focusonthefamily.com/pastoral/pdf/Daily-Steps-Resource.pdf](http://media.focusonthefamily.com/pastoral/pdf/Daily-Steps-Resource.pdf)

**Difficult Steps: Navigating destructive behavior and legal issues with a mentally ill loved one**

- [media.focusonthefamily.com/pastoral/pdf/Difficult-Steps-Resource.pdf](http://media.focusonthefamily.com/pastoral/pdf/Difficult-Steps-Resource.pdf)



**Anxiety Disorders** by Donald Graber, M.D.

- [media.focusonthefamily.com/pastoral/pdf/FX855\\_AnxietyDisorders\\_08-12-14.pdf](http://media.focusonthefamily.com/pastoral/pdf/FX855_AnxietyDisorders_08-12-14.pdf)

**Bipolar Disorder** by Donald Graber, M.D.

- [media.focusonthefamily.com/pastoral/pdf/FX447\\_BipolarDisorder\\_01-05-12.pdf](http://media.focusonthefamily.com/pastoral/pdf/FX447_BipolarDisorder_01-05-12.pdf)

**Depression** by Donald Graber, M.D.

- [media.focusonthefamily.com/pastoral/pdf/FX856\\_Depression\\_ABriefOverview\\_08-26-14.pdf](http://media.focusonthefamily.com/pastoral/pdf/FX856_Depression_ABriefOverview_08-26-14.pdf)

**Schizophrenia** by Donald Graber, M.D.

- [media.focusonthefamily.com/topicinfo/schizophrenia-brief-overview.pdf](http://media.focusonthefamily.com/topicinfo/schizophrenia-brief-overview.pdf)

**Focus on the Family**  
**Resource Lists**

**Resource Lists**

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](http://focusonthefamily.com/family-q-and-a/resources-and-referrals)

Find recommended resources and referrals listed by topic, including the following:

- Comfort & Encouragement** • RL003 •
- Esteem** • RL014 •
- Grief & Loss** • RL045 •
- Information on Abuse** • RL044 •
- Information on Sexual Abuse** • RL044A •
- Military Issues** • RL036 •
- Separation and Divorce** • RL041 •
- Stress** • RL015 •
- Substance Abuse & Addiction** • RL049 •
- Suicide** • RL073 •

**Focus on the Family**  
**Webpages and Q&As**

**Emotional Health**

- [focusonthefamily.com/lifechallenges/emotional\\_health.aspx](http://focusonthefamily.com/lifechallenges/emotional_health.aspx)

### Mental Health

- [focusonthefamily.com/mentalhealth](http://focusonthefamily.com/mentalhealth)

### Q&As

- [focusonthefamily.com/family-q-and-a](http://focusonthefamily.com/family-q-and-a)  
Browse our Q&As for advice and encouragement.

[Anxiety](#)

[Bipolar Disorder](#)

[Depression](#)

[Fear](#)

[PTSD](#)

[Schizophrenia](#)

[Trauma](#)

## Referrals

### Focus on the Family Counseling Consultation Line

If you're struggling and need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call **1-855-771-HELP (4357)**, Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they'd love to speak with you.

### Focus on the Family's Christian Counselor Network

Search for licensed Christian counselors in your area: [FocusOnTheFamily.com/FindACounselor](http://FocusOnTheFamily.com/FindACounselor)

### Focus on the Family Pastoral Care Line

Our support line for pastors and their families features pastors who can provide an understanding ear, a word of advice, a timely referral or a simple prayer ... because we've all been in your shoes. To speak confidentially with a Focus on the Family Chaplain, contact us (toll-free) at **1-877-233-4455** Monday through Friday between 6:00 a.m. and 8:00 p.m. Mountain time. If you need to leave a message, please know that we keep all correspondence confidential, and we'll discretely get back with you as soon as possible.

### Depression Outreach

971/231-4131

[depressionoutreach.com](http://depressionoutreach.com)

- This organization offers seminars and a variety of resources related to depression.

### Fresh Hope

3434 North 204th Street

Elkhorn, NE 68022

402/932-3089

[freshhope.us](http://freshhope.us)

- Fresh Hope is a Christian association of support groups across the United States for those who have a mental health diagnosis and for their loved ones.

### Mental Health Grace Alliance

201 Old Hewitt Drive, Suite D

Waco, TX 76712

254/235-0616

[mentalhealthgracealliance.org](http://mentalhealthgracealliance.org)

- This group provides recovery programs, support groups, training, and collaborative partnerships to help positively impact mental health care.

**My Quiet Cave**

1101 S. Washington St.  
Denver, CO 80210  
720/722-CAVE (2283)

[myquietcave.org](http://myquietcave.org)

- My Quiet Cave is a nonprofit organization that creates space for faith and mental health to work in tandem. They “want churches to be a safe space for anyone struggling with mental illnesses.”

**National Alliance on Mental Illness**

3803 North Fairfax Drive, Suite 100  
Arlington, VA 22203  
800/950-6264

[nami.org](http://nami.org)

- NAMI offers research, advocacy, and support groups for those affected by mental illness.

---

Referrals to secular organizations dealing with specialized areas of knowledge shouldn't be read as an indication that their stances necessarily align with Focus on the Family's perspective in all areas.