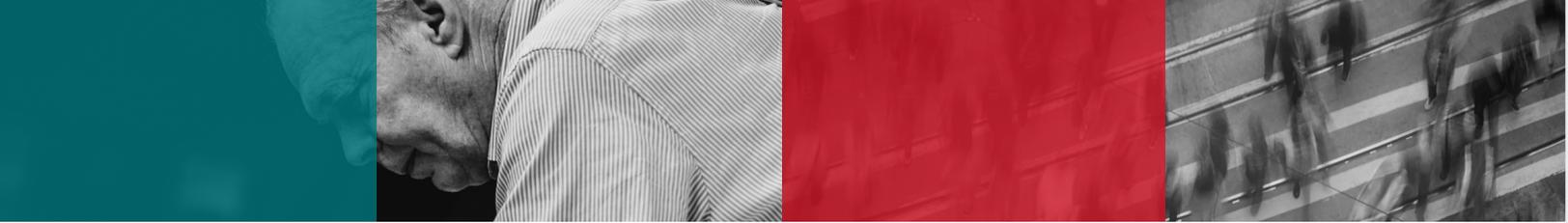




# GOD AND MENTAL HEALTH

**Comprehensive Mental Health Resources**





### NATIONAL MENTAL HEALTH RESOURCES

#### 2-1-1

www.211.org  
Phone number or website that provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling, and more.

#### Child-Help USA

www.childhelp.org  
Crisis line assists both child and adult survivors of abuse, including sexual abuse; also provides treatment referrals.  
1-800-4ACHILD; 1-800-422-4453

#### National Alliance on Mental Illness Help Line (NAMI)

www.nami.org  
1-800-950-NAMI (6264)

#### Lighthouse Network / Treatment Locator

Helping anyone in need understand and find immediate treatment options.  
www.lighthouse-network.org  
Phone 1-844-543-3242

#### National Eating Disorders Association (NEDA)

www.nationaleatingdisorders.org  
Helpline 1-800-931-2237

Damascus Road  
after-hours  
emergency  
on-call

 **800 645 0161**  
 DRCCcares@  
damascus.com



### NATIONAL MENTAL HEALTH ORGANIZATIONS

**MentalHealth.gov**  
www.mentalhealth.gov

**American Addiction Centers**  
www.americanaddictioncenters.org/

**National Institute on Drug Abuse**  
www.drugabuse.gov

**Suicide Prevention & Recovery Resources**  
**National Suicide Prevention Lifeline**  
www.suicidepreventionlifeline.org  
Phone 1-800-273-8255 (1-800-273-TALK)  
Text "TALK" to 741741

**Veterans Crisis Line**  
www.veteranscrisisline.net  
Phone 1-800-273-8255  
Text 838255 for a caring, qualified responder

**American Foundation for Suicide Prevention**  
www.afsp.org



### EATING DISORDERS

• Also check out [www.findingbalance.com](http://www.findingbalance.com), a Christian resource on eating disorders that includes a treatment finder (with treatment options in our area).



[www.damascus.com](http://www.damascus.com)

This guide has been compiled as a resource to accompany the three-part message series, “God and Mental Health,” which was livestreamed on January 23, 2022. To listen to the entire series after it airs, visit [www.damascus.com/messages](http://www.damascus.com/messages).



## RECOMMENDED READING

Grieving a Suicide: A Loved One’s Search for Comfort, Answers, and Hope

By Albert Hsu

The Family Guide to Mental Health Care

By Lloyd I. Sederer, MD

Grace for the Afflicted

By Matthew S Stanford

I Love Jesus, But I Want to Die:  
Finding Hope in the Darkness of Depression

By Sarah J. Robinson

Anxious for Nothing

By Max Lucado

The Anxious Christian

By Rhett Smith

Try Softer

By Aundi Kolber

Boundaries for Your Soul

By Alison Cook

## RECOVERY & TREATMENT RESOURCES

### Faith-Based Options

#### Vital Sources Psychological Services

[www.vitalsources.org](http://www.vitalsources.org)

116 Record Street

Frederick, MD 21701

301 620 8700

#### Safe Harbor Christian Counseling

[www.safeharbor1.com](http://www.safeharbor1.com)

800 305 2089

#### Celebrate Recovery

[www.celebraterecovery.com](http://www.celebraterecovery.com)

### Counseling Resources

#### Frederick County Mental Health Association

[www.fcmha.org](http://www.fcmha.org)

Frederick, Carroll, and Washington County

Free online or walk-in crisis services

#### The Psychology Today Search Tool

<https://www.psychologytoday.com/us>

Choose the “find a therapist” option. Filter the results by factors, such as: insurance accepted, topics to address, types of therapy used (if you have a preference), and faith preference (which is found under the “more” tab for more filters after the results list appears). The result list of bios for licensed therapists is a way to get a feel for who might be a good fit for you and be able to contact them directly through their listing. It’s recommended to contact a few therapists to ask similar questions to decide on the one with whom you’d like to take next steps.



## Resources for Special Needs Community

Linda Bunk's Resource Webpage  
[www.abnormalmissionary.org](http://www.abnormalmissionary.org)

Key Ministry  
[www.keyministry.org](http://www.keyministry.org)



## Damascus Road Support

Congregational Care / Stephen Ministry  
[www.damascus.com/prayer-and-care](http://www.damascus.com/prayer-and-care)

Stephen Ministry Description of Care:  
Stephen Ministry is a distinctly Christian ministry based on the biblical principle that Christ cares for people through people." Christ is the source of the hope and healing that Stephen Ministers offer their care receivers. Our Stephen Ministers are members of Damascus Road who are highly trained "to provide one-to-one care to those experiencing a difficult time in life, such as grief, divorce, job loss, chronic or terminal illness, or relocation. Stephen Ministers come from all walks of life, but they all share a passion for bringing Christ's love and care to people during a time of need." Each Stephen Minister receives 50 hours of initial training as well as continuing education. Stephen Ministry is a confidential ministry. The identity of those receiving care and everything they discuss with a Stephen Minister remain private.



Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

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[www.damascus.com](http://www.damascus.com)

Jan 2022