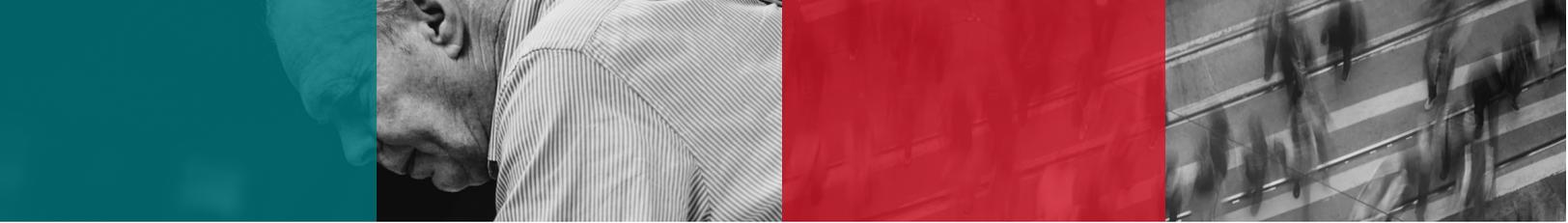




GOD AND MENTAL HEALTH

Comprehensive Mental Health Resources





NATIONAL & LOCAL MENTAL HEALTH ORGANIZATIONS



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

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

Faith-Based Options

CentrePointe Counseling

www.centrepointecounseling.org

Licensed Christian counseling offers a sliding scale and a mercy grant (Samaritan Funds) if affordable counseling needed.

Frederick Christian Counseling

www.frederickchristiancounseling.com

Located in downtown Frederick, the therapists are committed Christians. Provides individual and family therapy and child play therapy.

Ten Ten Counseling

www.tentencounseling.com

Christian counselors. Accepts some insurances and offers virtual and in-person therapy (with equine therapy as an option). 2 locations plus a virtual option.

Damascus Road
after-hours
emergency
on-call



800 645 0161

DRCCcares@
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, visit www.damascus.com/messages.



RECOMMENDED READING

Vital Sources Psychological Services

www.vitalsources.org
116 Record Street
Frederick, MD 21701
301 620 8700

Safe Harbor Christian Counseling

www.safeharbor1.com
800 305 2089

Celebrate Recovery

www.celebraterecovery.com

Counseling Resources

Frederick County Mental Health Association

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.

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



Resources for Special Needs Community

Linda Bunk's Resource Webpage
www.abnormalmissionary.org

Key Ministry
www.keyministry.org



Damascus Road Support

Congregational Care / Stephen Ministry
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.



Eating Disorders

www.findingbalance.com

A Christian resource on eating disorders that includes a treatment finder (with treatment options in our area).



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

www.damascus.com