



# GOD AND MENTAL HEALTH

**Comprehensive Mental Health Resources**





## **2-1-1**

[www.211.org](http://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](http://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](http://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](http://www.lighthouse-network.org)

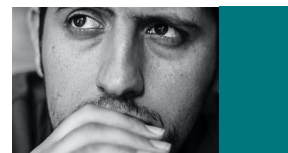
Phone 1-844-543-3242

## **National Eating Disorders Association (NEDA)**

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

Helpline 1-800-931-2237

## **NATIONAL & LOCAL MENTAL HEALTH ORGANIZATIONS**



### **MentalHealth.gov**

[www.mentalhealth.gov](http://www.mentalhealth.gov)

### **American Addiction Centers**

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

### **National Institute on Drug Abuse**

[www.drugabuse.gov](http://www.drugabuse.gov)

### **Suicide Prevention & Recovery Resources National Suicide Prevention Lifeline**

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

Phone 1-800-273-8255 (1-800-273-TALK)

Text "TALK" to 741741

### **Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

Phone 1-800-273-8255

Text 838255 for a caring, qualified responder

### **American Foundation for Suicide Prevention**

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

## **Faith-Based Options**

### **CentrePointe Counseling**

[www.centrepointecounseling.org](http://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](http://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](http://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](http://www.damascus.com/messages).



## RECOMMENDED READING

### **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.

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](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.



## Eating Disorders

[www.findingbalance.com](http://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

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