

FURTHER RESOURCES

A very helpful book on mental health and the church:
Alan Thomas, *Tackling Mental Illness Together: A biblical and practical approach* (London: IVP, 2017)

An accessible overview of mental health conditions and the mental health system (not Christian):
Mark Cross & Catherine Hanrahan, *Changing Minds: The Go-To Guide to Mental Health for You, Family and Friends* (Sydney: ABC Books, 2016)

Other useful Christian books related to mental health concerns:

S. Carr, *Broken Pieces and the God Who Mends Them: Schizophrenia Through a Mother's Eyes* (Phillipsburg, NJ: P&R Publishing, 2019)

C. Cipollone, *Down, Not Out: Depression, Anxiety, and the Difference Jesus Makes* (The Good Book Company, 2018)

T. Clinton & J. Pingleton, *The Struggle is Real: How to Care for Mental and Relational Health Needs in the Church* (Bloomington, IL: Westbow, 2017)

M.R. Emler, *Descriptions and Prescriptions: A Biblical Perspective on Psychiatric Diagnoses and Medications* (Greensboro, NC: New Growth Press, 2017)

Z. Eswine, *Spurgeon's Sorrows: Realistic Hope for those who Suffer from Depression* (Fearn, Scotland: Christian Focus, 2014)

K. Greene-McCreight, *Darkness is My Only Companion: A Christian Response to Mental Illness* 2nd ed. (Grand Rapids, MI: Brazos Press, 2015)

T. Lane, *Living Without Worry: How to replace anxiety with peace* (The Good Book Company, 2015)

B.W. McRay, M.A. Yarhouse & R.E. Butman, *Modern Psychopathologies: A Comprehensive Christian Appraisal* 2nd ed. (Downers Grove, IL: IVP Academic, 2016)

A. Simpson, *Troubled Minds: Mental Illness and the Church's Mission* (Downers Grove, Ill: IVP, 2013)

ONLINE RESOURCES

Christian resources online:

www.mentalhealthaccesspack.org

www.mindandsoulfoundation.org

hope4mentalhealth.com

The Mental Health & Pastoral Care Institute runs short courses related to mental health:

mentalhealthinstitute.org.au/shortcourses

EMERGENCY CONTACTS

Lifeline 13 11 14

Crisis support and suicide prevention service.

Suicide Call Back Service 1300 659 467

Phone and online service for those at risk of suicide, carers for someone who is suicidal and those bereaved by suicide.

NSW Mental Health Line 1800 011 511

24-hour telephone service that puts you in touch with your local mental health service, including the mental health crisis or acute care team if necessary.