

## Suggested Readings and Resources

### FREE RESOURCES:

Strength For His People A Ministry for Families of the Mentally Ill Dr. Steven Waterhouse Th. M., D. Min. <http://webtheology.com/>

I Am Not Sick, I Don't Need Help By Xavier Amador, PHD  
[https://www.amazon.com/Someone-Mental-Illness-Treatment-Anniversary/dp/0967718937/ref=sr\\_1\\_1?ie=UTF8&qid=1531248164&sr=8-1&keywords=i+am+not+sick+i+don%27t+need+help](https://www.amazon.com/Someone-Mental-Illness-Treatment-Anniversary/dp/0967718937/ref=sr_1_1?ie=UTF8&qid=1531248164&sr=8-1&keywords=i+am+not+sick+i+don%27t+need+help)

Hope for Mental Health Starter Kit  
<https://store.pastors.com/resources/church-health/mental-health/hope-for-mental-health-starter-kit.html>

Celebrate Recovery  
<https://store.pastors.com/celebrate-recovery/getting-started-with-celebrate-recovery/celebrate-recovery-updated-program-curriculum-kit.html>

Change Your Brain, Change Your Life  
[https://www.amazon.com/Change-Your-Brain-Revised-Expanded/dp/110190464X/ref=sr\\_1\\_1?ie=UTF8&qid=1531248229&sr=8-1&keywords=change+your+brain+change+your+life](https://www.amazon.com/Change-Your-Brain-Revised-Expanded/dp/110190464X/ref=sr_1_1?ie=UTF8&qid=1531248229&sr=8-1&keywords=change+your+brain+change+your+life)

Troubled Minds  
[https://www.amazon.com/Troubled-Minds-Illness-Churches-Mission/dp/0830843043/ref=sr\\_1\\_7?s=books&ie=UTF8&qid=1531248268&sr=1-7&keywords=grace+for+the+afflicted](https://www.amazon.com/Troubled-Minds-Illness-Churches-Mission/dp/0830843043/ref=sr_1_7?s=books&ie=UTF8&qid=1531248268&sr=1-7&keywords=grace+for+the+afflicted)

Grace for the Afflicted  
[https://www.amazon.com/Grace-Afflicted-Clinical-Biblical-Perspective/dp/0830845070/ref=sr\\_1\\_1?ie=UTF8&qid=1531254362&sr=8-1&keywords=matthew+stanford&dplD=41ymCXFAsJL&preST=\\_SY291\\_BO1,204,203,200\\_QL40\\_&dpSrc=srch](https://www.amazon.com/Grace-Afflicted-Clinical-Biblical-Perspective/dp/0830845070/ref=sr_1_1?ie=UTF8&qid=1531254362&sr=8-1&keywords=matthew+stanford&dplD=41ymCXFAsJL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch)

These books have helped me personally recovery from depression:

Emotionally Healthy Spirituality  
[https://www.amazon.com/Emotionally-Healthy-Spirituality-Impossible-Spiritually/dp/0310348498/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1531251005&sr=1-1&keywords=emotionally+healthy+spiritually](https://www.amazon.com/Emotionally-Healthy-Spirituality-Impossible-Spiritually/dp/0310348498/ref=sr_1_1?s=books&ie=UTF8&qid=1531251005&sr=1-1&keywords=emotionally+healthy+spiritually)

Changes that Heal  
[https://www.amazon.com/Changes-That-Heal-Practical-Healthier/dp/0310351782/ref=sr\\_1\\_9?s=books&ie=UTF8&qid=1531252420&sr=1-9&keywords=Henry+Cloud](https://www.amazon.com/Changes-That-Heal-Practical-Healthier/dp/0310351782/ref=sr_1_9?s=books&ie=UTF8&qid=1531252420&sr=1-9&keywords=Henry+Cloud)

Feeling Good  
[https://www.amazon.com/Feeling-Good-New-Mood-Therapy/dp/0380810336/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1531252548&sr=1-1&keywords=feeling+good&dplD=51JFDdtE59L&preST=\\_SY291\\_BO1,204,203,200\\_QL40\\_&dpSrc=srch](https://www.amazon.com/Feeling-Good-New-Mood-Therapy/dp/0380810336/ref=sr_1_1?s=books&ie=UTF8&qid=1531252548&sr=1-1&keywords=feeling+good&dplD=51JFDdtE59L&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch)

Boundaries  
[https://www.amazon.com/Boundaries-Updated-Expanded-When-Control/dp/0310351804/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1531252586&sr=1-1&keywords=boundaries+by+cloud+and+townsend&dplD=41aN7j3l6bL&preST=\\_SY291\\_BO1,204,203,200\\_QL40\\_&dpSrc=srch](https://www.amazon.com/Boundaries-Updated-Expanded-When-Control/dp/0310351804/ref=sr_1_1?s=books&ie=UTF8&qid=1531252586&sr=1-1&keywords=boundaries+by+cloud+and+townsend&dplD=41aN7j3l6bL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch)