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/](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]

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]


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&dpID=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]


Feeling Good [https://www.amazon.com/Feeling-Good-New-Mood-Therapy/dp/0380810336/ref=sr_1_1?ie=UTF8&qid=1531252548&sr=1-1&keywords=feeling+good&dpID=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?ie=UTF8&qid=1531252586&sr=1-1&keywords=boundaries+by+cloud+and+townsend&dpID=41aN7j3I6bL&preST=_SY291_BO1,204,203,200_QL40_&dpSrc=srch]