



Mental Health Ministry Resources

**by
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Introduction

Carole Wills, of the [National Alliance on Mental Illness](#), challenges faith communities to move beyond the silence, ignorance, and prejudice that so often characterize congregational members in their relations with persons who suffer from mental illness.

Her opening piece, "The Church's Voice on Mental Illness," reveals several cases illustrating how congregations fail to understand and respond to the reality of mental illness. But at the same time, Wills believes education can change attitudes and create what she calls a "mission-driven response to the needs of the mentally ill."

To that end, she has developed an extensive and fully annotated list of more than sixty mental health ministry resources. Here the reader will find printed and audio-visual resources for faith communities, pastoral caregivers, and the general public, as well as mental health-related organizations.

From this list, Wills has also developed a shorter report of those resources that are most highly recommended. Caring congregations who are ready to give persons with mental illness a place in their communities will find no better place to start than with this report and resource guide.

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The Church's Voice on Mental Illness

Everyone seems to be talking about mental illness. Well ... almost everyone. Since the terrifying events of September 11, 2001, people are seeking help for anxiety disorders and post-traumatic stress syndrome.

Since January 2002, the list of mental illness related movies and media stories has grown. *A Beautiful Mind* gives us insight into schizophrenia's destruction of that subtle line between reality and insanity. Hallmark Television's *My Sister's Keeper* portrays the volatile forces of bipolar disorder. National Public Television airs *The Secret Life of the Brain* and a documentary about John Nash, protagonist of Sylvia Nasar's best-seller, *A Beautiful Mind*.

Newspapers all across America cover stories about Andrea Yates' schizophrenia and her family tragedy. News magazines run stories on the latest pharmaceutical research for depression, America's "common cold of mental illness." Sensitive churches join society's dialogue, developing friendship, education, and support programs to meet the needs of parishioners with severe mental and emotional distress. Everywhere you turn, someone is talking about mental illness.

Well, like I said, ... almost everyone. Realistically, there are some churches and clergy remaining silent, or worse still, adding a negative voice denying that mental illness exists at all. Is it lack of education? Is it fear of agnostics in the field of science? The really troubling issue here is this: severe mental illnesses—now scientifically proven to be chemical, neurological imbalances of the brain—threaten and potentially destroy people's ability to think, feel, make wise choices, behave appropriately, relate to others, and care for themselves. As a result, those stricken with some mental illnesses are the most helpless, hopeless, lonely, and needy in our congregations. Yet they also are the most ridiculed, judged, criticized, misunderstood, oppressed, and estranged in society, and ...well, yes, even in our congregations.

Case in point No. 1. Thirteen-year-old Karen, daughter of faithful church members, struggles with manic-depressive disorder. Her cycles of depression and mania reel out of control—resulting in poor choices and embarrassing behavior to her family and church friends. Her youth pastor asks her parents not to bring her to youth group anymore. They put her in a church-sponsored group home whose philosophy is tough love. Her biological brain disorder is untreated, and the bizarre behavior is counted as rebellion and sin.

Case in point No. 2. Seventeen-year-old Mark, son of a Christian couple who are leaders in their church, suffers a psychotic break—this following several years of severe depression, volatile anger, self-destructive behavior, and the refusal of help by parents and counselors. His first response after a slow and partial recovery is to rededicate his life to Christ and be baptized. Only two months later, however, the depression returns, along with paranoia. Bad peer choices put him back in touch with illegal drugs and alcohol to deaden the emotional pain. Six years follow of failed job attempts, two hospitalizations, refusal of treatment with old-line medications, and being thrown out of the family home. Paranoid schizophrenia nearly destroys Mark and his family, with little support and understanding from his church.

Case in point No. 3. (Whoever said clergy are immune to mental illness?) Thirty-five-year-old Carl, pastor of a growing church in the suburbs, finds it increasingly hard to sleep, prepare and deliver sermons, and focus on his parishioner's needs. He seems overwhelmed by small problems. A sense of gloom and dread increases with time, no matter what god is

happening around him. He forgets meetings, avoids people, doesn't eat, and doesn't enjoy his wife and kids like he used to. Over time, his church leadership begins to question his capability, and the congregation becomes divided over loyalties. The superintendent appoints him to a small country church where "he won't have the pressure."

I wish we could say these things happened 20 years ago, but they are current stories, in a day when modern brain research now proves that mental illnesses (major depression, schizophrenia, bipolar disorder, anxiety and obsessive compulsive disorders) are biological, neurologically-based brain disorders. With improved medications and appropriate counseling, social services, and financial assistance, men and women are finding new hope and a future.

Proper education of our congregations can change prejudiced attitudes and create a compassionate, even impassioned, mission-driven response to the needs of the mentally ill. By partnering with mental health care providers, faith communities can learn how to provide a caring community in the rehabilitation of persons and families nearly destroyed by mental illness.

The **Mental Health Ministry Resources** report which follows offers mental health education resources and ideas designed especially for clergy and congregations. These books, videos, curricula, organizations, and pastoral counseling materials can help you and your faith community contribute your voice in a more informed and appropriate manner.

Using materials from this annotated bibliography, perhaps your congregation could plan a weekend conference on overcoming depression, an adult mental health education course, or a prayer service for the healing of human hurts (including and naming mental illnesses). By learning about mental illness, church leaders can be sensitized to the vulnerability of their own pastor, and provide her or him with support and ample sabbaticals or vacations. Depending on the size of your church, maybe a support group or friendship ministry for those with a mental illness is needed.

Through these and other measures, your church can find ways to speak up in defense of these most needy teens, young adults, men and women in our midst. (Note: also available is an annotated shorter list of our **most highly recommended** mental health ministry resources.)

By listening to the cries of those in mental and emotional distress, your faith community can respond with open arms and hearts. You can demonstrate to families stricken with mental illness that you want to understand, and most of all that you accept them as individuals made in God's image. Will you help your congregation speak and live the gospel for the mentally ill? Will you defend the lonely and oppressed with mental illness who walk through your doors? Will you give them a voice in the dialogue on mental illness, a place in your circle of faith?

Mental Health Ministry Resources

For each of the resources listed below, click on the resource title for additional information or to obtain the resource.

The following kinds of resources are described:

Printed, Audio-Visual, and Web-Based Media

For Faith Communities (congregations and clergy)
For Pastoral Caregivers
For the General Public

Organizations

Printed, Audio-Visual, and Web-Based Media

For Faith Communities (Congregations and Clergy)

[Blue Genes: Breaking Free from the Chemical Imbalances that Effect Your Moods, Your Mind, Your Life, and Your Loved Ones](#) (Book)

Paul Meier, M.D., Todd Clemens, M.D., Jean-Luc Bertran, D.M.D., David Mandt Sr., M.A.,
Authors. Carol Stream, IL: Tyndale House Publishers, Inc., 2005.

This team of doctors from the well-known Christian-based Meier Clinics has assembled a down-to-earth guide to understanding the many factors related to mood disorders (depression, bipolar disorder, anxiety disorder and obsessive-compulsive disorder). Without over-simplifying the complex relationships of "blue genes," brain chemistry, environment and life choices, they tackle the proper use of medications, counseling, spiritual disciplines, alternative or "natural" treatments, diet, exercise and sleep. They devote entire chapters to paranoia, loneliness, ADD, hormones, nutrition, mood swings and the ethical dilemmas posed by advancements in brain research. Suitable for group or individual study.

[Creating Caring Congregations](#) (Video)

Distributed by Mental Health Ministries. Duration: 30 minutes.

Rev. Susan Gregg-Schroeder provides here a useful tool for building awareness about mental illnesses and practical steps in developing a congregation that provides an informed, compassionate response to persons and families touched by severe mental illnesses. Three positive testimonials offering insight into the lived experience of mental illness could stand alone for Mental Illness Awareness programs. The last section summarizes five steps toward developing mental health ministries—a video well worth the investment.

[The Congregation: A Community of Care and Healing](#) (Booklet)

Presbyterian Church (U.S.A)/Presbyterian Serious Mental Illness Network

If your congregation needs a place to start in mental health awareness and education, this six-unit serious mental illness resource would be an excellent guide. The first two sections on mental illness cover the myth and reality of mental illnesses, its definitions, signs and symptoms and pointers for reaching out and responding to those with a mental illness and

their families. Section three offers pastoral resources such as prayers, responsive readings, sermon starters and hymn suggestions, and statements and resolutions. Sections four, five and six provide resources for youth and adult studies and a short list of organizations and books. Though this is a concise, practical handbook developed to help Presbyterian churches carry out the mandate of their 1988 resolution on "The Church and Serious Mental Illness," it can easily be adapted by other faith traditions for adult and youth study groups. (Note: After clicking on the title above, scroll down the "Serious Mental Illness Resources" Web page to find this resource.)

[Darkness Is My Only Companion: A Christian Response to Mental Illness](#) (Book)
Kathryn Greene-McCreight, Author. Grand Rapids MI: Brazos Press, 2006.

With simplicity and candor, Kathryn Green-McCreight shares her soul-searching wrestlings with depression and the challenges this placed on her as a wife, mother, and Yale-trained Episcopal minister. From a pastoral perspective, she interweaves her own theological struggles with thoughts from other Christian men and women, the Book of Common Prayer and scripture. Her purpose is not to simply give another account of someone's depression, but to "examine the distress caused and the Christian theological questions raised by a clinical mental illness." The closing section, "Living with Mental Illness" offers practical help for family members, clergy, and friends. Though the book is excellent for individual reading, a lively group discussion could be stimulated by the theological wrestlings, quotes, and reflections.

[Fierce Goodbye: Living in the Shadow of Suicide](#) (Video)
Produced by Mennonite Media in Cooperation with Faith and Values Media. Duration: 44 minutes.

This documentary won four major awards in the 2005 World/fest—Houston Film Festival. It is hosted by Judy Collins, folksinger, author of [Sanity and Grace](#), and survivor of her son's suicide. Also featured is Kay Redfield Jamison, professor of psychiatry at Johns Hopkins University. *Fierce Goodbye* offers hope and healing and presents a difficult subject from experiential, spiritual, medical, and theological viewpoints. Additional resources, articles, sermons, links, and a place to share stories and experiences are offered on the [Fierce Goodbye](#) Web site. As with other resources listed here, click on the title to link to the resource provider. You may also order it by dialing 1-800-999-3534 (US) or 800-565-1810 (CN).

[Gifts of the Shadow](#) (Video)
Duration: 25 minutes.

In this companion to the book *In the Shadow of God's Wings*, Susan Gregg-Schroeder explores the spiritual gifts she has gained through her struggles with depression: vulnerability, discovery of one's authentic self, patience, living with paradox, creativity, and hope. The video and accompanying discussion guide would be suitable for adult Christian education classes or small group study, and is particularly recommended for use with *In the Shadow of God's Wings*.

[Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness](#) (Book)
Matthew S. Stanford, Author. Colorado Springs, CO: Paternoster Publishing, 2008.

Here is a clinical discussion of the major mental illnesses and substance abuse from a Christ-centered, scriptural perspective. Without simplistic, judgmental maxims, Dr. Stanford balances mental health medical practice with carefully formulated scriptural principles,

encouraging empathy towards those living with serious mental illness. He offers discussion on subjects many Christian authors avoid—sin, infirmity, our identity in Christ, the meaning of healing, Satan, and demon possession. In the last chapter, Stanford offers easy-to-follow suggestions for how congregations can help individuals and families living with chronic brain disorders. Recommended for personal study or group discussion.

[Honest Talk about Serious Mental Illness](#) (Video and Study Guide) Office of Health Ministries, Presbyterian Church (U.S.A.) and Bridge Resources

With an estimated twenty percent of American children suffering from a diagnosable emotional or behavioral disorder, the Presbyterian Church Serious Mental Illness Network has taken steps to educate young people. With the leadership of youth leaders, teens can use this excellent video and study guide to learn the difference between what is normal and what may be signs of serious mental illness - for the sake of their own health and that of their friends. They will discover the various causes, symptoms of and treatment for depression, schizophrenia, anxiety disorders, bipolar disorders. In addition, they will explore the role of the family, community and church in supporting persons with these treatable brain disorders. Excellent materials for middle school and high school youth groups. (Note: After clicking on the title above, scroll down the "Serious Mental Illness Resources" Web page to find this resource.)

[In the Shadow of God's Wings: Grace in the Midst of Depression](#) (Book)
Susan Gregg-Schroeder, Author. Nashville: Upper Room Books, 1998.

Written by a United Methodist minister who has struggled with clinical depression, *In the Shadow of God's Wings* offers moving insights into the personal struggles and spiritual lessons that can be learned from the dark journey through mental illness. Five chapters deal with the journey into, through, and out of chronic, debilitating depression. The author reveals insightful viewpoints from having wrestled with the philosophical and theological questions and biases that move her through suffering to renewal. A companion video, *Gifts In the Shadows*, is also available, along with a group study guide. The book, video, and group study guide would be suitable for adult Christian education classes or small group study.

[Including People with Disabilities in Faith Communities: A Guide for Service Providers, Families, and Congregations](#) (Book)

Erik W. Carter, Author. Baltimore, MD: Brookes Publishing, 2007

Erik Carter establishes a strong case for congregations to examine closely and take serious their claim (if they have made it) that their faith community welcomes all people. The book addresses deeper meanings of hospitality, belonging, community, natural supports and reciprocity. Carter also offers practical suggestions for designing religious education programs, for becoming more responsive to the needs of persons with disabilities and how to tap into the community resources of providers and other agencies. He writes as Assistant Professor, Department of Rehabilitation Psychology and Special Education at the University of Wisconsin-Madison. Here is an excellent book for church leadership and lay groups to study.

[Living with Loss](#) (Book)

Dan Moseley, Author. Nashville, TN: Xyzzy Press, 2008.

Out of his own grief and loss, Moseley shares the gradual, gentle processes of letting go and

starting over that brought him healing and hope. Whether these turning points result from personal choices or circumstances beyond our control, or both, Moseley leads us to better understand and grow through the ten stages of adjusting to new chapters in our lives. The reader will sense Moseley's authentic sensitivity, and find the book useful for small group study, personal reading or pastoral care giving.

[Mental Illness and Faith Community Outreach](#) (Web Resource)

Deacon Tom and Rita Lambert, Authors. Chicago, IL: Archdiocese of Chicago, 2006.

The Lamberts have created several short, practical resources in this 22 page downloadable document for educating churches about mental illness. The web site www.miministry.org was developed by the Catholic Archdiocese of Chicago Commission on Mental Illness and Faith and Fellowship for People with Mental Illness. Sections that can be used in bulletin inserts, education classes and newsletters cover a wide range of subjects including the need, the faith community's role, a theological framework for ministry, prayers, facts, and a sample workshop. Suitable for individual use, but especially for those in leadership, teaching roles.

[Mental Illness and Your Town: 37 Ways for Communities to Help and Heal](#) (Book)

Larry Hayes, Author. Ann Arbor, MI: Loving Healing Press, 2009.

If you are not already aware of the myriad of challenges faced by individuals and families living with chronic mental illness, this book will certainly open your eyes. Mental health advocates and social justice teams will find a wealth of practical and much-needed steps to increase public awareness and empathy towards those challenged by mental illness, to improve services and to break down barriers to treatment. Suggestions are arranged in categories from simple & inexpensive to more ambitious projects that require time, teamwork and funding. Suitable for either individual or group study and action.

[Mental Illness Awareness Interfaith Worship Resources](#) (Booklets)

Worship Resources; The Bible as a Resource: Materials for Sermons and Articles; and Caring Congregations: Observations and Commentary are three booklets in a series which provide poems, scripture, sermon starters, readings, prayers, sample services, and reflections—a wealth of ideas and materials to use during the first week of October, Mental Illness Awareness Week, or during May, Mental Health Month.

[No Longer Alone](#) (Book)

John Toews and Eleanor Lowen, Authors. Scottsdale, PA: Herald Press, 1995.

Designed for the faith community, *No Longer Alone* forms an outstanding foundational study of mental health issues. In each chapter, four sections—*Opening Thoughts, A Story, Focus,* and *Search*—weave relevant inspirational material into an exploration of mental health and mental illness issues. Toews and Eleanor Loewen first cover *What Is Mental Health?, Mental Health and Life Stages, Who Sinned?,* and *The Need for Healing*. In these and the following sections, Bible passages support and complement the psychological, social, and biological material. Each lesson ends with a set of questions that provide opportunity for reflection and response. For example, in the chapter entitled *The Need for Healing*, the questions include, "What is your definition of sin? How would you describe the relationship between sin and spiritual well-being? How do we minister to persons who fear getting healed or cured?" The authors have created a unique resource suitable for adult Christian education courses in small or large group gatherings.

[Overcoming Hurts & Anger: Finding Freedom from Negative Emotions](#) (Book)
Dwight L. Carlson, M.D., Author. Eugene, OR: Harvest House Publishers, 2000.

Dr. Carlson—specialist in both internal medicine and psychiatry, and a diligent student of the Bible—has written another valuable resource for those who struggle with anger. After a broad and careful exploration of the problem ("Misconceptions about Anger," "Camouflaging Anger," "The Catastrophic Results of Mishandled Anger"), the book explores "Biblical Principles about Anger," and offers several chapters on handling anger and communicating constructively. This would also be a valuable resource for pastoral and lay counselors.

[A Place To Come Back To: Mental Illness and the Church](#) (Video)
Distributed by Seraphim Communications, Inc. Duration: 29 minutes.

A Place to Come Back To provides an excellent theological and practical launching point for churches considering ways to reach those with mental health problems. While it confronts the viewer with the potential devastation facing many suffering from mental illness, the film presents alternatives to ignoring the problems. For example, one congregation offers a monthly fellowship meal, with music and entertainment involving mentally ill guests from nearby group homes. Another medium-sized inner city church provides hot meals and a place to sleep. In another congregation, a father pleads for someone to befriend his son—someone to call and spend time with his son. The role and value of the church in the lives of those living with mental illness is highlighted. Conversely, the gifts and contributions of persons with mental illness are also stressed. The church not only gives care, but receives blessings. *A Place to Come Back To* provides striking facts about mental illness and workable examples of how the church can reach persons and families living with mental illness. For small groups desiring to begin a ministry in this area, and as a tool for educating the entire congregation, this video is a significant resource.

[Shadow Voices: Finding Hope in Mental Illness](#) (Video)
Produced and distributed by Mennonite Media. Duration: 58 minutes.

This hour-long video "deals with stigma, recovery, and hope regarding mental illness." Ten persons from many sectors of American life tell their stories while mental health experts and advocates add perspective and insights. Among the film's featured guests are U.S. First Lady Rosalyn Carter and former U.S. Surgeon General Dr. David Satcher. This film helps support families who have a mentally ill loved one, and helps congregations know better how to relate to those living with mental illness.

[Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the Streets](#) (Book)
Craig Rennebohm with David Paul, Authors. Boston, MA: Beacon Press, 2008.

For those who dare to better understand and minister to homeless people on the streets who struggle with mental illness, *Souls in the Hands of a Tender God* will challenge complacency and stereotypical thinking. Rennebohm and Paul's poignant stories demonstrate the value of each person and illustrate what true companionship looks like. Chaplain Rennebohm's own battles with serious depression have gifted him with deep insight into human frailty and God's gracious presence in suffering. With or without the companion discussion guide, *Conversations*, this book is excellent for personal reading or adult education classes, especially those of urban churches.

[Strength for His People: A Ministry for Families of the Mentally Ill](#) (Book)
Steven Waterhouse, Author. Amarillo, TX: Westcliff Press, 2002.

Speaking from the experience of having a brother with schizophrenia, Pastor Steven Waterhouse shares the painful impact of mental illness on a Christian family. While the author does not speak out strongly on the biochemical origins of brain disorders, he carefully brings to the forefront several concerns seldom addressed in other materials—particularly the valid and invalid theories of schizophrenia’s causes and the relationship of psychiatry to religion. Other difficult issues addressed are the emotional response in the family and the eternally tough question, *Why do bad things happen to good people?* With a frank discussion on differentiating schizophrenia from demon influence, this work is extremely thought provoking for individual or small group study.

[Walking Together: The Community of Faith and Mental Illness](#) (Curriculum)
Archdiocese of Auckland, New Zealand, Developer. St. Louis, MO: Pathways to Promise, 2006.

Pathways to Promise publishes this "training workshop for faith communities interested in supporting people with mental illness in their worship and community life." The materials are designed for a one-day 3-5 hour session for committed church-goers, who are willing to take a journey of discovery about themselves as they learn about mental illness. Teaching suggestions and visual aids are supplied with the core content.

[What Should I Know about Someone Who Abuses Alcohol or Other Drugs?](#) (Booklet)
Charles E. Dodgen, Ph.D., Author. Holmes Beach, FL: Learning Publications, 1998.

Family and friends who suspect a loved one of sub-stance abuse will find help in this short booklet. It addresses the most elementary questions: *What is ...substance abuse? Why do people abuse drugs? If someone I love shows signs of substance abuse, what should I do? Where is treatment available? How should I choose a therapist? How long should treatment last and what kinds of changes can be expected? What can be done to prevent relapse?* The booklet would be helpful to clergy, lay counselors, Stephen Ministers, and family members who have little or no training in substance abuse issues and who feel responsible to encourage change.

[Why Do Christians Shoot Their Wounded?: Helping \(Not Hurting\) Those with Emotional Difficulties](#) (Book)
Dwight L. Carlson, Author. Downers Grove, IL: InterVarsity Press, 1994.

Although its title refers to Christians, this book addresses biases and misinformation that are not unique to Christian communities. Dwight Carlson, a physician and psychiatrist, cites scientific evidence to restore peace and dignity to those who have been told by well-meaning individuals that their mental illness is due to sin, spiritual weakness, or lack of faith. Pointing to substantial research findings, Carlson takes issue with prominent Christian writers and speakers who over-simplify emotional distress. "Many Christians who speak or write on emotional symptoms such as depression, anxiety, phobias, or obsessive thoughts don't have the faintest idea how enormous these infirmities can be." Carlson's book outlines the complexity of causes that lead to emotional illness: biological and genetic factors, developmental and environmental influences, and personal life style choices. The author follows these arguments with constructive positions for the church to take. Another unique aspect is the appendix, entitled "Are Drugs of the Devil or Tools for Healing?" This book will enable pastoral care providers and others to gain a new perspective on mental and

emotional illness. In addition, it will provide plenty of material for discussion in small or large groups.

[Why You Should Give Your Pastor a Sabbatical](#) (Video)

The Alban Institute, Distributor. Duration: 50 minutes (two 25-minute segments)

The constant overwhelming demands on pastors often unnecessarily lead to burnout and/or frequent turn over in pastoral appointments. With forethought and wise budgeting, however, every church can enhance their pastor's spiritual, emotional and mental health by offering a sabbatical. This in turn will lead to greater vitality in his/her leadership and in the church itself. This video lays out the why's and how's in two parts. Especially appropriate for lay leaders, elders and church board members.

[Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness](#) (Book)

Nancy Kehoe, Author. San Francisco, CA: Jossey-Bass, 2009.

Few authors have the unique background of being a Catholic Sister and a Harvard psychologist. But these life experiences give Nancy Kehoe the advantage of successfully bridging the gap between spiritual beliefs and the behavioral sciences—the central theme of the book. *Wrestling with our Inner Angels* recounts the stories and journey to wholeness of a group of men and women in a Religious Beliefs and Values support group as part of a psychiatric day treatment program in Cambridge, Massachusetts. We're allowed to feel their pain and victories, and see how valuable to their rehabilitation is the validation of their spiritual pilgrimage. This book would be valuable for personal reading or group discussions about a holistic approach to mental health recovery.

For Pastoral Caregivers

[Care Notes](#) (Pamphlets)

Writers from One Caring Place, Authors. St. Meinrad, IN: One Caring Place (imprint of Abbey Press).

These short (8-10 page), inexpensive, and sensitively written *Care Notes* pamphlets deal with a wide variety of spiritual, mental and emotional challenges for people of all ages and stages of life—children, teens, parents, single adults, and seniors. They are based on current medical and counseling practices, and offer further reading suggestions at the end of each positive, balanced piece. Sample topics range from grief, serious illness, depression, anxiety, chronic illness, and anger to forgiveness, stress, unanswered prayer, and addiction. One Caring Place (an imprint of Abbey Press) offers these in bulk rates for individual use, or church foyer display stands. An excellent tool for chaplains, counselors, and individuals who care.

[The Caring Church: A Guide for Lay Pastoral Care](#) (Book)

Howard W. Stone, Author. Minneapolis, MN: Fortress Press, 1991.

Since pastoral care can easily consume a large portion of a pastor's week, most clergy wish for a pool of trained lay persons to assist with visiting and personal caregiving. Here is a thorough, yet easy-to-use, resource for training such a pool. Howard Stone, professor of pastoral psychology at Brite Divinity School, first builds the theological foundation for lay pastoral care. He then provides *lesson plans* for eight training sessions: *What is Pastoral Care?; The Care Relationship; Listening and Responding; Hospital and Shut-in Visitation;*

Care in Situations of Grief; Case Studies; Problem Solving and Referral; and Wrapping it Up. Recommended for group study and instruction.

[Caring for the Soul \(R'fuat HaNefesh\): A Mental Health Resource and Study Guide](#)

(Book)

Richard F. Address, Editor. New York: URJ Press, 2003.

Caring for the Soul is a sensitively written resource for persons of all faiths. It presents a variety of suggested scriptures, sermons, and services in the section entitled, "How May We Use Jewish Liturgy to Address Mental Illness in Our Communities?" Other important questions are addressed in other chapters: "What Do Jewish Texts Have to Say about Mental Illness?"; "Whence Will Come Our Aid?: Jewish Readings of Comfort and Encouragement"; "What is Mental Illness? What Can Congregations Do to Help the Mentally Ill and Their Families?" Appendices include "Additional Resources" [organizations]; and "Responses and Resolutions Regarding Mental Illness." Clergy and worship planners would benefit from adding this to their library.

[Christian Caregiving: A Way of Life](#) (Book)

Kenneth C. Haugk, Author. Minneapolis, MN: Augsburg Fortress, 1984.

In this practical book, Kenneth Haugk (founder of [Stephen Ministries](#)) sets forth the value of a holistic approach to care-giving which combines the theological with the psychological. He outlines the pitfalls, advantages, goals, and resources of holistic care. He also urges a long-term, process-oriented approach to care-giving. Particularly in the care of persons with serious mental illnesses, Haugk emphasizes the importance of listening and learning the needs of the care-receiver. With an accompanying [Leader's Guide](#), this book is appropriate for small group or individual study.

[Churches That Heal: Becoming a Church That Mends Broken Hearts and Restores Shattered Lives](#) (Book)

Doug Murren, Author. West Monroe, LA: Howard Publishing, 1999.

Doug Murren knows both sides of the story when it comes to hurtful churches—as a senior pastor of a large church that effectively ministered to hurting parishioners from other less sensitive congregations, and as a respected Christian who lives with the unpredictable cycles of bipolar disorder. Murren's openness was and is not always well received by less informed fellow Christians. In this insightful book, he offers first hand wisdom on why churches don't heal, what happens when churches don't heal, creating a healing environment, and related topics. Murren holds another unique perspective—that of a conservative Christian with strong allegiance to Christ Jesus as the Great Physician, and a man who values the role of modern medical science for the treatment of severe mental illnesses and addiction. Here is an invaluable resource for every senior pastor, his staff, and lay leaders.

[Depression Awareness and Suicide Prevention: Information Everyone Can Use](#)

(Web Resource)

Minneapolis, MN: SAVE (Suicide Awareness Voices of Education), 2004.

No clergy or congregation is immune to the ravages of mood disorders. Sadly, in more extreme cases, undiagnosed and untreated depression can be terminal. Every congregational leader needs awareness to perceive the seriousness of a parishioner's depressive disorder or suicidal tendency. This Web resource describes the various types of

depressive illnesses as well as their causes and treatments. Also discussed are the symptoms of various age groups, warning signs of suicide, and how to ask preventive questions. This material is well suited for small group instruction or individual study.

[A Healing Homiletic: Preaching and Disability](#) (Book)

Kathy Black, Author. Nashville, TN: Abingdon Press, 1996.

Here is an excellent book to heighten your congregation's sensitivity to the needs and special gifts of persons with different abilities. It offers new approaches to preaching the healing narratives of the four Gospels and challenges readers to distinguish between cure and healing. Speaking from first-hand experience with a disability, and from many years working with the deaf community, Rev. Black first explains the nature of blindness, deafness, paralysis, leprosy, chronic illness, and mental illness. In addition, she clarifies the various causes, treatments and adaptive measures. Black forthrightly examines the ways that faith communities overtly or unintentionally exclude persons with disabilities—whether through insensitive preaching that equates disabilities with sin or lack of faith, through inattention to the physical design of the building, or through false assumptions about the contributions and giftedness of person with disabilities. Recommended for every pastor and director of special ministries.

[In the Shadow of Our Steeples: Pastoral Presence for Families Coping with Mental Illness](#) (Book)

Stewart D. Govig, Author. New York: Haworth Press, Inc., 1999.

With a pastor's heart, Stewart Govig shares first-hand the pain mental illness inflicts on individuals and families; his son suffers from schizophrenia. Govig paints convincing portraits of need, isolation, and ongoing loss due to mental illness. Most helpful, however, are assessments of realistic ways a pastor can become the "lead learner" for his congregation in fighting stigma, prejudicial language, and public bias against persons with mental illnesses. Busy clergy, who take seriously their responsibility to care for parishioners' needs, will appreciate the inclusion of mental health ministry models, Bible study and discussion outlines, and a list of professional agencies to whom they can refer members in need of further support and education. *In the Shadow of Our Steeples* is a fine book for individual reading in pastoral care and health ministries.

[The Integration of Psychology and Theology: An Introduction](#) (Book)

John D. Carter and Bruce Narramore, Authors. Grand Rapids, MI: Zondervan, 1979.

The *times* seem to be more ripe for this book than when it was published. Doctors and theologians now openly recognize that "there is a great deal to be gained from a continuing dialogue between psychology and theology." Although this book was written in 1979, it is unique and still available. No other resources reviewed for this web page have as thoroughly and precisely discussed the barriers to integrating psychology and theology—nor have they so thoroughly discussed the scope and process of such integration. After reading the authors' analysis of the positions and working assumptions informing both disciplines, the reader more fully understands why clergy and mental health professionals often feel uncomfortable working together. The authors effectively present four models of integration (or lack of it). They conclude by outlining the best integration model from their orthodox Christian position. An excellent resource for all pastoral counselors, whether they are professional or lay persons.

[The Meaning of Faith and Mental Illness](#) (Book)

Greg Denniston, Author. Bloomington, IN: AuthorHouse, 2006.

The questions that arise at the intersection of faith and mental illness are not easily answered. Greg Denniston wrestles with these questions through his experiences as chaplain, therapist and consumer of mental health services. He recounts his journey to recovery using his theological training to explore making meaning out of the pathologies he experienced. Several Bible passages are examined with candor and humility. To some it may seem that Denniston poses unorthodox interpretations and language in discussing familiar passages, but his book will spawn vibrant group discussion about the struggles of Christians who live with mental illness.

[Pastoral Care of the Mentally Ill: A Handbook for Pastors](#) (Book)

J.A. Davis, Author. Parkland, FL: Universal Publishers, 2000.

Having served for over ten years as a psychiatric hospital chaplain and ordained Episcopal priest, Rev. Davis offers stories from a wide background of experiences working with adolescents and adults—both in the chaplaincy and as a teacher of special needs adolescents. Using the anecdotal approach, he provides the reader with insight into four major mental illness: eating disorders, bipolar disorder, clinical depression, and schizophrenia. Rev. Davis offers clinical considerations about each illness and wisdom about pastoral concerns unique to each. For individual study.

[The Pastor's Guide to Psychological Disorders and Treatments](#) (Book)

W. Brad Johnson and William L. Johnson, Authors. New York: Haworth Press, Inc., 2000.

Father and son, both psychologists, bring together this easy-to-read manual for assessing psychological and psychiatric disorders. The authors include chapters on maladaptive personalities and childhood and relationship problems. Each chapter explains the disorders, provides a summary and pastoral guidelines, and features sidebars listing key indicators of each illness. The exploration of mental health treatment includes descriptions of various types of therapy, psychiatric medications, alcohol and drug treatment programs, eating disorder treatment programs, hypnosis, and electro-convulsive therapy. The authors also examine the value and problems of self-help books, as well as books recommended by Christian psychologists. Summaries of the ten top-rated self-help books and guidelines for evaluating self-help books are provided. A discussion of ethical standards and strategies for responding to unethical behavior rounds out this useful tool for any clergy or counselor's library.

[Pathways to Understanding: Manuals and a Videotape on Ministry and Mental Illness](#) (Instructor and Student Manuals and Video)

Jennifer Shifrin, Author. St. Louis: Pathways to Promise.

Jennifer Shifrin has collected a helpful and versatile resource for clergy and lay leaders who work with congregants experiencing mental illness. Section I, *The Faith Community and Mental Illness*, includes a brief history of the faith community's response to mental illness, a basic introduction to the major mental illnesses, theological perspectives, and pastoral care issues. Section II, *The Person and the Family*, provides a more in-depth study of the pastor's role, when to counsel, when to refer, what to do in a crisis, and working with the family. Section III presents the printed scripts of the companion video. Section IV, *The Community and Its Resources*, includes information about mental health systems providers, agencies and organizations, legal issues, referral forms, and a listing of organizations that

provide information, resources, referral, and support services. As well as defining mental illnesses and legal terms, the appendix offers tips on choosing a housing arrangement and locating a missing person. An extensive bibliography and denominational position statements on mental illness are also featured in this key resource for pastoral caregivers.

[A Relentless Hope: Surviving the Storm of Teen Depression](#) (Book)

Gary E. Nelson, Author. Eugene, OR: Cascade Books, 2007.

Gary Nelson's story-telling gift, along with his expertise as a pastoral counselor and father of a teen who suffered with clinical depression, certainly hold the reader's attention. In addition, Nelson provides compassionate insights and practical suggestions for navigating the stormy years of teen depression. With teen depression effecting many of our young people—even those from Christian homes—this book is a must-read for more than family and friends. It will give youth workers, church and school teachers greater knowledge of the illness, sympathy for the teens and families and direction for what helps and what hurts.

[Resurrecting the Person: Friendship and the Care of People with Mental Health Problems](#) (Book)

John Swinton, Author. Nashville: Abingdon Press, 2000.

John Swinton confronts the notion that mental illness is not relevant to a faith community's mission. He states, "This is a book about radical friendship. It is a call to the church to rediscover its prophetic roots in the life, death, and resurrection of Jesus Christ, and to reclaim its identity as the friend and protector of the poor, the outcast, and the stranger." As a former psychiatric nurse and mental health chaplain, the author unfolds the manifold dimensions of poverty and stigma forced upon the mentally ill by both society and faith communities. With prophetic force, he advances a challenge to the church: solidarity and friendship with persons suffering from mental illness enables the church to embody Jesus' unconditional and liberating love. Swinton urges readers to examine their willingness to welcome "the stranger" and thereby help to resurrect the person behind the illness. A practical friendship-building model is outlined based on a partnership between psychiatric chaplain, congregation, and persons with mental health problems. This book provides solid theological material for clergy and denominational leaders who dare to examine the premises and practices of their mission and ministry.

[The Right Road: Life Choices for Clergy](#) (Book)

Gwen Wagstrom Halaas, M.D., Author. Minneapolis, MN: Augsburg Fortress, 2004.

Achieving and maintaining overall health and well-being is a challenge for everyone in our fast-paced world. But for clergy, doctors and other caregivers, it is even more difficult. Who should know better than the wife of a pastor who also is a family physician? In *The Right Road*, Gwen Halaas speaks from first-hand experience about the importance of clergy and other care-givers developing life-style choices that promote physical, emotional, intellectual, relational, vocational and spiritual wellness. She offers sobering facts with practical suggestions and self-assessment tools. Admonitions from theologians and scripture are interwoven with questions for personal or group reflection. Suitable for group or individual study.

[The Soul in Distress: What Every Pastoral Counselor Should Know about Emotional and Mental Illness](#) (Book)

Richard W. Roukema, Author. New York: Haworth Press Inc., 1997.

Recognizing the demands and complexities facing pastors who minister to troubled parishioners, Christian psychiatrist Richard Roukema brings a unique perspective, compassionate professionalism, and a wealth of information to this book. Addressing both the common concerns and the conflicts of religion and psychiatry, he examines the roles that each plays in the lives of persons with emotional and mental health problems. Here the reader can find thorough presentations on a variety of illnesses, as well as advice on practical ways clergy can help. Roukema explains the roles of genetics, heredity, biochemistry, parenting, and society in mental illness, and clearly distinguishes between brain diseases and disorders. In addition, his discussion of the historical perspectives and changes in mental health practice, analysis, and treatment conveys a true understanding of how misperceptions about mental and emotional illness have arisen. Most importantly, *The Soul in Distress* is peppered with wise advice to clergy. It offers approaches to counseling, warnings about "getting in over your head," and suggestions for the pastor's own self-care. This book will be a frequently used reference aid for every pastoral counselor.

[Spirituality and the Healthy Mind: Science, Therapy, and The Need for Personal Meaning](#) (Book)

Marc Galanter, M.D., Author. New York, NY: Oxford University Press, 2005.

Spirituality has gained acceptance and respect among psychologists, psychiatrists, counselors, and therapists as a valid part of each person's mental health care and prospects for improvement. Dr. Galanter, Professor of Psychiatry and Director of the Division of Alcoholism and Substance Abuse at the New York University Medical Center, draws on 30 years of clinical experience and research as he addresses spirituality as impacted by culture, the varieties of spiritual experience, the spiritual recovery movements, and innovations in therapy. Recommended for individuals in pastoral care roles.

[Suicide—A Christian Response: Five Crucial Considerations for Choosing Life](#) (Book)

Timothy J. Demy and Gary P. Stewart, Editors. Grand Rapids, MI: Kregel Publications, 1998.

This collection of essays and articles requires us to re-examine our beliefs and recognize the complexities and multiplicity of issues relevant to suicide. Part 1 (*Legal and Medical Reflections*) features articles by attorneys and medical professionals, such as "Roe v. Wade and the Euthanasia Debate," "The Management of Cancer Pain," and "A Nurse's Perspective on Euthanasia." Part 2 (*Philosophical Reflections*) contains thought-provoking essays, such as Alister E. McGrath's "The Price of Life." Parts 3 and 4 (*Theological Reflections* and *Biblical Reflections*) carry the discussion of suicide to deeper levels with articles entitled "A Theology of Death" by Dennis P. Hollinger, and "The Good Samaritan and the Euthanasia Debate" by H. Wayne House. The final section, Part 5 (*Pastoral and Personal Reflections*) brings the topic to a personal level with Joni Eareckson Tada's "Decision Making and Dad" and Timothy C. Tatum's "Pastoral Reflections on Suicide Intervention." A must-read for every pastoral counselor.

[Walking Through the Valley: Understanding and Emerging from Clergy Depression](#) (Book)

Robert Randall, Author. Nashville, TN: Abingdon Press, 1998.

While clergy are not immune to depression, "our grandiosity tends to keep us clergy from owning up to our depression or its possibility." So says Robert Randall, a pastor of the United Church of Christ and a clinical psychologist. But it's not only grandiosity that keeps clergy from seeking help; they may also fear being perceived as weak and losing the

confidence of their congregation and superiors. And they may wonder, "Who will be in charge if I take time off?" With candor and wisdom, the book's introduction helps clergy own up to their own experiences with depression. Subsequent chapters invite readers to consider "diagnosing our depression," "determining how depressed we are," and exploring the "causes of our depression." Randall closes each chapter with down-to-earth recommendations for clergy, considering possible causes for their distress: the impinging situations, the meanings one lives by, and environmental, psychological, and physical processes. He also includes "renewal tasks" for clergy. Every minister or rabbi who has experienced either temporary or chronic depression will benefit from Randall's encouragement, insights, and strategies for recovery.

[When and How to Use Mental Health Resources](#) (Book)

Kenneth C. Haugk, Author. St. Louis, MO: Stephen Ministries, 2000.

The best lay and pastoral counselors know when they are "in over their head." Kenneth Haugk, founder and Executive Director of Stephen Ministries, writes from years of experience both as pastor and clinical psychologist. With real-life examples and insightful instruction, Haugk carefully lays forth the guidelines for referring a care receiver to a mental health professional. Every lay and pastoral counselor needs to take time to digest this material—for the sake of the care receiver, the care giver, and the integrity of the pastoral care program.

For the General Public

[Addiction and Depression](#) (Video)

Mental Health Ministries, Distributor. Duration: 24 minutes.

What is the correlation between substance abuse and mental illness, specifically major depression? Which is the cause? Which is the effect? The viewer sees this vicious cycle in the stories of three courageous individuals in recovery. Before recovery began however, denial and dishonesty were part of their illness. Through the compassionate and persistent work with Dr. Clark Smith, they uncover the sources of their depression. Use this video for small groups of adults and teens.

[Black and Blue: Depression in the African-American Community](#) (VHS, CD, or DVD)

Annelle B. Primm, M.D., M.P.H., Author and Producer. Baltimore MD: Blue Rock Productions.

Based on her psychiatric research at Johns Hopkins University School of Medicine, Dr. Primm, current Director of the American Psychiatric Association's Office of Minority and National Affairs, developed this resource which summarizes the major "pre-existing barriers to treatment associated with being a person of color, certain fervently held religious beliefs, distrust of the medical profession and language and literacy barriers to appropriate care." This 16-minute educational tool incorporates testimony from African Americans who have been treated for depression with a special focus on religious and spiritual beliefs. It is especially appropriate for adult small group study and useful for changing attitudes about depression and the efficacy of medication. Available through Blue Rock Productions, 4226 Amos Avenue, Baltimore, MD, 21215.

[The Center Cannot Hold](#) (Book)

Elyn R. Saks, Author. New York, NY: Hyperion Books, 2007.

Elyn Saks writes both as law professor at the University of Southern California Gould School

of Law and adjunct professor of psychiatry at the University of California, San Diego, School of Medicine. From this pinnacle of achievement she weaves a story of victory over her life-long episodes with schizophrenia. Her story will expand your thinking about future possibilities for those who are diagnosed with a serious mental illness. An easy read for individuals, full of insights about how persons cope and overcome.

[Children of Jonah: Personal Stories by Survivors of Suicide Attempts](#) (Book)

James T. Clemons, Editor. Sterling, VA: Capital Books, 2001.

Get ready for a serious topic, but don't think you'll go away depressed. Yes, ninety percent of persons who commit suicide had a diagnosable mental illness, substance abuse problem, or both. Yes, depression and other mental illnesses can be life threatening, but with awareness, education and prevention measures in place, suicide can be prevented. These first-person accounts by attempters of suicide will inspire you. Their sheer honesty, grit, and courage to turn life's worst into something beneficial is worth reading. See also [OASSIS](#) (Organization for Attempters and Survivors of Suicide in Interfaith Services) described elsewhere on this Web page. Most suitable for individual reading, but could be used for group discussion.

[EndingSuicide.com](#) (Web Resource)

EndingSuicide.com (now called "Larasig.com/suicide") is funded by the National Institute of Mental Health. It offers a customized search engine for suicide prevention resources in the federal and state arenas. Links to research and clinical trials are offered. Information for families and community members is available through educational articles, resources, and tools—as well as links to information about at-risk groups (the elderly, gays and lesbians, the incarcerated, the medically ill, the mentally ill, people of color, and youth). a resource locator for crisis, treatment, and prevention sites is provided.

[Energize Your Life: Overcoming Fatigue & Stress](#) (Book)

Dwight L. Carlson, M.D., Author. Fearn, Scotland: Christian Focus Ltd., 2003.

Most Americans fill their lives with too many good things. Add to these the events and demands that come unsolicited, both pleasant and otherwise, and you've got the recipe for fatigue and stress. Dr. Carlson uses his unique perspective as a Christian psychiatrist and medical doctor to provide here another immensely practical guide to getting life under control and feeling better. He examines the *drainers* on our energy—external and internal stressors, biological (including mental) illnesses, spiritual illnesses. Then he discusses twelve *energizers* that empower our lives—including choices, pruning, reserves, thoughts, relationships and faith. Dr. Carlson's book is another valuable resource for every pastor and layperson which could be adapted to small group study.

[Families Coping With Mental Illness](#) (Video)

Produced and distributed by the Mental Illness Education Project, Inc. Duration: 22 minutes or 43 minutes.

Allowing viewers to sit in on a discussion among family members who have a mentally ill relative, this film touches on various struggles, adjustments, needs, and lessons learned. Topics in the 22-minute version of the film include early nightmares, learning to have a life of one's own, coping with persistent problems, and the ongoing nature of mental illness. The 43-minute version adds suggestions for survival, managing relatives' money, holidays and other occasions, and families and the mental health system. *Families Coping With*

Mental Illness is appropriate for family support groups or small groups who wish to gain a greater appreciation for the challenges faced by the families of those with mental illnesses.

[I Am Not Sick, I Don't Need Help!](#) (Book)

Xavier Amador, Author, with Anna-Lisa Johanson. Peconic, NY: Vida Press, c2000.

Finally! Now family members, clergy and counselors have a practical guidebook on how to work more productively with mentally ill persons who deny their illness and refuse medication. Dr. Amador's research and clinical experience is shared in layman's language that translates readily into real life situations, giving hope to one of the most common, emotionally draining problems in mental health treatment: lack of insight. Amador's own frustrations with his brother, who has schizophrenia, served as the impetus for his pioneering research and this book's down-to-earth advice. Here is an essential book for everyone trying to help mentally ill persons and their families.

[If Your Adolescent Has Schizophrenia: An Essential Resource for Parents](#) (Book)

Raquel E. Gur, Ann Braden Johnson, Authors. New York, NY: Oxford University Press, 2006.

This book is one of a series by various authors which includes *If Your Adolescent Has ...* depression, an eating disorder, or an anxiety disorder. Gur and Johnson write with both expertise and empathy. Their combination of medical knowledge and familiarity with the incredible challenges facing families with a mentally ill teen, makes this book invaluable. Sections include understanding the disorder, getting the right treatment, coping in everyday life, prevention challenges, and a call to action. Endorsements are written by NIMH (National Institute of Mental Health) and National Schizophrenia Foundation, bringing credibility to this valuable resource for parents, youth pastors, congregational health ministers, and clergy.

[Mind Race: A Firsthand Account of One Teenager's Experience with Bipolar Disorder](#) (Book)

Patrick E. Jamieson, Moira Rynn, Authors. New York, NY: Oxford University Press, 2006.

The Adolescent Mental Health Initiative of the Annenberg Foundation Trust at Sunnylands has supported the creation of this book and others planned to follow for teens: depression, addiction, eating disorders, obsessive-compulsive disorder, schizophrenia and social anxiety disorder. Anonymous teen experiences with bipolar disorders help the reader feel the author understands the illness. The sections on "What Do Doctors Know about Bipolar Disorder," "Getting Help," and "The Psychiatric Ward" gives teens new insight into the illness, treatment options, and what to expect if they need to be hospitalized. Final sections include "The Illness is not Our Identity" and "Frequently Asked Questions." This book and others would be suitable for youth pastors, parish nurses, and teens with a diagnosis.

[A Mood Apart: The Thinker's Guide to Emotion and Its Disorders](#) (Book)

Peter C. Whybrow, Author. New York: Harper Perennial, 1997.

Everyone experiences mood swings to some degree, but Dr. Peter Whybrow's book focuses on the extremes of mania and melancholia that threaten normal relationships and productive behavior. Asserting that the path to understanding mood and its disorders is found only by integrating biological and psychological perspectives, he presents an approach that combines objective science with compilations of his patients' life experiences. In the prologue, Whybrow states that the book is a "digest of what I know and what intrigues me as a practicing physician, about emotion, mood, and the emotional brain, about how the

emotional self can become disordered, and about the treatment of those disordered states." Those who minister to persons affected by mood disorders will want to consult the findings of this book.

[My Stroke of Insight: A Brain Scientist's Personal Journey](#) (Book)

Jill Bolte Taylor, Ph.D., Author. New York, NY: Viking Penguin, 2008.

This Harvard brain scientist relates her own amazing story of recovery from a massive left-brain hemorrhage that left her unable to walk and communicate with anyone. Through this devastating experience her right-brain remained unaffected, giving her new appreciation and insights. Because of her in-depth understanding of brain biology, Taylor records with unusual clarity the stages of decline in her motor, verbal and cognitive processes as the stroke took place. Then with equal fascinating detail, she unfolds the agony, persistence and courage that led to her recovery. Readers will be encouraged to believe in fuller recovery for stroke patients, and to understand the value of living more balanced lives by discovering the role of right-brain and left-brain functions.

[Out of Darkness: The Journey To Hope](#) (Book)

Bruce Van Dusen, Author. Martinsville, IN: AirLeaf Publishing, 2006.

For those who want to better understand the vicious cycle of mental illness and substance abuse, Van Dusen's book is a candid story of relapse, strength and survival. Simple and unpolished, the book relates the twists and turns in and out of treatment programs. Hope and courage mark Van Dusen's journey into a new life. This is revealing and excellent reading for persons who struggle with dual diagnosis (mental illness and substance abuse) and for their caregivers.

[Out of the Darkened Room: Protecting the Children and Strengthening the Family When a Parent is Depressed](#) (Book)

William R. Beardslee, M.D., Author. Boston: Little, Brown and Company, 2002.

Depression is said to be the "common cold" of mental health. Few people go through life without experiencing it to some degree. Sadly, it is one of the most unrecognized and untreated biological illnesses, and can wreak havoc on family life. As a result of years of clinical practice and research, Dr. Beardslee and his colleagues discovered "in family after family that the fear and shame that cause people to suffer in silence are simply not justified. Many children raised in the most challenging of circumstances overcome their difficulties and become remarkably healthy and happy adults. Parents put under extreme pressure by depression have demonstrated time and again that there are specific actions and strategies that they can employ to promote healthy development in the children." Dr. Beardslee writes, "In this book, I hope to explain these possibilities to a wide audience and to help families affected by depression learn to use these strategies."

The book explains, in lay language, the biological basis, diagnosis, and treatment of depression. Then it follows the process of recovery and family strengthening: "Resilience in Action"; "Enhancing Strength and Reducing Risks"; "Breaking the Silence: The Family Meeting and After"; "The Children: Understanding Depression Anew Over Time"; "Facing the Threat of Suicide"; and "Making Peace and Moving On." A most helpful book for personal study.

[Overcoming Stigma, Finding Hope](#) (Video)

Mental Health Ministries, Distributor. Duration: 21 minutes.

This video helps break down several misconceptions perpetuated by media, popular opinion, and even insurance companies who deny equal coverage for mental disorders. Four professionals unfold their journey and recovery from major depression and severe anxiety disorder, describing how they first resisted treatment due to their own misunderstanding about mental illness. By hearing their stories, we see that mental illnesses are biological brain disorders which—with proper treatment—do not have to lead to total disability or long term hospitalization.

[SHOCK: The Healing Power of Electroconvulsive Therapy](#) (Book)
Kitty Dukakis, Larry Tye, Authors. New York, NY: Penguin Group, 2006.

For those who want the first-person pro's and con's and the factual angles on electroconvulsive therapy, Kitty Dukakis and Larry Tye provide this broad approach to understanding the benefits and risks, the history of and science behind shock treatment. The book lays bare the fear, complications, and controversies surrounding electroconvulsive therapy and balances these with honest cautions and considerations for those whose depression has not responded to medications. A hope-filled resource for individual or group reading, bound to stimulate discussion and challenge assumptions.

[Surviving Schizophrenia: A Manual for Families, Consumers, and Providers \(Fourth Edition\)](#) (Book)
E. Fuller Torrey, Author. New York: Harper Collins, 2001.

"An indispensable guide to today's most misunderstood illness." So reads one description of this classic guide for people affected either directly or indirectly by schizophrenia. Dr. Torrey is one of today's most highly respected authors and educators, specializing in schizophrenia and bipolar disorder. This latest edition contains the most current research findings on the causes and treatment of schizophrenia. Clergy, pastoral counselors, health ministry workers, family members, and others wanting to learn more about this very treatable brain disorder will appreciate the book, written in easily understood language.

[When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers](#) (Book)
Rebecca Woolis, Author. New York: Tarcher/Putnam Publishers, 1992.

Speaking from almost twenty years of experience as a licensed counselor, Rebecca Woolis has pulled together one of the most practical and helpful resources for family and friends of the mentally ill—especially those new to the journey. Each chapter is full of sidebars designed to offer down-to-earth suggestions for almost any mental illness-related problem family and friends might encounter. Topics covered in this most essential guide include handling basic and more severe symptoms, coping with one's own feelings, practical matters, and stigma. For family members with a mentally ill loved one, clergy, pastoral counselors, and congregational leaders wanting and needing to learn more about mental illness, this book is a must-read.

[When Someone You Love Suffers from Depression](#) (Video)
Produced by MEDCOM, Inc., 1995. Duration: 32 minutes

This film begins in black and white, symbolic of the world experienced by persons suffering from clinical depression. Along with presenting family stories, *When Someone You Love* discusses symptoms and causes of major depression, attitudes that hinder rather than help,

sources and methods of treatment, tips on helping someone, reality and the challenge of stigma, and recovery expectations. A list of national organizations is also provided. This video is recommended for adult education classes or support groups.

Organizations

[American Psychological Association](#)

The American Psychological Association (APA) "is a scientific and professional organization that represents psychology in the United States." Its objectives include "the increase and diffusion of psychological knowledge through meetings, professional contacts, reports, papers, discussions, and publications." Visitors to the APA Web site will find many valuable resources—including those that may be relevant to pastoral caregivers. A full-text journal database is among these resources, as is a collection of such books as *Preventing Youth Substance Abuse*, *Listening to Battered Women*, and *Medical Illness and Positive Life Change*. Among the films available through the APA are "Christian Counseling," "Spiritual Awareness Psychotherapy," and "Theistic Integrative Psychology."

[Anabaptist Disabilities Network](#)

The mission of Anabaptist Disabilities Network (ADNet) is to provide encouragement and resources to congregations, families, and persons with disabilities as they identify and embrace their God-given gifts and abilities in ministry to each other and to the larger church.

The Anabaptist Disabilities Network offers resources for the inclusion of persons and families with disabilities, including mental illness. Their Web site features links to mental health information and a list of online, print, and audiovisual resources. Materials appropriate for small group study include *A Christian View of Mental Illness*, *A Gift of Hope*, and *Mommy Stayed in Bed This Morning*.

[Center for Spirituality, Theology and Health](#)

At Duke University's Medical School, Psychiatrist Harold Koenig directs the outstanding work of this center, propelled by his own chronic health challenges. The Center focuses on (1) conducting interdisciplinary research, scholarship and education on spirituality, theology and health, (2) exploring the role of faith communities in forming the health of the broader community, and (3) integrating research and scholarship into the practical disciplines of care and service with an emphasis on older adults. To stay updated on religion, spirituality, and health, go to www.spiritualityandhealth.duke.edu.

[Depression and Bipolar Support Alliance](#)

"Dedicated to improving the lives of people living with mood disorders," the DBS Alliance offers peer-run support groups all across the country. They also sponsor conferences, publish educational materials, advocate on behalf of those suffering from mood disorders, and supply vital information—particularly through their Web site, which features programs, publications, resources, and interactive screening tools.

[Health Ministries Association, Inc.](#)

The mission of HMA is to encourage, support, and develop whole-person ministries leading

to the integration of faith and health. It is an interfaith membership organization that provides education and development in Faith Health Ministry through a network of information and referral resources. It advocates building understanding and support for the Faith-Health Movement.

Lift Disability Network

Advocating an evangelical perspective on people with disabilities and their part in God's world, the Lift Disability Network "connects the disability family through a collective voice of influence, innovative family support programs, and instructive learning initiatives." They are composed of the [Lift Family Network](#), the [Lift Learning Institute](#), and the [Lift Ministry Network](#).

Lutheran Network for Mental Illness/Brain Disorders

This is a joint effort of the Evangelical Lutheran Church in America and the Lutheran Church—Missouri Synod. Their "purpose is to assist Lutheran congregations toward more effective responses to individuals with mental illnesses or brain disorders and their families.

Their educational outreach includes publishing a newsletter which informs clergy and churches of resources for mental health ministry.

Mental Health America (MHA)

Mental Health America (formerly known as National Mental Health Association (NMHA), is the country's oldest and largest non-profit organization addressing all aspects of mental health and mental illness. MHA works to improve the health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education and service. MHA provides a wide variety of resources through its local affiliates which can be found through the national office. The website offers free online fact sheets (at www.mentalhealthamerica.net/go/fags) on anxiety disorders, depression, personality disorders, schizophrenia, substance abuse and suicide. If you or someone you know is in crisis now, seek help immediately. Call 1-800-273-TALK (1-800-273-8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.

Mental Health Ministries

The Rev. Susan Greg-Schroeder of the UMC California-Pacific Conference is a leader in mental health education and awareness, speaking out of her own life experiences in ministry and pastoral counseling. She has developed resources that educate clergy and congregations, and decrease stigma associated with serious mental illnesses in faith communities. Her Web page offers prayers, poems, meditations, and a description of ten videos, including the award winning *Creating Caring Congregations*, annotated in section one. Nine other videos with discussion guides are currently available.

Click on "[Mental Health Mission Moments](#)" for a description of short (2-3 minute) DVD segments that present mental health issues. These segments can be used in worship, small groups, or classes. Also included is a Resource Guide featuring relevant scriptural passages, sermon starters, and other liturgical items. Here is the list of DVD segments (listed next to each segment is its length in minutes and seconds):

- Coming Out of the Dark (0:30)
- Mental Illness and Families of Faith (2:54)

- Understanding Depression (2:25)
- Addiction and Depression (2:17)
- Teenage Depression and Suicide (3:11)
- Mental Illness and Older Adults (2:32)
- Where is God in the Darkness (2:55)
- Overcoming Stigma, Finding Hope (2:56)
- Creating Caring Congregations (2:56)

Mental Illness Network of the United Church of Christ (UCC)

The Mental Illness Network offers resources for clergy and congregations. To receive the UC News which includes the Mental Illness Network inserts, send name and address to UC News, P.O. Box 247, Bellmawr, NJ 08099-0247, or subscribe via [Web](#).

The Mental Illness Education Project, Inc. (MIEP)

The MIEP produces and distributes mental illness/health educational videos for persons and families challenged by mental illness, mental health professionals, employers, educators, legislators, and the general public. Their videos "are used extensively by hospitals, mental health centers, universities, and advocacy organizations," but could also be used by faith communities to equip clergy and congregations in making a more informed, compassionate response to persons and families with psychiatric disorders. Their catalog includes the "Creating Wellness Series": (author Mary Ellen Copeland): *Key Concepts for Mental Health, The Wellness Toolbox, Wellness Recovery Action Plan (WRAP)*; and "The Bonnie Tapes": *Mental Illness in the Family, Recovering from Mental Illness, My Sister is Mentally Ill, and Families Coping with Mental Illness*. Though the cost of these videos is high (\$99.95), church denominational leaders, seminaries, and other faith groups could join forces to use the tapes for continuing education purposes.

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness is the nation's leading grass roots advocacy non-profit organization solely dedicated to improving the lives of persons with severe mental illness—including schizophrenia, bipolar disorder (manic depressive illness), major depression, obsessive-compulsive disorder, and severe anxiety disorders. Its four pillars—education, advocacy, support, and research—give the National Alliance on Mental Illness a solid voice for the mentally ill and their families.

This organization has a host of channels through which one can receive educational materials and literature about symptoms, treatment, and services for specific mental illnesses. In addition, they provide the latest news about activities and events in policy, research, popular media, and education. Their Web site features information about the organization, mental illnesses, services, treatment options, and policy and programs of the National Alliance on Mental Illness. Also offered are links to state and local web sites. Their 800 number provides support, information, and referral to local affiliates. Inquiries from the general public are welcome.

NAMI FaithNet

NAMI FaithNet is an interfaith resource for NAMI members, clergy and congregation of all faith traditions working together to create welcoming and supportive faith communities for individuals and families living with mental illness. FaithNet provides a wide variety of

resources, including an e-newsletter, articles, referrals, handouts and other materials from their Web pages.

It is designed to (1) facilitate the development of a supportive faith community environment for those with serious mental illness and their families, (2) emphasize the value of spirituality in the recovery process from mental illness and in the lives of caregivers, (3) educate clergy and congregations concerning the biological basis and characteristics of mental illness, and (4) encourage advocacy by the faith community to bring hope and help to those affected by mental illness. FaithNet's free e-mail network offers pertinent book reviews, regional meeting announcements, articles, letters, and other resource materials.

[National Association of Catholic Chaplains](#)

The National Association of Catholic Chaplains is "a professional association for certified chaplains and CPE (clinical pastoral educators) supervisors who participate in the healing missions of Jesus Christ. We provide standards, certification, education, advocacy, and professional development for our members." By entering "mental health" in their Web site's search box, users will find relevant articles and links. Catholic clergy and pastoral counselors will particularly benefit from this organization and its Web site.

[National Institute of Mental Health \(NIMH\)](#)

An agency of the U.S. government's National Institutes of Health (NIH), the National Institute of Mental Health offers a wide range of free brochures, fact sheets, reports, press releases, and other educational materials on mental illnesses, mental health issues, learning disabilities, eating disorders, suicide, and medications for mental disorders. Free booklets—on illnesses such as anxiety disorders, autism, bipolar disorder, depression, and schizophrenia—are available on the agency's Web site and would be an economical way to supplement any church leader's library. Check out especially "For the Public" sections of the site. Having quick access to information on a particular mental disorder helps to demystify the malady, so that a pastor or counselor can know the next step and more easily decide whether to refer a parishioner to a mental health professional. While pastoral counselors know that it is often unrealistic to expect persons with mental disorders to read about their illnesses, the literature may be helpful to church leaders and families of the mentally ill.

[Pathways to Promise](#) (Organization)

An interfaith resource center promoting a caring ministry for people with mental illness and their families, Pathways to Promise offers liturgical and educational materials, program models, and networking information. These resources are useful to clergy and lay leaders at all levels of congregational life—local, regional and national. Pathways provides an interactive Web site that helps congregational leaders understand 1) what to do when a person with mental illness or a family member comes for help or makes his or her presence known; 2) what programs supporting people with mental illness and their families can be developed in congregations; and 3) what agencies and organizations have helpful resources and referral information. Several of the worship planning materials, pamphlets, and bulletin inserts are available in Protestant, Jewish and Catholic versions. Other resources—particularly for clergy and worship committees who wish to plan a service or weekend of seminars—include *Mental Illness Awareness* booklets, *The Bible as Resource: Materials for Sermons and Articles*, and *Worship Resources*. Pastoral caregivers, families of persons suffering from mental illness, and concerned congregational members will discover insight and advice in this organization and its Web site.

QPR Institute—Suicide Prevention Training

The QPR Institute offers comprehensive suicide prevention training programs as well as educational and clinical materials for the general public, professionals and institutions. For the general public, the QPR Institute (with more than 1,200 certified trainers) offers suicide prevention training throughout the United States. Schools, service clubs, fire departments, churches, youth groups, and hundreds of other organizations have received the QPR gatekeeper training program.

SAVE: Suicide Awareness Voices of Education

SAVE provides educational resources, awareness campaigns and public service announcements to prevent suicide and give voice to suicide survivors. In an emergency, call: National Hopeline Network 1 800-SUICIDE (784-2433). See address below for other information.

Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) is a project within the [Education Development Center's Health and Human Development Programs](#) (HHD). The SPRC provides support services designed to help states and communities increase their capacity to prevent suicide. It also informs the work of researchers and suicide prevention professionals with [evidence-based practices](#).

Prevention Specialists (PSs) help advance suicide prevention efforts through telephone consultations and the Internet, as well as through meetings and conferences. PSs are assigned both geographically and by priority populations. Communities of practice are also eligible for consultations.

Based on the best available evidence, SPRC encourages a public health model of prevention and a coalition approach to planning. Coalitions at the state, territory, local, or interest-group level, or "prevention networks," are the primary recipients of SPRC prevention support services.

Third Way Media

Third Way Media's mission is "to provide electronic and public media, which invite individuals to faith and challenge the church to faithfulness." They "produce videos, DVDs and Web sites, write newspaper columns, create radio PSA, record music groups, and much more." Award winning mental health ministry resources include videos such as *Shadow Voices: Finding Hope in Mental Illness* and *Fierce Goodbye: Living in the Shadow of Suicide*.

Union for Reform Judaism: Caring Community/Families

The Union for Reform Judaism (URJ) Caring Community/Family Concerns "seeks to transform every Reform synagogue from a place of casual association into an inclusive and caring community to which all can come to worship, mourn, rejoice, and connect." UAHC representatives help Reform congregations on an individual or group basis to establish *Caring Community/Family Concerns* committees and programs. As an educational resource and referral service, the Department of Jewish Family Concerns addresses mental health topics, in addition to teen suicide, eating disorders, disabilities, developmental needs, bioethics, and the special concerns of older adults. Offerings include workshops, networking,

consultations, referrals, program initiatives, and a wide variety of published materials in each of these areas. One of the UAHC's newest publications is the *Mental Health Awareness: Congregational Resource and Program Guide*. Synagogues seeking to learn more about becoming a *Caring Congregation* will find this program and its Web site invaluable.

[United Methodist Church Mental Illness Network](#)

This mental health resources page of the United Methodist General Board of Church and Society describes their legislative advocacy, the work of the UM Mental Illness Network, and information and links to their "Caring Community Program" and "Awareness" resources. To access the mental health pages from the home page, choose "Health and Wholeness" from the right column menu, then at the bottom of that page, click on "mental health". Find resources by clicking on the top menu button.

[Virginia Interfaith Committee on Mental Illness Ministries \(VICOMIM\)](#)

VICOMIM is a significant resource for clergy and congregations desiring to help ease and carry the burden of mental illness on persons and families of faith. Though founded by the Virginia Annual Conference United Methodist Church, VICOMIM educates clergy and laity of *all faiths* to develop awareness and sensitivity within faith communities about mental illness. Its members include representatives from many faiths, as well as mental health care providers and associations. Programs, assistance, and resources are offered to faith communities developing their own ministries for persons with mental illness and their families. VICOMIM's Web site presents lists of books, booklets, brochures, classes, music, publications and newsletters, messages and sermons, video tapes, and links to other Web sites. This is an excellent resource for clergy, lay leaders, and health ministry workers.

Most Highly Recommended Resources

The following resources are those most highly recommended from the Mental Health Ministry Resources list.

For each of the resources listed below, click on the resource **title** for additional information or to obtain the resource.

[Shadow Voices: Finding Hope in Mental Illness](#) (Video)

Produced and distributed by Mennonite Media. Duration: 58 minutes.

This hour-long video "deals with stigma, recovery, and hope regarding mental illness." Ten persons from many sectors of American life tell their stories while mental health experts and advocates add perspective and insights. Among the film's featured guests are U.S. First Lady Rosalyn Carter and former U.S. Surgeon General Dr. David Satcher. This film helps support families who have a mentally ill loved one, and helps congregations know better how to relate to those living with mental illness.

[Churches That Heal: Becoming a Church That Mends Broken Hearts and Restores Shattered Lives](#) (Book)

Doug Murren, Author. West Monroe, LA: Howard Publishing, 1999, 2002.

Doug Murren knows both sides of the story when it comes to hurtful churches—as a senior pastor of a large church that effectively ministered to hurting parishioners from other less sensitive congregations, and as a respected Christian who lives with the unpredictable cycles of bipolar disorder. Murren's openness was and is not always well received by less informed fellow Christians. In this insightful book, he offers first hand wisdom on why churches don't heal, what happens when churches don't heal, creating a healing environment, and related topics. Murren holds another unique perspective—that of a conservative Christian with strong allegiance to Christ Jesus as the Great Physician, and a man who values the role of modern medical science for the treatment of severe mental illnesses and addiction. Here is an invaluable resource for every senior pastor, his staff, and lay leaders.

[National Alliance on Mental Illness \(NAMI\)](#)

The National Alliance on Mental Illness is the nation's leading grass roots advocacy non-profit organization solely dedicated to improving the lives of persons with severe mental illness—including schizophrenia, bipolar disorder (manic depressive illness), major depression, obsessive-compulsive disorder, and severe anxiety disorders. Its four pillars—education, advocacy, support, and research—give the National Alliance on Mental Illness a solid voice for the mentally ill and their families.

This organization has a host of channels through which one can receive educational materials and literature about symptoms, treatment, and services for specific mental illnesses. In addition, they provide the latest news about activities and events in policy, research, popular media, and education. Their Web site features information about the organization, mental illnesses, services, treatment options, and policy and programs of the National Alliance on Mental Illness. Also offered are links to state and local web sites. Their 800 number provides support, information, and referral to local affiliates. Inquiries from the general public are welcome.

NAMI: FaithNet

NAMI Faith Net is an interfaith e-mail network composed of members and friends of NAMI all across the United States, providing information and resources for educational outreach to faith communities. Originating with NAMI Orange County, CA, and begun by Gunnar Christiansen, NAMI Faith Net's Web pages and network is now managed by NAMI National, who is encouraging local affiliates to share effective ideas and resources for congregational education and awareness.

It is designed to (1) facilitate the development of a supportive faith community environment for those with serious mental illness and their families, (2) emphasize the value of spirituality in the recovery process from mental illness and in the lives of caregivers, (3) educate clergy and congregations concerning the biological basis and characteristics of mental illness, and (4) encourage advocacy by the faith community to bring hope and help to those affected by mental illness. FaithNet's free e-mail network offers pertinent book reviews, regional meeting announcements, articles, letters, and other resource materials.

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[The Soul in Distress: What Every Pastoral Counselor Should Know about Emotional and Mental Illness](#) (Book)

Richard W. Roukema, Author. New York: Haworth Press Inc., 1997.

Recognizing the demands and complexities facing pastors who minister to troubled parishioners, Christian psychiatrist Richard Roukema brings a unique perspective, compassionate professionalism, and a wealth of information to this book. Addressing both the common concerns and the conflicts of religion and psychiatry, he examines the roles that each plays in the lives of persons with emotional and mental health problems. Here the reader can find thorough presentations on a variety of illnesses, as well as advice on practical ways clergy can help. Roukema explains the roles of genetics, heredity, biochemistry, parenting, and society in mental illness, and clearly distinguishes between brain diseases and disorders. In addition, his discussion of the historical perspectives and changes in mental health practice, analysis, and treatment conveys a true understanding of how misperceptions about mental and emotional illness have arisen. Most importantly, *The Soul in Distress* is peppered with wise advice to clergy. It offers approaches to counseling, warnings about "getting in over your head," and suggestions for the pastor's own self-care. This book will be a frequently used reference aid for every pastoral counselor.

[Walking Through the Valley: Understanding and Emerging from Clergy Depression](#) (Book)

Robert Randall, Author. Nashville, TN: Abingdon Press, 1998.

While clergy are not immune to depression, "our grandiosity tends to keep us clergy from owning up to our depression or its possibility." So says Robert Randall, a pastor of the United Church of Christ and a clinical psychologist. But it's not only grandiosity that keeps clergy from seeking help; they may also fear being perceived as weak and losing the confidence of their congregation and superiors. And they may wonder, "Who will be in charge if I take time off?" With candor and wisdom, the book's introduction helps clergy own up to their own experiences with depression. Subsequent chapters invite readers to consider "diagnosing our depression," "determining how depressed we are," and exploring the "causes of our depression." Randall closes each chapter with down-to-earth recommendations for clergy, considering possible causes for their distress: the impinging situations, the meanings one lives by, and environmental, psychological, and physical processes. He also includes "renewal tasks" for clergy. Every minister or rabbi who has experienced either temporary or chronic depression will benefit from Randall's encouragement, insights, and strategies for recovery.

[Mental Health Ministries](#)

The Rev. Susan Greg-Schroeder of the UMC California-Pacific Conference is a leader in mental health education and awareness, speaking out of her own life experiences in ministry and pastoral counseling. She has developed resources that educate clergy and congregations, and decrease stigma associated with serious mental illnesses in faith communities. Her Web page offers prayers, poems, meditations, and a description of ten videos, including the award winning *Creating Caring Congregations*, annotated in section one. Nine other videos with discussion guides are currently available.

Click on "[Mental Health Mission Moments](#)" for a description of short (2-3 minute) DVD segments that present mental health issues. These segments can be used in worship, small groups, or classes. Also included is a Resource Guide featuring relevant scriptural passages, sermon starters, and other liturgical items. Here is the list of DVD segments (listed next to each segment is its length in minutes and seconds):

- Coming Out of the Dark (0:30)
- Mental Illness and Families of Faith (2:54)
- Understanding Depression (2:25)
- Addiction and Depression (2:17)
- Teenage Depression and Suicide (3:11)
- Mental Illness and Older Adults (2:32)
- Where is God in the Darkness (2:55)
- Overcoming Stigma, Finding Hope (2:56)
- Creating Caring Congregations (2:56)

Resurrecting the Person: Friendship and the Care of People with Mental Health Problems (Book)

John Swinton, Author. Nashville: Abingdon Press, 2000.

John Swinton confronts the notion that mental illness is not relevant to a faith community's mission. He states, "This is a book about radical friendship. It is a call to the church to rediscover its prophetic roots in the life, death, and resurrection of Jesus Christ, and to reclaim its identity as the friend and protector of the poor, the outcast, and the stranger." As a former psychiatric nurse and mental health chaplain, the author unfolds the manifold dimensions of poverty and stigma forced upon the mentally ill by both society and faith communities. With prophetic force, he advances a challenge to the church: solidarity and friendship with persons suffering from mental illness enables the church to embody Jesus' unconditional and liberating love. Swinton urges readers to examine their willingness to welcome "the stranger" and thereby help to resurrect the person behind the illness. A practical friendship-building model is outlined based on a partnership between psychiatric chaplain, congregation, and persons with mental health problems. This book provides solid theological material for clergy and denominational leaders who dare to examine the premises and practices of their mission and ministry.

No Longer Alone (Book)

John Toews and Eleanor Lowen, Authors. Scottsdale, PA: Herald Press, 1995.

Designed for the faith community, *No Longer Alone* forms an outstanding foundational study of mental health issues. In each chapter, four sections—*Opening Thoughts*, *A Story*, *Focus*, and *Search*—weave relevant inspirational material into an exploration of mental health and mental illness issues. Toews and Eleanor Loewen first cover *What Is Mental Health?*, *Mental Health and Life Stages*, *Who Sinned?*, and *The Need for Healing*. In these and the following sections, Bible passages support and complement the psychological, social, and biological material. Each lesson ends with a set of questions that provide opportunity for reflection and response. For example, in the chapter entitled *The Need for Healing*, the questions include, "What is your definition of sin? How would you describe the relationship between sin and spiritual well-being? How do we minister to persons who fear getting healed or cured?" The authors have created a unique resource suitable for adult Christian education courses in small or large group gatherings.