

Resources Related to Mental Health

[Compiled from March - May 2014 during a Community Mennonite Church, Harrisonburg, Va., adult education series entitled "Seeking Shalom: Living with Mental Health Challenges"]

MENTAL HEALTH AND THE CHURCH

Prayer and mental illness/chronic struggle - article by Christine Guth

http://www.themennonite.org/issues/17-2/articles/Praying_hands_clenched_fists

Interfaith Network on Mental Illness <http://www.inmi.us/>

Pathways to Promise: Ministry and Mental Illness <http://www.pathways2promise.org/>

Anabaptist Disabilities Network <http://www.adnetonline.org/>

Interviews related to mental health on "Shaping Families" - MennoMedia-produced radio broadcasts from 2010-2013 - "faith-based hope on tough family issues"

<http://www.shapingfamilies.com/archive/programs.asp>

Worship resources related to mental health, School for Leadership Training, EMSeminary, 2013,

<http://www.emu.edu/seminary/slt/archive/>

Documentary: "Shadow Voices - Finding Hope in Mental Illness" - produced by Mennonite Media <http://www.shadowvoices.com/about.asp>

FaithNet (NAMI - National Alliance on Mental Health):

http://www.nami.org/MSTemplate.cfm?Site=FaithNet_NAMI&Template=/ContentManagement/ContentDisplay.cfm&ContentID=125516

Troubled Minds: Mental Illness and the Church's Mission (2013) by Amy Simpson

Two of the chapters: What Churches Can Do; What God Does

Also

included: "Resources for Ministry to People Affected by Mental Illness"

LOCAL RESOURCES

Mental Health First Aid <http://www.mentalhealthfirstaid.org/> For information about local trainings in MHFA (Mental Health First Aid), call Rebekah Brubaker at the McNulty Center

433.3100 http://www.huffingtonpost.com/linda-rosenberg/mental-illness_b_4101189.html

Comprehensive Directory of Mental Health Services (Harrisonburg, Rockingham, and surrounding area) <http://psyc.jmu.edu/counseling/documents/2013DirMentaHealth.pdf>

Overeaters Anonymous <http://www.oa.org/>

Alcoholics Anonymous <http://www.alcoholics-anonymous.org/>

Daily News Record, "Daybook Calendar," every Monday: lists meeting times, places, and contact information for local support groups such as Overeaters Anonymous, Narcotics Anonymous, Depression and Bipolar Support group, Celebrate Recovery (Christian 12-Step recovery with worship and sharing at Our Community Place), Nicotine Anonymous, Valley Association of Support and Empowerment mental-health support group, and Workaholics Anonymous <http://workaholics-anonymous.org/>

Harrisonburg area Community Resource Center. Office at Muhlenberg Lutheran Church. <http://www.hrcrc.org/> Lists of resources (clothing, food, etc.) plus local support groups

Rockingham Memorial Hospital. Mental, behavioral health services: <http://www.rmhonline.com/BehavioralHealth/BehavioralHealthHome.aspx>

VOCAL (nonprofit organization of people in mental health recovery), Charlottesville, VA <http://www.vocalvirginia.org/#>

ANXIETY, DEPRESSION, BIPOLAR

Anxiety and Depression Association of America <http://www.adaa.org/>

Depression (4 minute animated youtube video): "I had a black dog. His name is depression" <https://www.youtube.com/watch?v=XiCrniLQGYc>

The Inner Voice of Love: A Journey Through Anguish to Freedom by Henri J. M. Nouwen
Originally his secret journal written during the most difficult 6-month period of his life in which Nouwen experienced "extreme anguish and despair."

When It Hurts to Live: Devotions for Difficult Times by Kathleen Kern This book, written by someone who has experienced three major periods of depression, "combines Scripture, personal meditation, life application, and prayer to help people on the way."

Jesus Wept: When Faith and Depression Meet by Barbara C. Crafton The author, an Episcopal priest, "explores what it means for a person of faith to suffer from depression."

The Zen Path through Depression by Philip Martin

Short, practical chapters written by a person who at age 37 found himself in severe depression.

Darkness Visible by William Styron

The

author describes his "crippling and almost suicidal depression" and eventual recovery.

In the Shadow of God's Wings: Grace in the Midst of Depression by Susan Gregg-Schroeder

The author, a pastor, "moves beyond her experience to offer universal truths concerning depression and spirituality."

Let Your Life Speak: Listening for the Voice of Vocation by Parker J. Palmer

In

Chapter 4, "All the Way Down," Palmer describes his period of clinical depression in midlife.

TED TALK - "No Matter What" - love and commitment helps Mark stand by his wife on the journey with mental illness (bipolar) http://www.huffingtonpost.com/2014/03/19/mark-lukach-tedx-talk-no-matter-what_n_4987309.html?ncid=fbklnkushpimg00000063

The Unquiet Mind (1995) by Kay Redfield Jamison

Memoirs by a professor at Johns Hopkins who has experienced bipolar illness.

http://www.nytimes.com/2009/11/15/books/review/Greenberg-t.html?_r=0

SUICIDE

Documentary about suicide produced by Mennonite Media <http://www.fiercegoodbye.com/>

Campus Suicide Prevention Center of Virginia - JMU - Jane Wiggins

<http://www.campussuicidepreventionva.org/>

American Foundation for Suicide Prevention <https://www.afsp.org/>

American Association of Suicidology <http://www.suicidology.org/home>

ADDICTIONS

Addictions and Grace: Love and Spirituality in the Healing of Addictions by Gerald May

This Christian psychiatrist and spiritual counselor "examines the relationship between addiction and spiritual awareness."

Addiction: "Pleasure Unwoven," by Kevin McCauley, a doctor who was addicted to pain pills
Trailer, 3 1/2 minutes - <https://www.youtube.com/watch?v=dnsCQbEkzZk>
One hour, 44 minutes - <https://www.youtube.com/playlist?list=PLA8F89537FD4C3>

"Pornography: Lies, Truth, and Hope" (2013) MCC publication
<http://camgirlnotes.fr.yuku.com/topic/1833/Psychotherapy-Networker-Why-Porn-Is-Bad-for-U#.UxZPDvmwJcR>

"Naming Pornography: Mennonite Women Speak Out About Pornography" (2005) Brenda Martin Hurst
<http://camgirlnotes.fr.yuku.com/topic/1833/Psychotherapy-Networker-Why-Porn-Is-Bad-for-U#.UxZPDvmwJcR>

"Is Porn Bad for U?" from the Psychotherapy Networker
http://www.alternet.org/story/146957/is_porn_bad_for_you

EATING DISORDERS

Families Empowered and Supporting Treatment of Eating Disorders www.feast-ed.org

FEAST has an accompanying online forum, Around the Dinner Table:
www.aroundthedinnertable.org

The National Eating Disorders Association <http://www.nationaleatingdisorders.org/>

OTHER

National Alliance on Mental Illness <http://www.nami.org>

National Institute of Mental Health <http://www.nimh.nih.gov/>

TED TALK: "Toward a new understanding of mental illness," 13 minutes, Thomas Insel, neuroscientist and psychiatrist, Director of National Institute of Mental Health
http://www.ted.com/talks/thomas_insel_toward_a_new_understanding_of_mental_illness

Firewalkers: Madness, Mystery and Beauty and follow-up anthology, Fire Stories: Further Thoughts on Radically Re-thinking Mental Illness
<http://www.vocalvirginia.org/#/firewalkers/4533865849>

Creating plans pre/post mental health crisis: <http://www.mentalhealthrecovery.com/recovery-resources/crisis-planning.php>

Documentary: OC87 - "The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie" 2-minute trailer: <http://oc87.com/>

Schizoaffective disorder: This American Life #520 - "No Place Like Home" - Act III (40 minutes into the hour program) - a unique 20-minute story of a San Francisco coffee bar owner
<http://www.thisamericanlife.org/radio-archives/episode/520/no-place-like-home>)

Stories of mental health recovery - video and non-video collections
<http://www.mpuuc.org/mentalhealth/mentalVideos.html>

Prisons and mental health: <http://harvyoder.blogspot.com/2013/09/radio-interview-on-mental-health.html?sref=fb>