

# Resources for Further Learning/Support

## SERVICES/SUPPORTS

Intersect: 215-816-9608/ [deckert@accessservices.org](mailto:deckert@accessservices.org) / [www.accessservices.org/intersect/](http://www.accessservices.org/intersect/)

- The Intersect Initiative is directed by Dave Eckert and works to support people at the intersection of faith and mental health through consultation, training and fostering collaboration between the church and mental health services. The link provides various resources including a way to sign up for a monthly E-letter with ideas and resources related to the intersection of faith and mental health.

The Lighthouse Network: 844-543-3242 / <http://lighthousenetwork.org/home/>

- The Lighthouse Network, founded in 2003, is a nonprofit ministry that provides a 24/7 helpline and online life-growth resources for those struggling with addiction or psychological issues. Through this service, we help them find peace, joy, and freedom to achieve their God-given potential.

Wellness and Recovery Action Plan (WRAP) / <https://mentalhealthrecovery.com/wrap-is/>

- The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

## WRITTEN MATERIALS

**Spurgeon's Sorrows: Realistic Hope for those who Suffer from Depression** by Zack Eswine

**Finding Quiet: My Story of Overcoming Anxiety and the Practices that Brought Peace** by J.P. Moreland

**Giving and Taking Help** by Alan Keith-Lucas

**Crucial Conversations: Tools for Talking When Stakes are High** by Switzler, Grenny, and McMillan

**Darkness Is My Only Companion: A Christian Response to Mental Illness** by Kathryn Greene-McCreight

**Grace for the Afflicted: A Clinical and Biblical Perspective on Mental Illness** by Matthew S. Stanford

**Troubled Minds: Mental Illness and the Church's Mission** by Amy Simpson