

Breathe



RESOURCE PACKET

RECOMMENDED RESOURCES

Organizations and Websites

KayWarren.com

As a mom of a child with mental illness, Kay often felt overwhelmed by the lack of mental health resources and the time it took to find reputable information. Her website is created to be a place where people can come and easily access trustworthy and helpful material without having to spend hours searching the Internet. Please visit the specific mental health pages on her website: [ADHD](#), [Anxiety](#), [Bipolar Disorder](#), [Borderline Personality Disorder](#), [Depression](#), [Eating Disorders](#), [Grief](#), [Obsessive Compulsive Disorder](#), [Schizophrenia](#), [Students](#), [Substance Use Disorder](#), [Suicide](#), [Support for Families and Friends](#), [Trauma](#).

[Mental Health Resource Guide for Individuals and Families](#)

The Mental Health Resource Guide for Individuals and Families is provided free of charge. It includes basic education about common mental illnesses, answers to frequently asked questions, and helpful information for families on how to support their loved ones with mental illness. It is designed to serve as a simplified reference guide and should not be utilized as a diagnostic tool. Click [HERE](#) to download the Resource Guide.

[Saddleback Church's Hope for Mental Health Community](#)

The Hope for Mental Health Community is a safe place for anyone with or affected by mental illness. These gatherings are a time to connect with others who have mental health challenges, learn from professionals in the fields of psychology, theology, and wellness, and gain spiritual strength from God and each other. Please join us on the fourth Sunday of every month from 1:00 pm – 3:00 pm at Saddleback Church Lake Forest. You can view videos of previous Hope for Mental Health Community events at KayWarren.com/Community.

[How to Navigate a Mental Health Crisis Seminar](#)

This recorded seminar, hosted by the Saddleback Church Hope for Mental Health Ministry, will give you the tools to recognize the precipitating events leading up to a crisis, what you need to know to help yourself or your loved one through the crisis, how to follow up afterwards, as well as ways to connect with on-going support.

- Click [HERE](#) to follow along with the PowerPoint presentation.
- Download the handouts [HERE](#).

RECOMMENDED RESOURCES

Organizations and Websites continued

988 | [National Suicide and Crisis Lifeline](#)

The National Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Call or text HOME to 988, or visit their website to connect via online chat with a trained Crisis Counselor.

[2-1-1](#)

Provides free and confidential information and referral for mental health services, help with food, housing, employment, counseling, and more.

[Celebrate Recovery: A Christ-Centered 12 Step Program](#)

A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Groups are available throughout the nation, internationally, online, and in many prisons.

[CHOC Mental Health Toolkit](#)

The Children's Hospital of Orange County (CHOC) created a Mental Health Toolkit that includes free resources on mental health topics common to kids and teens, such as depression, anxiety, suicide prevention, trauma, bullying, eating disorders, attention deficit/hyperactivity disorder (ADHD) and post-traumatic stress disorder (PTSD). Many resources are available in English, Spanish, and Vietnamese.

[Compassion in Action: A Guide for Faith Communities, Serving People with Mental Illness and their Care Givers](#)

The U.S. Department of Health and Human Services created a guide with seven key principles to help faith leaders address mental illness in their communities.

[Fresh Hope for Mental Health](#)

Fresh Hope provides a safe place online and in-person for anyone who feels hopeless to process their pain and experience faith-filled hope modeled, shared, and given in support groups, classes, coaching, and resources that are led and written by peers.

RECOMMENDED RESOURCES

Organizations and Websites continued

[Grace Alliance](#)

The Grace Alliance is a Christian-based organization that provides online and in-person support groups for individuals, parents, and loved ones. Their support groups combine neuroscience and faith with the hope of building mental and emotional health resiliency.

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

NAMI is the nation's largest grassroots mental health organization which provides education classes, support groups, and resources for individuals and families.

[NumberStory.org](#)

Exists to build awareness of Adverse Childhood Experiences (ACEs) and to help people and communities prevent and address the effects of ACEs and childhood toxic stress. This website helps you learn about your ACEs score.

[Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#)

The U.S. Surgeon General's advisory calls the nation to immediate awareness and action for this significant public health challenge.

[The Healing Power of Breathing and Prayer | Breathe Call with Kay Warren and Brooke & Dave Thompson](#)

Brooke Thompson is a Holy Yoga instructor and her husband, Dave, is a firefighter. They have learned how to integrate breathing and holy yoga practices into their family life and careers – including sharing with other firefighters how to manage the chronic stress first responders experience on a daily basis.

For additional recommended books, organizations, and resources
please visit KayWarren.com/MentalHealth.

RECOMMENDED RESOURCES

Books

The Bipolar Disorder Survival Guide, Third Edition: What You and Your Family Need to Know
by David J. Miklowitz, PhD

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life by Henry Cloud,
PhD and John Townsend, PhD

Breath: The New Science of a Lost Art by James Nestor

Breath as Prayer: Calm Your Anxiety, Focus Your Mind, and Renew Your Soul by Jennifer
Tucker

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself
by Melody Beattie

Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges
by John Swinton

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

Good Enough: 40ish Devotionals for a Life of Imperfection by Kate Bowler and Jessica Richie

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

Grace for the Children: Finding Hope in the Midst of Child and Adolescent Mental Illness
by Matthew S. Stanford, PhD

How We Love Our Kids: The Five Love Styles of Parenting by Milan Yerkovich, MA &
Kay Yerkovich, MS, LMFT

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment by Xavier Amador, PhD

I Love Jesus, But I Want to Die: Finding Hope in the Darkness of Depression
by Sarah J. Robinson

Loving Someone with Suicidal Thoughts: What Family, Friends, and Partners Can Say and Do
by Stacey Freedenthal

A New Kind of Normal: Hope-Filled Choices When Life Turns Upside Down by Carol Kent

Redeeming Heartache: How Past Suffering Reveals Our True Calling by Dan B. Allender, PhD

RECOMMENDED RESOURCES

Books continued

Rules of Estrangement: Why Adult Children Cut Ties and How to Heal the Conflict
by Joshua Coleman, PhD

Surviving Schizophrenia: A Family Manual by E. Fuller Torrey, MD

Talking to Depression: Simple Ways to Connect When Someone in Your Life is Depressed
by Claudia J. Strauss

Talking to Eating Disorders: Simple Ways to Support Someone Who Has Anorexia, Bulimia, or Other Eating Disorders by Jeanne Albronda Heaton, PhD and Claudia J. Strauss

What Happened To You? Conversations on Trauma, Resilience, and Healing
by Bruce D. Perry, MD, PhD & Oprah Winfrey

When I Lay My Isaac Down: Unshakable Faith in Unthinkable Circumstances by Carol Kent

Podcasts

[In The Light](#)

Woman Evolve Network presents nationally acclaimed trauma therapist and life coach, Dr. Anita Phillips. Listen along as she talks to special guests and everyday callers about thriving in love, life, and relationships. If you're brave enough to stand in the light, Dr. Anita is here to help you evolve into the best version of yourself.

NOTES

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NOTES

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