

# Breathe



ONLINE SUPPORT  
FOR PARENTS OF CHILDREN  
WITH MENTAL ILLNESS

# RECOMMENDED RESOURCES

## [KayWarren.com](http://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 was 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 Misuse 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 Monthly Hope for Mental Health Community](#)

The Hope for Mental Health Community is a safe place for anyone living with or affected by mental illness. These monthly online gatherings are a time to connect with others who live with 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 4th Sunday of each month at 1:00 pm PT at [Facebook.com/KayWarrensPage](https://Facebook.com/KayWarrensPage). You can view previous Hope for Mental Health Community events at [KayWarren.com/Community](http://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

## Books

*Between a Rock and a Grace Place: Divine Surprises in the Tight Spots of Life* by Carol Kent

*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

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

*DARE: The New Way to End Anxiety and Stop Panic Attacks* by Barry McDonagh

*DBT Therapeutic Activity Ideas for Kids and Caregivers* by Carol Lozier, MSW, LCSW

*DBT Therapeutic Activity Ideas for Working with Teens* by Carol Lozier, MSW, LCSW

*Downcast: Biblical and Medical Hope for Depression* by Jennifer Huang Harris, MD;  
Harold G. Koenig, MD; and John R. Peteet, MD

*Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature, While Remaining  
Emotionally Immature* by Peter Scazzero

*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

*Glorious Weakness: Discovering God in All We Lack* by Alia Joy

*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

*Hearing Jesus Speak into Your Sorrow* by Nancy Guthrie

*How We Love: Discover Your Love Style, Enhance Your Marriage* by Milan Yerkovich, MA &  
Kay Yerkovich, MS, LMFT

# RECOMMENDED RESOURCES

## Books continued

*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

*In the Middle of the Mess: Strength for This Beautiful, Broken Life* by Sheila Walsh

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

*Inside a Cutter's Mind: Understanding and Helping Those Who Self-Injure* by Jerusha Clark  
with Dr. Earl Henslin

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

*Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change*  
by Valerie Porr, MA

*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

*To Be Told: God Invites You to Coauthor Your Future* by Dan B. Allender, PhD

*Turn My Mourning into Dancing: Finding Hope in Hard Times* by Henri Nouwen

*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

*When Someone You Love Has a Mental Illness: A Handbook for Family, Friends, and Caregivers*  
by Rebecca Woolis

*Where is God When it Hurts?* by Philip Yancey

# RECOMMENDED RESOURCES

## Organizations and Websites

[Crisis Text Line](#) | Text HOME to 741741 to connect with a trained Crisis Counselor.

[National Suicide Prevention Lifeline](#) | 1-800-273-TALK (8255)

The National Suicide Prevention 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 1-800-273-8255, en Español 1-888-628-9454, or visit their website to connect via online chat.

### [2-1-1](#)

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

- Crisis Assessment Team (CAT) - A Crisis Assessment Team provides 24/7 mobile response services for clients of all ages who are experiencing a mental health crisis or suicide risk. Team clinicians are often the first point of contact between the client and the county mental health system. The teams assist law enforcement, paramedics, social services agencies, and families by providing mental health crisis assessment services. Call 2-1-1 to see if your county offers this service.

### [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, 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.

# RECOMMENDED RESOURCES

## Organizations and Websites continued

### [Clarity Child Guidance Center](#)

A nonprofit mental health treatment center for kids ages 3 to 17 in South Texas with a mission to help children, adolescents, and families overcome the disabling effects of mental illness and improve their ability to function successfully at home, at school, and in the community. When a child is in crisis, Clarity Child Guidance Center works with families to get needed treatment regardless of a family's ability to pay.

### [Fresh Hope for Mental Health](#)

Fresh Hope provides a safe place 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.

### [Grace Alliance](#)

The Grace Alliance is a Christian-based organization that provides 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.

**For additional recommended books, organizations, and resources  
please visit [KayWarren.com/MentalHealth](https://KayWarren.com/MentalHealth).**