

Mental Health Resources

Updated June 2024

This is not a comprehensive document. Many links offer a large amount of additional resources and support beyond what's listed. **Note:** click on any of the [blue underlined text](#) below to take you to the web resource.

Mental Health Emergencies

- Suicide & Crisis Hotline (call or text): **988**
- SAMHSA's National Helpline: **1-800-662-HELP (4357)**
- National Suicide Prevention Hotline: **1-800-273-TALK (8255)**
- Veterans Crisis Line: **1.800.273.8255 and press 1, or call #211, or text 83825**
- [RemedyLIVE \(Christian Suicide Prevention Chat\)](#)

Counseling Services**

Community Counseling Center

At Creekside Christian Church in Elk Grove: [Community Counseling Center](#)

Creekside Counseling Associates

Not affiliated with Creekside Christian Church. More info: [Creekside Counseling Associates](#)

PsychologyToday.com

Search for a therapist or psychologist based on faith, gender, online therapy options, support groups search, and more: <https://www.psychologytoday.com/us>

Christian Counselors Network

From Focus on the Family: <https://findacounselor.focusonthefamily.com/>

FaithfulCounseling

Professional mental health therapy from a Biblical perspective: <https://www.faithfulcounseling.com/>

Mental Health Gateway

Find mental health care providers, including residential programs, therapists and psychiatrists in your area: <https://mentalhealthgateway.org/find-providers/>

**Article: [What You Should Look For in a Therapist](#)

Faith-based Support Groups

Grace Alliance

Christian mental health groups (in person and online groups available) — a library of free resources is also available on the website: [GraceAllianceMentalHealth.org](https://www.gracealliancementalhealth.org)

Celebrate Recovery

A Christ-centered 12-step program for anyone struggling with hurt, pain or addiction of any kind: [celebraterecovery.com](https://www.celebraterecovery.com)

Fresh Hope

Peer-run short and long term mental health groups for individuals with a mental health diagnosis and their spouse: [FreshHope.us](https://www.freshhope.us)

Reboot Recovery

Trauma recovery courses for everyday people, as well as military, first responders and their families: [rebootrecovery.com](https://www.rebootrecovery.com)

GriefShare

A support group designed to help you rebuild your life after the loss of a loved one: [griefshare.org](https://www.griefshare.org)

DivorceCare

A support group to guide people on the path of recovery from separation or divorce: [divorcecare.org](https://www.divorcecare.org)

Pure Desire Ministries

Find healing from the effects of unwanted sexual behavior and betrayal trauma: [puredesire.org](https://www.puredesire.org)

Other Support Groups

- [Anxiety and Depression Support Groups](#)
- [Alcoholics Anonymous \(AA\)](#)
- [Al-Anon Family Groups](#)
- [Co-dependents Anonymous \(CoDa\)](#)
- [Narcotics Anonymous \(NA\)](#)
- [FIND OTHER SUPPORT GROUPS](#)

Psychiatric Hospitals & Treatment Centers - *Sacramento Area*

- [Sierra Vista Hospital](#)
- [Mental Health Urgent Care Clinic](#)
- [Sagepoint Intensive Outpatient Program](#)
- [Anxiety Treatment Center](#)
- [Sutter Center for Psychiatry](#)
- [Kaiser Mental Health Services](#)

Books & Study Guides

Note: This is not a comprehensive list, but simply a starting point that covers various topics.

- **Grace Alliance Curriculum** – workbooks that bring together faith and science-based topics designed to bring healing. [Free e-books, devotionals and workbook samples](#)
- **99 Self-Care Techniques for Christians** - Downloadable e-book
- *View this book list on Amazon:* <https://a.co/hMsvuIR>
 - **Anxious for Nothing** by Max Lucado
 - **Anxious: Choosing Faith in a World of Worry** by Amy Simpson
 - **Boundaries** by John Townsend, Henry Cloud, et al.
 - **Changes That Heal** by Dr. Henry Cloud
 - **Fresh Hope: Living Well in Spite of a Mental Health Diagnosis** by Brad Hoefs
 - **Grace for the Afflicted** by Matthew S. Stanford
 - **Good Boundaries & Goodbyes** by Lysa TerKeurst
 - **The Joy Switch** by Chris M. Coursey
 - **The Other Half of Church** by Jim Wilder & Michel Hendricks
 - **Running on Empty: Overcome Your Childhood Emotional Neglect** by Jonice Webb
 - **Holding on to Hope: How to Stay Sane While Loving Someone With a Mental Illness** by Brad & Donna Hoefs
 - **I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment** By Xavier Amador

Websites on Mental Health

Faith-based Sites:

- [Grace Alliance](#)
- [Mental Health Ministries](#)
- [Hope for Mental Health](#)
- [Key Ministries](#)
- [ChurchandMentalHealth.com](#)
- [ChurchesThatHeal.com](#)

Other Sites:

- [National Alliance on Mental Illness \(NAMI\)](#)
- [Depression and Bipolar Support Alliance](#)
- [Hope for Mental Health](#)
- [International Bipolar Foundation](#)
- [Mental Health America](#)
- [National Action Alliance for Suicide Prevention](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [Sacramento County Dept. of Health Services](#)

Other Helpful Resources & Tools

- [Mind to Mindful](#) - Four free 75-minute online group sessions teaching the neuroscience and psychology of mindfulness with practical skills
- [Mental Health Screening Tools](#) - free screening tests
- [DIY Tools \(Mental Health America website\)](#) - worksheets, videos, tips & tools
- [Depression Screening](#)

Mobile Apps:

Christian apps:

- **Encounter** - Free Guided Christian Meditation & Prayer. [Apple Store](#) or [Google Play](#)
- **Abide** - Free biblical meditations. [Apple Store](#) or [Google Play](#)

Other apps:

- **Calm** - (free trial, then paid subscrip.) Sleep & meditation. [Apple Store](#) or [Google Play](#)
- **Aura** - (Paid subscrip.) Mindfulness, sleep & mental wellness. [Apple Store](#) or [Google Play](#)

Podcasts:

- [Fresh Hope for Mental Health](#)
- [Therapy & Theology - Lysa TerKeurst](#)