

Some Recommended Mental Health Resources

Websites

Wing of Madness

A USA consumer forum for people with depression or trying to find out more about depression

<http://www.wingofmadness.com/>

Moodgym

An interactive website where you can learn cognitive behavioural techniques for overcoming depression. Set up by established psychiatrists & counsellors in Australia and recommended by the NHS

<http://moodgym.anu.edu.au/welcome>

Mental Health Foundation

Founded in 1949, the Mental Health Foundation is a leading UK charity that provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems, whatever their age and wherever they live.

<http://www.mentalhealth.org.uk/>

The Royal college of Psychiatrists

Excellent leaflets to download on all sorts of mental health topics

<http://www.rcpsych.ac.uk/>

A guide to active listening

<http://www.mindtools.com/CommSkill/Mind%20Tools%20Listening.pdf>

Disciples Today

Article: 'Top 10 signs of Emotional Wellness'

<http://www.disciplestoday.org/content/view/2047/64/>

Books

The Masks of Melancholy John White (IVP 1982)
John White is a psychiatrist who writes a thorough Biblical perspective on all types of mental illness.

Spiritual Depression D.Martyn Lloyd-Jones. (Pickering & Inglis Ltd 1965). This 'classic' book is written by a GP who became a pastor. The book is a collection of sermons addressing the problem of depression in believers

The Greif Recovery Handbook James and Friedman.
A great book for anyone trying to 'move on' from a loss

Still Small Voice, an Introduction to Pastoral Counselling Michael Jacobs (SPCK 1982). This is suitable for ministry leaders. This book looks at the psychological challenges ministers of the gospel face as they lead and serve. It examines the kinds of difficulties they face personally as well as members of their congregation.

Healing of Damaged Emotions David Seamands. An excellent book written in a fairly dynamic style

Psychology for Ministers and Social Workers Harry Guntrip (Allen & Unwin 1971) This book considers modern psychological theory and scripture. The language is quite old-fashioned as the book was first published in 1947 but it's a great read if you are interested in digging deeper into psychology

Penny Cox July 2010