

# Mental Health Church Resources

## **On-Site Counseling**

Affordable, quality, site-based and school-based counseling services, especially to the underserved. Appointment only.

4812 E Butler Ave  
Fresno, CA 93727  
(559)-453-8050

<https://fresno.edu/onsite>

For over 25 years, On-Site Counseling has existed to provide affordable, quality, counseling services, especially to the underserved. We are a professional counseling agency housed in the Biblical Seminary of Fresno Pacific University. Our services include individual adult, adolescent and child counseling, family counseling, group counseling and group education. Our professional counselors are equipped to work with a variety of needs and mental health issues including depression, anxiety, grief and loss, suicidality, pandemic related struggles, relationship difficulties, trauma, unhealthy coping patterns, and more.

On-Site counselors respect the diversity of our community and welcome clients of all faiths or no faith. On-Site Counseling does not discriminate based on age, gender, race, religious affiliation, sexual orientation, or disability. Bilingual counseling may also be available.

Please visit our website at <https://fresno.edu/onsite> to learn more about the populations we serve and our fee structure. To schedule an appointment or inquire more about our services, please call us at 559-453-8039 or email us at [onsite@fresno.edu](mailto:onsite@fresno.edu). (Due to the pandemic, all counseling services are currently being conducted via telehealth.)

**On-Site does not provide crisis or emergency services. In case of mental health emergency, please call 911.**

## **On-Site's Suggested Resources**

### ***General Mental Health Resources***

- Center for Faith and Opportunity Initiatives- US Dept of Health and Human Services  
<https://www.hhs.gov/sites/default/files/4-2-2020-mental-health-covid-final.pdf>
- Mental Health Recordings from Saddleback Church  
<https://hope4mentalhealth.com/watch/media/series>
- Awkward Conversations With a Youth Pastor (Interview with David Tan, LMFT at Clovis Hills Community Church)  
<https://www.instagram.com/tv/CJyy1JPBPTc/>
- The Jed Foundation  
<https://www.jedfoundation.org/mental-health-resource-center/>
- Tao Connect - Coping Through the Caronavirus  
<https://www.taoconnect.org/mindfulness-exercise/>
- American Psychological Association  
<https://www.apa.org/topics/covid-19>

# Mental Health Church Resources

- Therapist Aid – worksheets and education on various mental health issues  
<https://www.therapistaid.com/>

## ***Podcasts that Incorporate a Christian Perspective on Mental Health Issues***

- Redefine Recovery (Faith and Addiction)  
<https://soundcloud.com/redefinerecovery>
- Foolishness (this specific episode covers depression and suicide)  
<https://podcasts.apple.com/us/podcast/78-flirting-with-darkness-w-ben-courson/id1453477359?i=1000494275249>
- Boundaries.me (Doctors Cloud and Townsend)  
<https://podcasts.apple.com/us/podcast/the-boundaries-me-podcast/id1488880049>

## ***Intimate Partner Violence***

- Called To Peace Ministries  
<https://www.calledtopeace.org/>
- Marjaree Mason Center  
<https://mmcenter.org/>
- National Domestic Violence Hotline  
<https://www.thehotline.org/>

## ***For Parents***

- How to Talk to Your Children About Stress (article)  
<https://www.apa.org/topics/talking-stress>
- What to Tell Kids When the News is Scary (podcast)  
<https://www.npr.org/2021/01/08/954927953/bonus-what-to-tell-kids-when-the-news-is-scary>
- Signs of depression in teens [https://www.scripps.org/news\\_items/5319-hidden-signs-of-teen-depression](https://www.scripps.org/news_items/5319-hidden-signs-of-teen-depression)

## ***College Students and Covid***

- <https://hope4college.com/surviving-covid-19-a-realcollege-guide-for-students/>

## ***Books***

- The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation  
<https://www.amazon.com/Other-Half-Church-Overcoming-Stagnation/dp/0802419631>
- Created for Connection: The “Hold Me Tight” Guide for Christian Couples  
[https://www.amazon.com/s?k=created+for+connection&i=stripbooks&ref=nb\\_sb\\_noss\\_1](https://www.amazon.com/s?k=created+for+connection&i=stripbooks&ref=nb_sb_noss_1)
- Called To Peace: A Survivor’s Guide to Finding Peace and Healing After Domestic Abuse  
<https://www.amazon.com/Called-Peace-Survivors-Finding-Domestic/dp/1948449013>

# Mental Health Church Resources

- The 6 Needs of Every Child: Empowering Parents and Kids Through the Science of Connection (offers a faith component)  
<https://www.amazon.com/Needs-Every-Child-Empowering-Connection/dp/0310358078>

## ***Psychoeducational Articles or Pages***

- Warning Signs of Suicide  
<https://save.org/about-suicide/warning-signs-risk-factors-protective-factors/>
- What is Burnout?  
<https://lindsaybraman.com/burnout/>
- Burnout vs Depression  
<https://www.ncbi.nlm.nih.gov/books/NBK279286/>
- Grief vs Depression  
[https://www.hrrv.org/wp-content/uploads/2017/12/Grief-vs.-Depression\\_What-to-Know-and-When-to-Seek-Help\\_1217.pdf](https://www.hrrv.org/wp-content/uploads/2017/12/Grief-vs.-Depression_What-to-Know-and-When-to-Seek-Help_1217.pdf)
- What is Anxiety?  
<https://www.therapistaid.com/worksheets/what-is-anxiety.pdf>

## ***Local Support Groups***

- NAMI Group for families, caregivers, and loved ones of individuals living with mental illness. <https://www.namifresno.org> Meets: Second Saturday of each month 12pm via Zoom. Cost: FREE. Executive Director: Chris Roup [chris@namifresno.org](mailto:chris@namifresno.org).
- Bridge of Hope: A non-clinical “faith-based” support group *for women* where Christians that suffer from mental illness, such as depression and anxiety can find empathy and support in a safe environment.
- Meets: Every other Thursday from 6:00-8:00pm. For more information contact Regina Poynter at (805) 469-0625 or by email [bloomingflowergal@yahoo.com](mailto:bloomingflowergal@yahoo.com)

# Mental Health Church Resources

## Link Care Counseling Center

Link Care exists to help people overcome and recover from hurtful events, gain tools for successful relationships, and become more effective in daily life.

Appointment only.

1734 W Shaw Ave

Fresno, CA 93711

(559)-439-5920

[linkcare.org/link-care-center](http://linkcare.org/link-care-center)

For over 55 years Link Care has provided Pastor Care, premarital counseling, individual therapy, marital therapy, family therapy, child and adolescent therapy, psychological assessments, and care for missionaries. Our team consists of licensed Psychologists, licensed Marriage & Family Therapists, Licensed Clinical Social Worker, Pastoral counselors, Associate Marriage & Family Therapists, and Marriage & Family Trainees.

## Link Care's Suggested Resources

### *Handbook for Pastors and Ministry Leaders*

- A **Pastor's Handbook** for Mental Health Emergencies and Social Services  
[https://s3.amazonaws.com/media.cloversites.com/74/74609f09-4894-4ad9-85ef-b5a9be838889/documents/LC\\_PASTOR\\_HANDBOOK\\_digital\\_download.pdf](https://s3.amazonaws.com/media.cloversites.com/74/74609f09-4894-4ad9-85ef-b5a9be838889/documents/LC_PASTOR_HANDBOOK_digital_download.pdf)
- A **Ministry Leader's Handbook** for Mental Health Emergencies and Social Services  
[https://s3.amazonaws.com/media.cloversites.com/74/74609f09-4894-4ad9-85ef-b5a9be838889/documents/LC\\_Ministry\\_Leaders\\_Handbook\\_digital\\_download.pdf](https://s3.amazonaws.com/media.cloversites.com/74/74609f09-4894-4ad9-85ef-b5a9be838889/documents/LC_Ministry_Leaders_Handbook_digital_download.pdf)
- The resources page of our website has several other downloads available to help our community support pastors. <http://linkcare.org/resources/digital-library>
- A digital download available for FREE. Use the link on our resource page of Link Care's website. If you prefer a hard copy please email [jennifersmith@linkcare.org](mailto:jennifersmith@linkcare.org). This is a resource written by Link Care staff and our former CEO, Phil Collier. We hope it aid Pastors and ministry leaders as they help their community with mental health concerns.

### *FREE sessions available for any Lead Pastor in our community*

- Please call 559-439-5920 ext. 145 and our intake coordinator will connect you with a licensed clinician for 5 Free sessions

### *Social Media*

- Follow us on Instagram (@linkcarefresno) and Facebook (@linkcarecenter)
- Our team of clinicians posts resources for those in our community ranging from helpful websites and books, to videos by our clinicians

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## More Resources:

### **Exodus Recovery, Inc.**

Crisis Stabilization Center:

24 hours a day, 7 days a week, 365 days a year. No appointment necessary.

4411 East Kings Canyon Road

Fresno, CA 93702

(559) 453-1008

[exodusrecovery.com/fresno-crisis-stabilization-center](http://exodusrecovery.com/fresno-crisis-stabilization-center)

### **The Well Counseling Center**

Affordable and professional counseling from a Christian worldview in the Fresno/Clovis area.

Appointments only.

780 N Whitney Ave, Suite 102

Fresno, CA 93720

(559) 325-8600

[wellcounselingcenter.org](http://wellcounselingcenter.org)

### **Fresno County Mental Health**

Monday-Friday | 8:00 am – 5:00 pm

4441 E Kings Canyon Rd

Fresno, CA 93703

(559) 600-4645

[co.fresno.ca.us/departments/behavioral-health](http://co.fresno.ca.us/departments/behavioral-health)

### **Pray-As-You-Go.org**

Mental health awareness exercises designed to be a prayer tool for any challenges you might be facing with mental health. <https://pray-as-you-go.org/retreat/mental-health>

### **Resources for coping with Covid**

<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>

### **Stress or Anxiety:**

[https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic/imsostressed-infographic-508\\_160586.pdf](https://www.nimh.nih.gov/health/publications/so-stressed-out-infographic/imsostressed-infographic-508_160586.pdf)

### **Informational Graphic on Suicide**

<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-suicide-prevention.shtml>

*New Skills for a New Era*



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**Dr. Henry Cloud – *Churches That Heal***

[https://churchesthatheal.com/?\\_s=klbgno9p1wkef8sp4uw&utm\\_source=drip&utm\\_medium=email&utm\\_campaign=Churches+That+Heal+Dec+2020+%28resend+to+unopened%29&utm\\_content=Looking+to+Support+Your+Pastors%E2%80%99+Mental+Health%3F](https://churchesthatheal.com/?_s=klbgno9p1wkef8sp4uw&utm_source=drip&utm_medium=email&utm_campaign=Churches+That+Heal+Dec+2020+%28resend+to+unopened%29&utm_content=Looking+to+Support+Your+Pastors%E2%80%99+Mental+Health%3F)