

MENTAL HEALTH RESOURCES

BOOKS

- “Anxious for Nothing” - Max Lucado
- “Are You Really Okay” - Debra Fileta
- “The Body Keeps the Score” - Bessel van der Kolk
- “Boundaries” - Henry Cloud & John Townsend
- “Broken Hallelujahs” - Beth Allen Slevcove
- “Captivating” - Stasi Eldredge
- “Don’t Give the Enemy a Seat at Your Table” - Louie Giglio
- “Emotionally Healthy Spirituality” - Pete Scazzero
- “Everybody Always” - Bob Goff
- “Get Out of Your Head” - Jennie Allen
- “Hope in the Dark” - Craig Groeschel
- “I Declare War” - Levi Lusko
- “The Meaning of Marriage” - Timothy Keller
- “Overcoming Anxiety, Worry, and Fear” - Gregory L. Jantz
- “Perfecting Ourselves to Death” - Richard Rigan
- “Putting an X Through Anxiety” - Louie Giglio
- “Redeeming Heartache” - Dan B. Allender & Cathy Loerzel
- “Safe People” - Henry Cloud & John Townsend
- “The Search for Significance” - Robert McGee
- “The Soul of Shame” - Curt Thompson
- “Tackling Mental Illness Together” - Alan Thomas
- “Walking with God Through Pain and Suffering” - Timothy Keller
- “Winning the War on Worry” - Louie Giglio

COUNSELING SERVICES

- **The Bradley Center** - 601-270-1567
- **Crossroads Christian Marriage & Family Counseling** - 855-939-6634
- **March Christian Counseling** - 601-268-8796
- **Restoration House Counseling** - 601-336-9131



Stuck? Stuck in your finances? Stuck in your marriage? Stuck in a season of grief or difficult circumstances? Life is hard, and sometimes we need to lean on others to help us engage our faith and move forward. Care Groups provide a space to connect with a community of faith that provides understanding and support during some of life’s more challenging seasons.

Care Groups will provide four areas of focus, including:

Life Care - A biblically-based program to help participants find hope, healing, and freedom from any type of addiction, struggle, hurt, or destructive pattern

Faith 101 - A 10-week program utilizing Rooted, a discipleship experience that inspires questions, conversations, and experiences designed to connect people to God, the Church, and their purpose

Divorce Care - A 13-week program utilizing official DivorceCare curriculum to guide people on the path of recovery and hope after separation or divorce

Financial Care - A 9-week program utilizing Dave Ramsey’s Financial Peace University curriculum, offering a proven plan to pay off debt fast and build wealth