



Resource Page:

Books:

- **SOS Help for Emotions: Managing Anxiety, Anger, and Depression** by Lynn Clark, Ph.D.
- **Telling Yourself the Truth: Finding your way out of Depression, Anxiety, Fear, Anger, and other Common Problems by applying the Principles of Misbelief Therapy** by William Backus and Marie Chaplain
- **Spark** by John Ratley (Focus on the impact of exercise on the brain)
- [Automatic Negative Thought Patterns](#) (ANTs)
- **Managing Leadership Anxiety** - Steve Cuss
- **Non-Anxious Presence** - Mark Sayers
- **The Ruthless Elimination of Hurry** - John Mark Comer
- **Ordering Your Private World** - Gordon MacDonald
- **No Greater Love** - A.W. Tozer
- **Learning to Walk in the Dark**, Barbara Brown Taylor's book
- **My Name Is Hope**, John Mark Comer
- **Bondage Breakers (Spiritual Battles)**
- **When Work and Family Collide (Family/Work balance)**
- **Grieving: Your path back to peace (Grief)**
- **The Love Dare (Marriage Repair)**
- **Tender Warrior (Fatherhood and being a Godly Husband)**
- **Love and Respect (Marriage Repair)**
- **Maximized Manhood (concepts of purity and maturity)**
- **Lies Women Believe**

Local Services:

- Wallowa Valley Center for Wellness (Mollie Cudmore, Geunia Funches, Tia, Brandon Miller)
- Winding Waters Medical Clinic (No known Christian Counselors)
- Wallowa Memorial Medical Clinic (No known Christian Counselors)
- The Bearded Social Worker, LLC (Christian Counselor)
- MB Counseling (Based in La Grande, has Christian Counselors)
- Foothills Counseling (Based in La Grande, has Christian Counselors)

Online Resources & Articles:

- Man Therapy
 - <https://mantherapy.org/>
- Men in the Arena
 - <https://meninthearena.org/>
- What should the Church do about the Mental Health Crisis, Ben Cachiaras
 - <https://christianstandard.com/2022/07/what-should-the-church-do-about-the-mental-health-crisis/>
- Article on how to speak with/support someone with depression:
 - <https://www.helpguide.org/articles/depression/helping-someone-with-depression.htm>
- Article on Sadness v. Depression:
 - https://screening.mhanational.org/content/am-i-depressed-or-just-sad/?layout=actions_b
- Article on Contributing Factors to Depression:
 - <https://kidshealth.org/en/teens/why-depressed.html>
- Ag Suicide Hotline
 - <https://today.oregonstate.edu/news/crisis-helpline-oregon%E2%80%99s-agricultural-and-forestry-communities-now-open>

Podcasts:

- John Mark Comer podcast on Therapy:
 - <https://podcasts.apple.com/us/podcast/craft-character/id1514214001?i=1000476508696>
- The Crossing in Quincy, IL: <https://www.thecrossing.net/mental-health-resources/>
- Laugh Your Way to a Better Marriage (online marriage repair)
 - <https://markgungor.com/products/laugh-your-way-to-a-better-marriage-1>

Counseling Help:

- *Betterhelp* and *Psychology today*, where you can select you want a Christian counselor, and it will provide you options.

National Crisis Help Resources:

- **Suicide & Mental Health National Crisis Line**
 - 988 (call or text 24/7)
 - 541-398-1175 (Local Crisis number)
- **National Suicide Prevention Lifeline**
 - (800) 273-8255 (24/7)
- **Findhelp.org Social Care Community**
 - <http://www.findhelp.org>
- **TTY CARES Hotline**
 - (866) 794-0374