



## MENTAL HEALTH RESOURCES

*\*\*The resources below have been compiled by Rock Bridge staff and trusted mental health professionals. We encourage you to use these simply as a starting point for exploration and to seek personalized advice when needed. Thank you for your understanding and cooperation.\*\**

If you're struggling with any aspect of your mental health, you don't have to face it alone. Below are resources to help you get started on your path to healing and restoration. Click any [underlined title](#) for details. Contact us [HERE](#) if you want to have a conversation!

God tells us that He is "our refuge and strength, an ever-present help in trouble" (Psalm 46:1) and that His word is "a lamp for my feet, a light on my path" (Psalm 119:105). Therefore, one of the best ways to move forward is to *build your relationship with Jesus day-by-day!* Here are two resources to encourage your faith or to begin exploring!

- [Bible Reading Plans](#)
- [Journey With Jesus](#)

In addition, *meditating on and memorizing Scripture* is key to knowing that you are worthy of love and flourishing. These passages that would be helpful to keep close by.

- Psalm 42:11
- Isaiah 41:10
- Philippians 4:6-7
- Matthew 11:28-30
- 2 Corinthians 12:9

VARIOUS RESOURCES

- [Be Kind to Yourself](#)
- [Showing Up For One Another](#)
- [When Your Loved One Is In the Dark](#)
- [Tending Grief Through Spiritual Practices](#)
- [Life Recovery Bible & Beyond Suffering Bible](#)
- [Guided Into Living Grace](#)
  - Practical, Christ-centered guidance for your mental health journey.
- [National Alliance on Mental Illness](#)
  - Works to educate, advocate, listen and lead to improve the lives of people with mental illness and their loved ones.
- [Georgia Crisis & Access Line](#)
  - Available 24 hours/day to help you or someone you care for in a crisis by: providing telephonic crisis intervention services, dispatching mobile crisis teams, assisting individuals in finding an open crisis or detox bed, and linking individuals with urgent appointment services.
- [National Suicide Prevention Lifeline](#)
  - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- [Crisis Text Line](#)
  - Provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.
- [Focus On the Family](#)
  - A resource list of books, broadcasts, and referrals based on diagnosis.
- [New Life Ministries](#)
  - Offers compassionate and empowering solutions to those who find themselves in life's difficult places and missing what God desires for them.

## LOCAL RESOURCES

### [Celebrate Recovery](#)

- A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain, or addiction of any kind. It is a safe place to find community and freedom from the issues that are controlling our life.
- Find an in-person group [HERE](#) or access the weekly Zoom group [HERE](#).

### [Recovery @Ringgold](#)

- A Christ-centered, Biblically-based, non-denominational recovery program designed to support anyone struggling with compulsive issues or addictive behaviors. You will find people who are going through the same issues and can gain experience, strength and hope.