



TRAUMA 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 the effects of trauma on your life, 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 34:18
- Matthew 11:28-29
- John 14:27
- Joel 2:25-26
- Isaiah 41:10

BOOKS

- [Life Recovery Bible](#)
- [Beyond Suffering Bible](#)
- [Healing What's Hidden: Overcoming Trauma](#)

WEBSITES

- [New Life Ministries](#)
- [Paul Tripp Ministries](#)
- [Reboot Recovery Blog](#)
- [Trauma Healing Institute Free Resources](#)
- [Christian Trauma Healing Network Suggested Links](#)

MORE RESOURCES

- [Asking Hard Questions In the Psalms](#)
- [Tending Grief Through Spiritual Practices](#)
- [Reboot Recovery Podcast](#)
- [Reboot Recovery: Overcoming Trauma Together](#)
 - Reboot recovery offers three courses in small group settings to help people overcome their trauma. There are in person and online groups available!

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](#).