

# Christian Mental Health Resources

## Hotlines

### 988 Suicide and Crisis Lifeline

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for or your loved ones, and best practices for professionals in the United States. Call or Text 988, or chat online at <https://988lifeline.org/talk-to-someone-now/>

### Christians in Crisis

A listening ear, emotional support, trained professionals are here for you. The Christians in Crisis (CIC) hotline is a tele-based service whose main goal is to provide support and resources for Christians and Christian ministers experiencing spiritual, emotional, personal, and family crises. <https://www.christiansncrisis.com/>  
Also on Facebook and Instagram

In times of trouble call – 1-844-472-9687

## Christian Counseling Referrals

### Focus on the Family

- Request a call from a *Focus on the Family* Counselor – 1-855-771-HELP (4357) or fill out the form at <https://www.focusonthefamily.com/get-help/request-a-counselor-call/>
- Christian Counselors Network - <https://www.christiancounselorsnetwork.com/>

### American Association of Christian Counselors (AACC)

- Find a Christian Counselor, Coach or Clinic - [https://connect.aacc.net/?search\\_type=distance](https://connect.aacc.net/?search_type=distance)
- 1-800-526-8673

### National Christian Counselors Association

- Counselor Directory - <https://www.ncca.org/member-directory>

## Apps

- **Abide**

Biblical meditation with Bible stories, scripture, music, and prayer. Abide helps you to sleep better and stress less.

<https://abide.com>

- **YouVersion**

YouVersion is a Bible App with Bible studies, some focusing on mental health such as anxiety, depression, healing, anger, hope, and stress.

<https://www.youversion.com/>

Also found on Facebook, Instagram, YouTube, and LinkedIn

- **Calm**

App for help with sleep, meditation, and relaxation.

<https://www.calm.com/>

Also on Facebook, Instagram, and X

## Pod Casts

- **The Allender Center**

Features Dr. Dan Allender and his team engaging topics of healing and restoration through the unique intersection of theology and psychology.

[The Allender Center Podcast](#)

Also found on Facebook, Instagram, X, YouTube, and Vimeo

- **The Place We Find Ourselves**

The Place We Find Ourselves podcast features private practice therapist Adam Young (LCSW, MDiv) and interview guests as they discuss all things related to story, trauma, attachment, and interpersonal neurobiology.

<https://theplacewefindourselves.libsyn.com/>

Also on Facebook, X, Apple Podcasts and YouTube

- **The Best of You with Dr. Alison Cook**

Dr. Alison Cook is a therapist and author of two books, including her new book, The Best of You and Boundaries for Your Soul. For 20 years, Alison has helped women, ministry leaders, couples and families learn how to heal painful emotions, develop confidence from the inside out, forge health relationship and fully live out their God given potential.

<https://www.dralisoncook.com/the-best-of-you-podcast/>

Also on Facebook, Instagram, and Spotify.

- **Therapy in a Nutshell**

Emma McAdam is a Licensed Marriage and Family Therapist. Her website has a mental health blog, podcasts, free resources, and mental health courses. Her passion project is to make mental health resources available for everyone.

<https://therapyinanutshell.com/>

Also on Facebook, Instagram, Spotify, YouTube and Patreon.

- **Being Known Podcast**

A podcast about forming deep relationships, discovering meaning, and living with integrated creativity. Here at Being Known Podcast, we discover what it means to be truly known, exploring the intersection of interpersonal neurobiology (IPNB) and Christian spiritual formation.

<https://www.beingknownpodcast.com/>

Also on Instagram, YouTube, Face Book, and X.

- **Life Over Coffee**

Providing resources that spark conversation for transformation in your church, organization, or personal life. Free resources and articles, interactive community, leadership training, eBooks and books, public speaking, topical course and videos and podcasts.

<https://lifeovercoffee.com/>

Also on Facebook, X, Instagram, and YouTube

- **Nothing is Wasted**

Nothing is Wasted Ministries exists to help you navigate your trauma, tragedies, and major life transitions and find purpose in your pain. Content includes Blog, Podcast, devotional, community, and coaching.

<https://www.nothingiswasted.com/>

Also on PodBean, Instagram, and Apple Podcasts