

Resources for Becoming a Trauma-Informed Church

Websites for Learning and Helping

[The National Child Traumatic Stress Network](#)

[What is Traumatic Stress?](#)

[Resources for Child Trauma-Informed Care](#) - from the Substance Abuse and Mental Health Services Administration (SAMHSA)

[Reboot Recovery](#) - Faith-based online courses

[Characteristics and Principles for Trauma-Informed Churches](#)

[Hope Made Strong](#) - biblically-based learning to help leaders care for others

[Grace Alliance Church Leaders Resource Guide](#)

[The Invisible Congregant - One story about why we must be aware and active](#)

[The National Alliance on Mental Illness](#)

[Survey Findings: the Church and Mental Health](#)

[Fresh Hope for Mental Health](#) - practical resources for church leaders

[7 Traits of Trauma-Informed Congregations](#)

[ACEs Primer](#) - 5-minute educational summary of ACEs

[How Childhood Trauma Affects Health Across a Lifetime](#) - engaging TED talk by Nadine Burke Harris outlining ACEs

Books

[Mental Health and the Church](#) by Stephen Grcevich MD

[Troubled Minds: Mental Illness and the Church's Mission](#) by Amy Simpson

[Fresh Hope](#) by Brad Hoefs and Dr. Michael Egger

[Hope for Healing: God's Work in Dark Places](#) by Chris Haughee

[Darkness Is My Only Companion](#) by Kathryn Greene-McCreight

Get Started with Mark Waltz:

- *1-hour Starter Session for Pastors and Staff*
- *Half-day Workshop for Staff and Volunteers*