

MINISTERING TO MENTAL HEALTH

14 resources to expand your imagination



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What if you committed to investing in the way you think about “ministering to mental health” once a month? Once a month you read/watched/did something that could help expand your perspective?

Here are 14 resources that could help.

Some speak directly to mental health. Others deal with the effects of shame. Some are just examples worth imitating when ministering to people in their suffering.

The ones at the top of the list are more fun, entertaining, and accessible. Toward the bottom of the list you get resources that are a little heavier and get more specific.

-Taylor Johnson
followtaylor.com

Comic/Memoir

Hyperbole and a Half: Unfortunate Situations, Flawed Coping Mechanisms, Mayhem, and Other Things That Happened

The least serious and most entertaining while still including very real descriptions of living with depression and anxiety.

Link: <https://amzn.to/4dgBG75>

Pop Psychology

Cringeworthy: A Theory of Awkwardness

New York magazine's "Science of Us" editor explains the compelling psychology of awkwardness and asks: What if the moments that make us feel most awkward are actually valuable?

Link: <https://amzn.to/4dgByo7>

Memoir

Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed

From a New York Times best-selling author, psychotherapist, and national advice columnist, a hilarious, thought-provoking, and surprising new book that takes us behind the scenes of a therapist's world - where her patients are looking for answers (and so is she).

Link: <https://amzn.to/3Jr35VS>

Documentary

Finders Keepers

A story about fame, addiction and a custody battle over a man's leg.

Link: https://www.imdb.com/title/tt3462002/?ref=fn_al_tt_4

Documentary

Won't You Be My Neighbor?

An exploration of the life, lessons, and legacy of iconic children's television host Fred Rogers.

Link: https://www.imdb.com/title/tt7681902/?ref=fn_al_tt_1

Stand-up Special

Great Depresh

Gary Gulman offers candid reflections on his struggles with depression through stand-up and short documentary interludes that provide insight into his mental health journey.

Link: https://www.imdb.com/title/tt10409666/?ref_=fn_al_tt_1

One Man Show

In & Of Itself

Storyteller and Conceptual Magician Derek DelGaudio attempts to understand the illusory nature of identity and answer the deceptively simple question 'Who am I?'

Link: https://www.imdb.com/title/tt11916302/?ref_=fn_al_tt_1

Substack

The Small Bow

Recovery stories from everyone.

Here are four great posts

The Cave

[https://open.substack.com/pub/thessmallbow/p/the-cave?
r=2t7tjx&utm_campaign=post&utm_medium=web](https://open.substack.com/pub/thessmallbow/p/the-cave?r=2t7tjx&utm_campaign=post&utm_medium=web)

What is Kindness

[https://open.substack.com/pub/thessmallbow/p/what-is-kindness?
utm_campaign=post&utm_medium=web](https://open.substack.com/pub/thessmallbow/p/what-is-kindness?utm_campaign=post&utm_medium=web)

What It's Like to be in Recovery from Co-Dependency

[https://open.substack.com/pub/thessmallbow/p/what-its-like-to-be-in-
recovery-for?utm_campaign=post&utm_medium=web](https://open.substack.com/pub/thessmallbow/p/what-its-like-to-be-in-recovery-for?utm_campaign=post&utm_medium=web)

Lather Rinse Relapse

[https://open.substack.com/pub/thessmallbow/p/lather-rinse-relapse?
utm_campaign=post&utm_medium=web](https://open.substack.com/pub/thessmallbow/p/lather-rinse-relapse?utm_campaign=post&utm_medium=web)

Sermon

Elijah and the Voice

Tim Keller's sermon on the three things God does for a depressed Elijah.

<https://podcast.gospelinlife.com/e/elijah-and-the-voice/>

Christian/Counseling

The Soul of Shame: Retelling the Stories We Believe About Ourselves

Psychiatrist Curt Thompson unpacks the soul of shame, revealing its ubiquitous nature and neurobiological roots. He also provides the theological and practical tools necessary to dismantle shame, based on years of researching its damaging effects and counseling people to overcome those wounds.

Link: <https://amzn.to/3UmylM7>

Essay

On Getting Out of Bed: The Burden and Gift of Living

In this deeply personal essay, Alan Noble considers the unique burden of everyday life in the modern world. Sometimes, he writes, the choice to carry on amid great suffering—to simply get out of bed—is itself a powerful witness to the goodness of life, and of God.

Link: <https://amzn.to/4aXgKjm>

Book

Lament for a Son

The author describes the progress of his grief from the shock of learning of his son's accidental death to his final resignation a year later.

Link: <https://amzn.to/49KfDTd>

Lectures

Trauma Healing, and the Life of Faith

Dr. Chris Green teaches on thinking theologically about trauma, healing, and the life of faith.

Part 1: <https://www.youtube.com/watch?v=nu10wKYerTs&t=1087s>

Part 2: <https://www.youtube.com/watch?v=E3suTiUAev4&t=28s>

Training

Mental Health First Aid

Mental Health First Aid is a skills-based training course that teaches participants to identify, understand and respond to mental health and substance use challenges.

Link: <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>