

**National Suicide Prevention Lifeline: 1-800-273-8255**

Suicide is the leading single cause of death in our nation

May is Mental Health Awareness Month  
September 10 is Suicide Prevention Day

*A) Secular Resources for Mental Health:*

**NIMH**

One of the National Institutes of Health, The **National Institute of Mental Health (NIMH)** is the largest scientific organization in the world dedicated to research focused on the understanding, treatment, and healing of mental disorders. It is the go-to for information on signs, symptoms, treatments of mental illnesses. Excellent educational material, downloadable free of charge. NIMH.NIH.gov

**SAMHSA**

Substance Abuse and Mental Health Services, the go-to for information on dual diagnoses, eg addiction and a co-occurring mental illness. SAMHSA also has excellent educational material, downloadable free of charge. Samhsa.gov

**NAMI**

National Alliance on Mental Illness, the go-to for community peer support, for patients and families alike. Goals are advocacy, support, and education. National, state-by-state, region-by-region.

NAMI.org and/or NAMICT.org

**National Action Alliance for Suicide Prevention**

NAASP focuses on community-based suicide prevention. Goal is to reduce by 20% the number of suicides by 2025

Theactionalliance.org

<https://www.youtube.com/watch?v=QE-eAKmkF7U&feature=youtu.be>

**QPR**

Suicide Prevention model: Question, Persuade, Refer  
qprinstitute.com

*B) InterFaith Resources for Mental Health:*

**NAMI FaithNet**

An interfaith ministry of NAMI

<https://www.nami.org/namifaithnet>

**Mental Health Ministries**

Education, Commitment, Welcome, Support, Advocacy for mental health among religious communities.

Mentalhealthministries.net

**Expanding Connections**

Religious of the Sacred Heart (Nancy Kehoe, PhD)

<http://expandingconnections.com/>

### *C) Christian:*

Note: Interestingly, it is the Evangelical churches that have been on the forefront of mental health awareness and stigma busting. It could be the suicides among clergy (e.g., Jarred Wilson, a pastor educating on suicide who later took his own life) and in clergy families (e.g., Matthew Warren, Rick and Kay Warren's son) that have impelled action for mental health initiatives.

#### Faith Behind Bars

Prisons are now the largest mental institutions in the United States, with the fewest resources for mental health care.

<http://faithbehindbarsandbeyond.org/>

#### Gateway to Hope

On the campus of St Martin's Episcopal Church, Houston, Gateway to Hope offers training, support and education on mental health

<https://hopeandhealingcenter.org/gateway-to-hope/>

#### Hope and Healing

Holistic approach, support, education, mental health coaching.

<https://hopeandhealingcenter.org/>

#### Minds Renewed

A mental health "clearing house" to help those with poor mental health find faith-based care across the USA.

[Mindsrenewed.com](http://Mindsrenewed.com)

#### Pine Rest Christian Mental Health Resources, Michigan

The fourth largest mental health facility in the USA, Pine Rest is self-identified as a Christian center for mental health care, both in-patient and out-patient. Located in Michigan, this might be an option for those who wish to be far from home during treatment. PR also has a strong on-line presence for distance learning.

[Pinerest.org](http://Pinerest.org)

### *D) Beyond the strict definition of mental health resources:*

#### Center for Reconciliation, Duke Divinity School

CFR "inspires, forms, and supports leaders, communities, and congregations to live as change agents of reconciliation. Africa, Asia, USA, etc.

<https://divinity.duke.edu/initiatives/cfr>

#### Theology, Medicine, and Culture Initiative, also at Duke Divinity

Scholarship, Formation, and Witness at the intersection of Theology and Medicine

<https://tmc.divinity.duke.edu/about-theology-medicine-and-culture/>

### *E) For Further Reading*

See the expanded bibliography in the 2015 edition of my *Darkness is My Only Companion* etc

Greene-McCreight, updated 4/1/20