

Athlete Mental Health Resources

** Disclaimer: Though most of these resources are from a Christian worldview, not all are faith-based. This document is a resource only and not an endorsement or recommendation.*

988–National Suicide Hotline (call or text)

Text HOME to 741741–Crisis Text Line

Hotlines:

[RemedyLIVE](#) provides safe and compassionate listeners 24 hours a day for you to chat with. Simply click the chat now button or **text 494949** from anywhere in the United States.

Counseling options

Start with your local church and get a list of recommended counselors if there isn't a good fit. These other options are great.

[Global Counseling Network](#) is an aligned Christian virtual counseling network that we highly recommend.

To find an [African-American/Black female counselor](#) in your area

[Black Christian Therapy](#) as an organization acknowledges the beauty of clinical and spiritual wisdom and helps people of color get the care they need.

[Anesis Therapy Center](#) "Helping people navigate the mental health and wellness aspects of their life in a way that honors culture, family, community, and faith."

[KindBridge](#) Behavioral health with an elite athlete option

[Association of Certified Biblical Counselors](#)

Christian Performance Coaching options

[Armor Performance Coaching](#)

[Unchained mental performance coaching](#)

Athlete Specific websites

Hope for athletes

[Whole Being Athletes Program](#)

[The Hidden Opponent](#)

[The Christian Athlete](#) (articles on mental health)

Mental health education websites

National Alliance on Mental Health

nami.org

Substance Abuse and Mental Health Services

[Samhsa.gov](http://samhsa.gov)

Seize the awkward helps people start the conversation about mental health struggles

<https://seizetheawkward.org/>

Helpful ministry from Saddleback church with a lot of links to good resources, also with Spanish translations available.

<http://kaywarren.com/mentalhealth/>

Helpful for young adults processing the death of a friend by suicide

<https://healgrief.org/actively-moving-forward/>

Resource center for teens and college students

<https://jedfoundation.org/mental-health-resource-center/>

The Grace Alliance cultivates healthy solutions for hearts and minds through simple, innovative biblical truths, scientific research and practical tools. They have developed several evidence-based mental health resources for when mental health difficulties disrupt your faith and everyday life.

<https://mentalhealthgracealliance.org/>

Celebrate Recovery is 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. <https://www.celebraterecovery.com>

To Write Love on Her Arms is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery. The blog on their website is filled with stories of hope and recovery.

www.twloha.com

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. <http://coda.org>

Sanctuary Mental Health Ministries equips the Church to support mental health and wellbeing. Its resources meaningfully engage the topics of faith and mental health. The content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges. These resources prepare communities of faith around the world to raise awareness, reduce stigma, support mental health, and promote mental wellbeing. Developed in Canada and the UK yet has free resources for anyone.

Highly recommend the first two modules of the Mental Health Course

<https://www.sanctuarymentalhealth.org>

Trauma resources

[Trauma Healing Institute](#)

[Trauma free World](#)

[Sexual abuse survivors resources](#)

Eating disorder resources

Wellness/nutrition/body coaching <https://www.litwellnesssolutions.com/>

Eating disorders, body image resources to help you eat well and live free, [Finding Balance](#)

National Eating disorders,

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

An informative podcast to help with eating disorders:

Food Psych <https://christyharrison.com/foodpsych>

Other resources

ADHD Bible reading

Podcasts

An informative podcast to help understand depression and those who suffer from it

<https://twloha.com/podcast/202-depression/>

A podcast that explores how the gospel intersects sexuality and gender

Hole in My Heart <https://lauriekrieg.com/podcast/>

A podcast on the intersection of mental health and Christianity
CXMH: on Faith and Mental Health <https://cxmhpodcast.com>

A podcast looking at trauma and how it impacts our story.
The Place We Find Ourselves: <https://adamyoungcounseling.com/podcast/>

A podcast with Lysa Terkeurst, her licensed counselor, Jim Cress and Proverbs 31 ministry's director of theology development, talk together about Therapy and Theology
<https://lysaterkeurst.com/therapy-and-theology/>

Sermons:

- Message by Craig Groeschel 2021, Winning the War in your mind. Life Church, youtube.
- Message by Rick Warren 2010 Desiring God 2010, The battle for your mind
<https://www.desiringgod.org/messages/the-battle-for-your-mind>

Video testimonies of mental health challenges

- [Kevin Hines' story of attempting to take his life by jumping from the Golden Gate Bridge. Incredibly insightful and hopeful. Informative of the struggle and longings of someone with suicidal thoughts](#)
- [Hope College soccer player's attempted suicide and recovery](#)
- [Mizzou wrestler's mental health come back](#)
- [USC volleyball player speaks of the hidden threat](#)
- [Minnesota RB Shannon Brooks talks about his suicide attempt](#)
- [Ben Locke, NCAA Soccer player discusses sexual abuse, injury, and mental health challenges](#)

Articles on athlete struggles

- [Ohio State running Back Henderson finds rest](#)
- [Christianity Today article](#)

Books on mental health

- Changes That Heal by Henry Cloud
- Spurgeon's Sorrows: Realistic Hope for those who suffer from Depression by Zach Eswine
- God's Word and Mental Health: Strength for the Journey~ 8 Bible Studies (GracePrint Bible Studies) GracePrint Bible Studies by Skip McDonald
- What Made Maddy Run: The Secret Struggles and Tragic Death of an All-American Teen by Kate Fagan
- Emotionally Healthy Spirituality by Peter Scazzero

- Grace for the Afflicted: a clinical and biblical perspective on mental illness. By Matthew S. Stanford
- Rid me of my disGrace, hope and healing for victims of sexual assault by Justin and Lindsey Holcome.
- Hope in the Dark, believing God is good when life is not. By Craig Groeschel
- This Too Shall Last, Finding Grace when suffering lingers. By K.J Ramsey.
- Try Softer By Aundi Kolber
- Prayer in the Night for Those who Work or Watch or Weep by Tish Harrison Warren
- Lost Connections: Why You're Depressed and How to Find Hope, by Johann Hari
- Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges. John Swinton.
- In our suffering, Lord be Near, By Ben Locke

Books on coming back from injury:

- [John Gordon Training Camp](#)
- [Champions Comeback](#)