

# MENTAL HEALTH RESOURCES

## WEBSITES

### Mental Health America

Non-profit dedicated to helping all Americans achieve wellness by living mentally healthier lives. Our work is driven by our commitment to promote mental health as a critical part of overall wellness, including prevention services for all, early identification and intervention for those at risk, and integrated care and treatment for those who need it, with recovery as the goal.

**National Site:** [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

**Local site:** [www.mentalhealthmn.org](http://www.mentalhealthmn.org)

### National Alliance on Mental Illness

Dedicated to building better lives for the millions of Americans affected by mental illness; an association of hundreds of local affiliates, state organizations and volunteers who work to raise awareness and provide support and education that was not previously available to those in need.

**National site:** [www.nami.org](http://www.nami.org)

**Local site:** [www.namimn.org](http://www.namimn.org)

### Mental Health Ministries

Interfaith web based ministry to provide educational resources to help erase the stigma of mental illness in our faith communities. Our mission is to help faith communities be caring congregations for people living with a mental illness and those who love and care for them based on the "Caring Congregations" five step model of education, commitment, welcome, support and advocacy.

**[www.mentalhealthministries.net](http://www.mentalhealthministries.net)**

### Faith Net

A network of NAMI members and friends dedicated to promoting caring faith communities and promoting the role of faith in recovery for individuals and families affected by mental illness.

**[www.nami.org/faithnet](http://www.nami.org/faithnet)**

### Mental Health Grace Alliance

To transform lives, faith communities, and society by building a mental health peer-provider movement through education, training, and collaboration. To make mental health wellness, recovery, and transformation accessible to anyone, anytime, anywhere.

**[www.mentalhealthgracealliance.org](http://www.mentalhealthgracealliance.org)**

### Mental Health Screening Tools

A screening test is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

**[www.mentalhealthamerica.net/mental-health-screening-tools](http://www.mentalhealthamerica.net/mental-health-screening-tools)**

## Fresh Hope

A resource website and Christian association of support groups across the United States for those who have a mental health diagnosis and for their loved ones. At the core of Fresh Hope is the bias that it is possible to live well in spite of having a mental health challenge because of the hope there is in Christ. That no matter how one feels it is possible to still have hope because of Christ.

**[www.freshhope.us](http://www.freshhope.us)**

## Becker-Clay-Otter Tail Wilkin List of Programs and Services

**[www.claycountymn.gov/183/Adult-Mental-Health](http://www.claycountymn.gov/183/Adult-Mental-Health)**

## Focus on the Family

A comprehensive resource list of books, broadcasts, and referrals based on diagnosis.

**<http://media.focusonthefamily.com/topicinfo/mental-health.pdf>**

## PsychCentral

Articles, resources and support groups for all types of mental health issues.

**[www.psychcentral.com](http://www.psychcentral.com)**

## LifeWise TV

Nutritional Health & Well-being (mind, body & soul). Helps you discover your Total Well-Being; educates and empowers by providing a platform where the right questions can be asked. Goal is to give you tangible truths to spur you to action

**[www.lifewisetv.com](http://www.lifewisetv.com)**

## Village Family Service Center

The mission of The Village Family Service Center is to enhance the lives of those we serve. We strive to meet community needs and enhance overall well-being with innovative services and integrated care models. These include counseling for depression, anxiety and other mental health concerns, in-home family therapy, addiction treatment, mentoring, debt management, adoption, and pregnancy options counseling.

800-627-8220

**[www.thevillagefamily.org](http://www.thevillagefamily.org)**