

Spiritual & Clinical Solutions for Depression

10/30/16 Sunday Panel Resource List

Opening Up the Healing Power of Expressing Emotions by James Pennebaker

The Upward Spiral: Using Neuroscience to Reverse the Course of Depression by Alex Korb

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead by Brene Brown

The Dark Night of the Soul by Gerald May, MD.

Dr. John' Casada's blog

<https://thealienist.wordpress.com/about/>

Erica Pye's blog

<https://babypyeblog.wordpress.com/2016/10/27/my-psychotic-break-dealing-with-postpartum-depression-part-1/>

Crisis Line 24 hours- 1- 800-758-3344

Turning Point Counseling (325) 437-1001

Life Renovations (325) 672-7055

Ministry of Counseling & Enrichment (325) 672-9999