

Resources for Depression and Anxiety

Many people in our church family struggle with anxiety and depression, and that has only been heightened this year with everything that is going on around us. And there are certainly more that we aren't aware of. We want you to know that this is not something you have to hide, we care, and we want to help in any way we can! Several people in our church family have put together a list of resources - from counselors in the area you can visit, to books and articles you can read.

If you are experiencing suicidal thoughts, please call the lifeline below:

1-800-273-TALK (8255)

You can also visit www.suicidepreventionlifeline.org to chat live with a counselor.

If you are experiencing symptoms of anxiety and depression, reach out to [make an appointment](#) with one of our pastors, and we will work with you personally to make sure you are connected and cared for. Ladies, there are women standing by for those more comfortable talking with a women.

We also encourage you to explore the links and contacts below for licensed, Christian therapists in our area. Mental health is complicated, and it often involves different spiritual, emotional, and physical factors that vary from person to person. Different resources on this page will be more/less helpful for different people, so take some time to decide what you feel most comfortable with.

Who To Talk To:

Counselors:

Grace Center for Biblical Counseling (ministry of First Baptist of Jacksonville):

<http://www.fbcjax.com/required-forms>

The Hope Center (ministry of Christian Family Chapel): <https://cfcjax.com/hopecenter/request-counseling/>

Francis Raj at Uplift Counseling Center in OP: <https://upliftcounselingtherapy.com/staff/francis-raj-lmhc/>

Christian Counseling and Education Foundation: <https://www.ccef.org/counseling/main-office/>

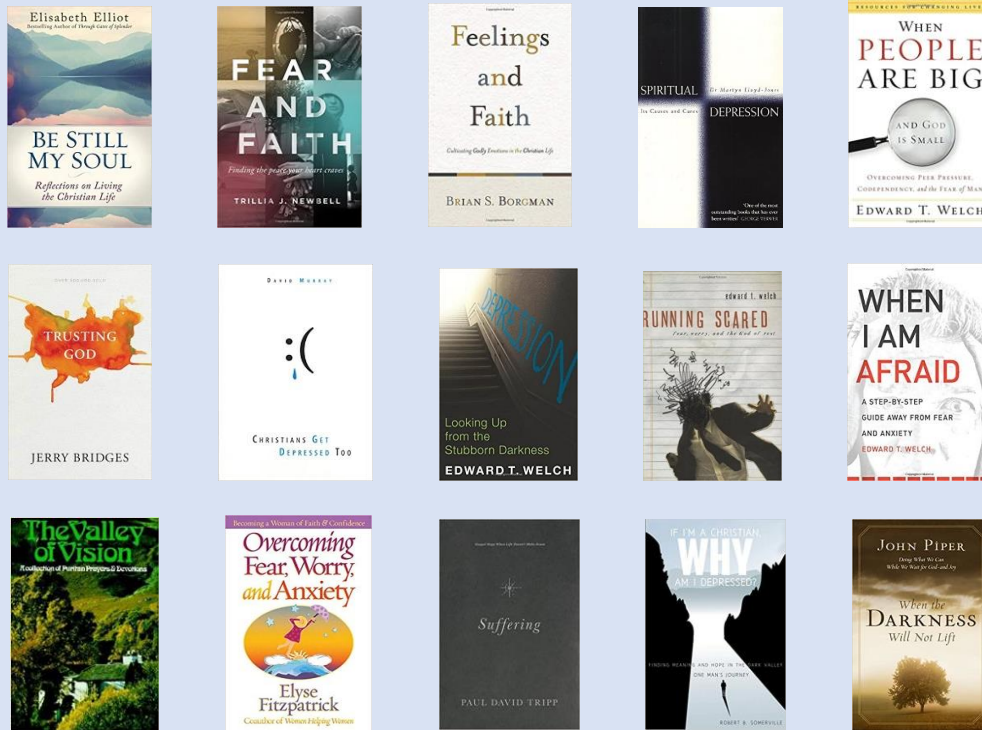
Association of Certified Biblical Counselors: <https://biblicalcounseling.com/counselors/>

Local Christian Therapists:

Dr. Richard Marks	904.868.2683	Jeffrey McDuffie	904.652.5317
Lee Brown	904.885.0215	Karen Maddox	904.302.5340
Dana Bridges	904.800.9422	Bob Thyer	904.737.1121
Annette Maguire	904.206.0734	Matthew Meadows	904.962.4916
Mark Dumdei	904 886-2446	Dr. Marcus Carvalho	904.272.0043

What to Read:

Books: To view and purchase a copy from Amazon, click the book cover.



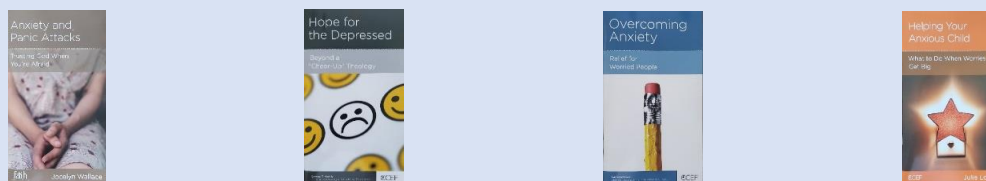
Articles:

<https://www.desiringgod.org/articles/depression-fought-hard-to-have-him>

<https://www.desiringgod.org/articles/how-to-fight-for-faith-in-the-dark>

<https://www.desiringgod.org/articles/he-preached-a-big-god-with-a-broken-heart>

Booklets: These are available to you, free of charge, in the church foyer.



What To Watch:

<https://www.youtube.com/watch?v=SNB1U7i9Bqw>

<https://www.desiringgod.org/topics/depression/messages>