



# RESOURCES

## Recommended Books, Podcasts, Apps, and More.

We realize that our community may be interested in learning more about the topic of mental health. We have compiled the below resource list to spark your journey.

### **PASTOR LYNNE HAMMOND**

*Dare to Be Free:* Pastor Lynne's inspiring personal testimony of victory over depression.  
[machammond.org](http://machammond.org)

### **DR. CAROLINE LEAF**

A communication pathologist and cognitive neuroscientist with a passion to connect biblical truths to mind function.  
[drleaf.com](http://drleaf.com)

### **JOYCE MEYERS**

A Christian author and minister often speaking and teaching on the topic of mental health.  
[joycemeyer.org](http://joycemeyer.org)

### **DR. ANITA PHILLIPS**

Christian, nationally acclaimed trauma therapist and life coach, recognized as a leader in the mental health community for her approach to bridging faith and professional counseling.  
[anitaphillips.com](http://anitaphillips.com)

### **BRENE BROWN**

Brene Brown does not classify her work as Christian, however, she openly refers to her Christian faith, and the influence of her Christian faith is especially evident in her work thematically.  
[brenebrown.com](http://brenebrown.com)

### **LOCAL FAITH-BASED THERAPY AND COUNSELING PRACTICES:**

**\*Beacon Therapy Associates**  
Champlin • 763.225.3596  
[beacontherapyassociates.com](http://beacontherapyassociates.com)  
*\*LW's Top Referral*

**Threads of Hope Counseling**  
Brooklyn Park • 763.710.6119  
[tohcounseling.com](http://tohcounseling.com)

**Healthwise Behavioral Health and Wellness**  
Maple Grove • 763.225.2990  
[behavioralhealthmn.com](http://behavioralhealthmn.com)

**Hanson Associates LLC.**  
Maple Grove • 763.533.5339  
[hansonassoc.net](http://hansonassoc.net)

**Restoration Coaching and Counseling**  
Osseo • 763.312.8020  
[restorationcandc.com](http://restorationcandc.com)

**Maple Grove Therapy and Wellness**  
Maple Grove • 763.463.0664  
[maplegrovetherapyandwellness.com](http://maplegrovetherapyandwellness.com)

**Northwest Family Counseling**  
St. Michael • 763.220.2312  
[northwestfamilycounseling.com](http://northwestfamilycounseling.com)

For more options and advanced search features, visit  
[psychologytoday.com/us](http://psychologytoday.com/us)

# DECLARATIONS

**I AM DEEPLY LOVED.** *Ephesians 3:18–19*

**I AM ACCEPTED AND BELONG.** *Ephesians 1:4*

**I AM SIGNIFICANT AND WORTHWHILE.** *John 15:16*

**I AM CALLED.** *2 Timothy 1:9*

**I AM NEVER ALONE.** *Deuteronomy 31:8*

**MY HEAVENLY FATHER LOVES ME WITH AN  
EVERLASTING LOVE.** *Jeremiah 31:3*

**I AM FEARFULLY AND WONDERFULLY MADE!**  
*Psalms 139:14*

**I HAVE FULL PERMISSION TO SHOW UP AS MYSELF.**  
*2 Corinthians 5:17*

**WHO I AM IS ACCEPTED BY GOD.** *Romans 8:16*

**I LET GO OF COMPARISON.** *Galatians 1:10*

**I AM ENOUGH.** *2 Corinthians 12:9*

**I AM WORTHY.** *Ephesians 2:10*

**I AM CHOSEN.** *1 Peter 2:9*

**I AM LOVED EXACTLY AS I AM.** *Romans 8:38–39*

**I DO NOT NEED TO EDIT MYSELF TO BE ACCEPTED.**  
*Romans 8:31*

**I AM COURAGEOUS AND CHOOSE TO SHOW UP  
EVERY DAY.** *Joshua 1:9*



9201 75th Avenue North, Brooklyn Park, MN 55428  
lwcc.org • 763.315.7000 • @LivingWordMN