



"Darkness is my only friend"

Psalm 88:18

"Elijah was afraid and... prayed that he might die" (1 Kings 19:3-4)

"Jesus wept" (John 11:35)

"My heart is blighted and withered like grass; I forget to eat my food" (Psalm 102:4)

"I loathe my very life... Why then did you bring me out of the womb? I wish I had died before any eye saw me" (Job 10:1 & 18)

"So God created mankind in his own image, in the image of God he created them; male and female he created them" (Genesis 1:27)

"I praise you because I am fearfully and wonderfully made" (Psalm 139:14)

"My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9)

Helpful books from a Christian perspective

Toward a Theology of Psychological Disorder, Marcia Webb

An exploration of how Christians understand psychological disorders today, comparing contemporary attitudes with Scripture.

Wrestling with my thoughts, Dr Sharon Hastings

A deeply personal account of living with schizoaffective disorder and holding onto faith.

And Yet: Finding joy in lament, Rachael Newham

Drawing on her own experiences with mental illness, Rachael explores how joy and lament coexist in Christian life, providing practical insights.

God on Mute: Engaging the silence of unanswered prayer, Pete Greig

A deeply personal account for those who are hurting and wondering "where is God?" and "why is this happening to me?"

Let your life speak, Parker Palmer

A personal account of the search for vocation and hope in the midst of clinical and long-term depression.

The Disabled God, Nancy Eiesland

A must-read book for those interested in a Christian perspective on disability. Deals primarily with physical disabilities.

Christian mental health organisations

<https://www.kintsugihope.com/>

Empowering the local church and Christian charities to serve their communities' wellbeing.

<https://www.mindandsoulfoundation.org/>

We believe in a God who loves us and cares about our emotional and mental health. We believe that healthy leadership is vital for the church to thrive, serve and transform.

<https://www.mercyuk.org/>

We want every Believer to have the tools they need to thrive: to experience real freedom from the issues that hold them back and to navigate life's challenges from this place of wellbeing and wholeness.

Counselling services

<https://www.crossreach.org.uk/our-locations/tom-allan-service>

Confidential counselling in a safe and supportive environment in central Glasgow.

<https://www.thewynd.org.uk/>

BACP certified counselling services are based within The Wynd. Offered to Adults 18+ and therapeutic play to those 5-12 years.

<https://www.qpbc.org/life-soul/>

Life & Soul Counselling is an established service delivering high quality, professional counselling for individuals in and around Glasgow.

<https://www.counselling-directory.org.uk/>

An online directory connecting you with help for your mental health.

General mental health resources

[Scottish Government: Help with parental and family mental health](#)

[Scottish Action for Mental health](#)

[Breathing Space](#) (0800 83 85 87)

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.

*How long must I wrestle with my thoughts
and day after day have sorrow in my heart?*

Psalms 13:2

