

Resources from Nurturing Community Networks conversation about Mental Health in
Community.
April 14, 2021

Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges By
John Swinton

Spirit and Trauma: A Theology of Remaining by Shelly Rambo

DBT Resources:

- *Dialectical Behavior Therapy Skills Workbook* by Matthew McKay & Jeffrey Wood
- The Skillful Podcast: <https://bayareadbtc.com/podcast/>
- DBT classes/groups can be helpful

Renata recommends DBT as a skills-based (therefore learnable) approach to coping with difficult emotions, it's useful for anyone regardless of whether they are diagnosed with anything. When overwhelmed it's nice to be able to reach for a skill that helps.

Person-Centered Language (not illness-centered language)

Instead of saying "s/he's schizophrenic" say "s/he **has** schizophrenia"

Instead of saying "s/he's manic" say "s/he is **having** a manic episode"

Instead of saying "s/he is mentally ill" say "s/he **is experiencing** (name the symptom)"

Better than all of the above suggestions of more respectful language, ask the person what they would prefer you to say.

Involve the person in any decision that involves them, listen to what they have to say even when it doesn't make sense. These gestures of respect, even if the best decision isn't what they want, do matter.