

MORE THAN 25
AMAZING AND FREE
COUNSELING RESOURCES
FOR YOUR MINISTRY

Family Life

Mental Health Disorders

Spiritual Help

BONUS: Covid-19 Resources

25 + FREE Counseling Resources

Here are 25 of the top Christian Counseling resources that are *free and online!* We focused on the topics of Family Life, Marriage Counseling, Mental Health Disorders, Covid-19 Resources, and Spiritual Help. We hope that these resources are helpful to you.



Family Life

These websites are extremely helpful for any type of family issues. Some of them have more specific focuses, and many of these sites are also very helpful for your clients to view themselves.



Strong Families

strongfamilies.com/resources

Leading people towards freedom, strengthening their faith, building a deeper connection with their loved ones, and sending them to change their world for good.



Pure Community

www.purecommunity.org

Focuses on preventing and healing sexual brokenness through relationships, including people in relationship with those ensnared by destructive sexual behaviors.

FAMILYLIFE

Family Life

www.familylife.com

Provides multiple resources that help people build stronger homes and communities, and to effectively develop Godly marriages and families.



Focus on the Family

www.focusonthefamily.com/parenting

Through several resources, Focus on the Family equips parents, children and spouses to thrive in an ever-changing, complicated world.



Famous At Home

www.famousathome.com/resources

Coaches people to build a rock-solid marriage, connect purposefully with your kids, set healthy rhythms between work and home, and be more productive in all you do.



Smart Step Families

www.smartstepfamilies.com/smart-help/learn

The largest collection of online videos and articles for blended families and pre-stepfamily couples.



Americas Family Coaches

www.americasfamilycoaches.com/blog

Resources to strengthen your marriage or family relationships.



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Real Healing. Real Life.



Mental Health Disorders

Mental health can be a very shameful topic to broach with a pastor and it is important to praise the individual for being willing to talk about their issues. These are great resources to help your clients know that they are not alone in their struggle with mental health.



Resilience God Style

www.resiliencegodstyle.com/resources

Communicates relevant Biblical truth to promote individual, leader, and national resilience and restoration. Especially good for military and veterans.



Hope For The Heart

www.hopefortheheart.org/free

Free, downloadable life guides that provide insight, answers, and solutions to many common challenges.



How To Flourish

www.howtoflourish.com/flourish-resources

Resources you can frequently return to for hope, encouragement, guidance, spiritual growth and relationship enrichment. Especially good for handling stress.

DR Dr. Rhona

drrhona.com/resources

Helpful resources specific to food addiction recovery.

Bonus Free Materials:

Curt Curt Thompson MD

www.curtthompsonmd.com/resources

Christian Psychiatrist sharing fresh insights and practical applications for developing more authentic relationships and experiencing our deepest longing.



Celebrate Recovery

www.celebraterecovery.com/resources/cr-tools

A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Especially good for drug or alcohol addiction.



American Association of Christian Counselors

www.aacc.net/articles

Equips clinical, pastoral, and lay care-givers with biblical truth and psychosocial insights that minister to hurting persons.



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Covid-19 Resources

As you have seen, the pandemic has brought out a lot of fear, anxiety, depression and so many other issues in our world. Many of us are searching for helpful connections that will give us good information to pass on to those who are adversely affected.



Georgia Shaffer

www.georgiashaffer.com/posts

Provides practical information along with emotional and spiritual support when you face the pain of loss and unwanted change.



Christian Counseling and Education Fundation

www.ccef.org/coronavirus

Video resources for encouragement and insight on navigating the virus.



H. Norman Wright

www.hnormanwright.com/free-resources

Free resources especially helpful for processing grief and trauma.



Safe Harbor Christian Counseling

www.safeharbor1.com/covid-19-coping-tips

Equipping you with tools to cope and manage anxiety through videos from counselors with coping tips during this time of crisis.



Christian Counseling Today

www.flashpaper.aacc.net/NewsLetter/CCT/CCT_SpecialEdition/index.html

Spring 2020 Edition of Christian Counseling Today, highlighting Covid-19.

Bonus Free Materials:



Family Therapy Basics

www.familytherapybasics.com/blog/free-therapist-resources-coronavirus

Free resource for therapists and counselors in regards to the pandemic.



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Spiritual Help

As Christian Counselors, we are always looking for more spiritually based resources that are free to the public. This is not only helpful for my clients, but for my own spiritual health. Counselors need to be healthy for themselves, their clients, and their families.



International Forgiveness Institute

www.internationalforgiveness.wordpress.com/category/blog
Multiple blogs on the topic of forgiveness.



Flourish Center for Wellbeing

www.flourishcenterforwellbeing.com/ideas
Resources you can frequently return to for hope, encouragement, guidance, spiritual growth and relationship enrichment.



The Center For Healthy Relationships

www.liferelationships.com/resources/biblical
Verses and Proverbs to use to understand the Biblical foundation of relationships.



Robert B Shaw Ministries

www.rbshaw.net/wp-content/uploads/2015/10/Family-Strong.pdf
Resource for men: "Spiritual Covering and the Home"

Bonus Free Materials:



Purpose Driven

www.sov.church/wp-content/uploads/2014/12/Spiritual-Health-Assessment.pdf
Spiritual Health Assessment and Spiritual Health Planner



Shannon Ethridge

www.shannonethridge.com/freebies
Free resources for adults and teens to navigate healthy sexuality.

We also have many video resources that are available for your church members! They would be able to access these videos at any time, anonymously, from their own homes. See what we are doing here at TrueLifeCare.org!



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