



# Trauma and Abuse

RESOURCE GUIDE



# Description

Trauma and abuse take on a variety of forms and affect everyone differently. If you've experienced a traumatic event, support and help are available. We are here for you and want to help you find healing.

# Bible Verses

- "The LORD is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18
- "Cast all your anxieties on him, because he cares for you." 1 Peter 5:7.
- "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." Matthew 11:28-30

# Links

**[BLOG: IMPACT OF TRAUMA AND ADVERSITY ON MENTAL HEALTH](#)**

**[PTSD: A COMPASS & LIGHT SERIES](#)**

**[TRAUMA & ABUSE: A MESSAGE BY PASTOR CAL JERNIGAN](#)**

# Books

## ***Mending the Soul* - Steven R. Tracy**

Biblically grounded and psychologically informed, *Mending the Soul* is a first-of-its-kind, comprehensive approach to understanding and treating every form of abuse for pastoral and ministry staff, small group leaders and youth workers, educators and seminary students. pastoral and clinical counselors.

**[PURCHASE HERE](#)**

### ***Forgiving What You Can't Forget - Lysa TerKeurst***

Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on living like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right.

**PURCHASE HERE**

### ***Gentle & Lowly – Dane Ortlund***

Christians can easily feel that Jesus is perpetually disappointed and frustrated, maybe even close to giving up on them. They know what Christ has done for them but who is He? How does He feel about his people amid all their sins and failures?

In Matthew 11, Jesus describes Himself as “gentle and lowly in heart,” longing for His people to find rest in Him. This book reflects on his words, diving deep into Bible passages that speak of Christ's affections for sinners and encouraging believers as they journey, weary and faltering, toward heaven.

**PURCHASE HERE**

## Central Resources

**TALK TO SOMEONE**

**LOOKING FOR COUNSELING?**

## Community Resources

- Domestic Violence Hotline 800-799-7233 (National)
- Domestic Violence Hotline 480-890-3039 (Phoenix)
- Crisis Response Network 800-631-1314
- **HOPE WOMEN'S CENTER**  
For over 37 years, Hope Women's Center has provided a safe haven for at-risk women and girls to get back on their feet.

- **A NEW LEAF**  
Since 1971, A New Leaf has provided assistance to those most in need in our community, helping families, children, and adults overcome the challenges they face.
- **MENDING THE SOUL SUPPORT GROUP**  
Mending the Soul is a non-profit, privately funded organization with a global vision — to bring community-based restoration to people worldwide who have experienced abuse. We create wholistic healing models to educate and resource individuals, churches, and service organizations with sustainable trauma care materials contextualized for their specific communities. We believe that healing happens in community, and seek to create resources that foster safe, restorative relationships.
- **AGAINST ABUSE**  
Against Abuse is dedicated to helping individuals and the community to understand the nature and effects of family violence and the resources available to meet the needs of those abused.
- **FREEDOM HOUSE**  
Freedom House is a home for at-risk single moms and their kids.