



# RESOURCES for ANXIETY

## MEDIA

**Dr. Henry Cloud** [Overcoming Recurring Anxiety](#)

**Dr. Henry Cloud** [Fear and Anxiety](#)

**Dr. Henry Cloud** [Sanity in a Crisis \(Podcast\)](#)

## COUNSELING

If you would like referrals to professional Christian counselors to help with life's challenges, email [Darrah Garvin, Ph.D.](#) or call her at **650-368-3548**.

*If you would like to talk to a pastor about mental health or addiction issues, please use this [form](#) to reach out.*