

About Postpartum Depression - Guide (Maryville University)	A brief introductory guide to postpartum depression.	https://online.maryville.edu/online-bachelors-degrees/psychology/about-postpartum-depression/
Church of England - Promoting Mental Health: A Resource for Spiritual and Pastoral Care	This resource focuses on how faith communities can be welcoming to people with mental or emotional distress, as well as learning from their experiences and benefiting from their contributions.	http://www.churchofengland.org/media/45468/paishresource.pdf
Diagnosing Depression	A brief guide with information about depression and mental health.	https://www.insurancewith.com/depression-guide/
Driving and Dementia: The Essential Guide for Seniors	This guide looks at the legal requirements for driving and how health can affect your ability behind the wheel.	https://www.directline.com/car-cover/driving-and-dementia
Gardening for Health	A comprehensive guide that discusses why gardening is excellent for general health and wellbeing. The guide covers the physical and mental health benefits, as well as practical gardening tips and advice.	https://mudwellies.com/resources/gardening-for-health/ .
Mental Health and Faith Community Partnership	The Mental Health and Faith Community Partnership is a collaboration between psychiatrists and clergy aimed at fostering a dialogue between two fields, reducing stigma, and accounting for medical and spiritual dimensions as people seek care.	https://www.psychiatry.org/psychiatrists/cultural-competency/faith-community-partnership