

“Mental Health Ministry” A Heart for Those Who Struggle

I fell in love with the ministry after becoming a “believer” (Hebrew Christian) at the age of 19 in 1980 and ministered to the Gentiles through many different opportunities over many years. But my MOST important ministry is to my wife, of 35 years, Michelle.

I believe this picture says how I feel about her and how proud I am of her. This was taken in 2007 when Michelle graduated from Dallas Theological Seminary. All throughout our marriage, I’ve provided Michelle with the support, encouragement, and resources necessary for her to fulfill her goals and the calling God has given her. Michelle is the **crown jewel** on my head. Unlike most men who measure success in terms of what they’ve accomplished, I **measure success in terms of what I’ve been able to do to help Michelle be successful—at her calling and ministry—not mine.** That’s why I’m proud Michelle serves on staff at our home church, Bent Tree Bible Fellowship. She’s had many roles in the twenty years she has worked there.



“Mike cares about those with mood struggles and their loved ones. He empathically relates to people who need encouragement in dealing with their struggles. Mike pursues a better way to engage people who seek to live life in a good mood. In short, he knows, he cares, he acts, and he connects. He has healthy habits, and he trusts God in it all, I support Mike in his ministry, and he supports me in mine. I love you! I am your greatest fan, your wife, Michelle.”

In 2005, the “Good Mood Foundation” was officially launched after I had been ministering to people who had mental health struggles for several years prior. This began in 2003 when I finished my first book, **“My Pursuit of a Good Mood”** and started giving it away on a “CD” to friends and family. This led to receiving phone calls and emails from those who were struggling and the beginning of our ministry. Eventually, these years of serving “behind the scenes” developed into a public ministry. But public ministry is NOT the goal. That said, the following did not happen overnight. It took “Time” for this ministry to be developed, which was birthed from personal struggles. And through the process of “getting and staying well,” I discovered that mood struggles also occur in the lives of Jewish People who are also “second generation” Holocaust survivors (I am one) as well as many Jews and Gentiles. **The objective of our ministries is to connect and reconnect people to the God of the Bible.**

“My Pursuit of a Good Mood,” is a book for anyone experiencing mood-related “issues.”
CLICK HERE to read.

If you or a loved one, family member, or friend was facing a mental health or addiction crisis and required hospitalization, wouldn't you want the church of Jesus Christ to be in there, too?

In February 2012, a local psychiatric and addiction hospital (Carrollton Springs) was about to open. They called all the churches in Carrollton, asking for a minister to conduct a faith-based service for the patients on Sunday afternoon. That invitation circulated around church staff at my church. A Pastor thought of me and presented me with the request. I made an appointment with the Clinical Director, explained our ministry, and outlined my plan. After interviewing other “ministers,” she gave me the opportunity. We ministered from “day one” until July 1, 2019.

Sometimes “life happens.” It can include:

- Challenges of school, job, and relationships.
- The birth of a child.
- The death or impending death of a family member or friend.
- Parental, vocational, marital, or personal crisis.
- Personal illness or the illness of a friend or loved one.
- Self-medicating the pains of life with drugs and/or alcohol.
- The recreational use of drugs and/or alcohol, which has led to an addiction.
- Sudden “reversals” of health and finances.
- During and after “other” life events.

Sometimes, any of the above can cause a person's brain to stop functioning normally. And when that happens, even basic daily tasks (like taking care of oneself) become limited. Patients are ordinary everyday people (like you and me) who find themselves struggling with life issues. Therefore, people come to a psychiatric and addiction hospital to:

1. De-escalate from their crisis.
2. Detox from alcohol or drugs.
3. Deal with their “stuff.”

While in the hospital, patients may receive medications to restore “normalcy” to the brain. Patients are also unplugged, without electronics, cell phones, computers, etc. **Most patients are ready and willing to receive answers as they seek comfort, hope, and encouragement to deal with their issues.** Often, a patient's heart is “open” and receptive to spiritual things. That's where “our ministry” begins. This is the “secret sauce,” which made my assistants and me approachable and believable inside the hospital with the patients. That secret sauce is that NO one assisted me inside the hospital unless they had been a mental health patient with an “in hospital” stay at some point in their life. AND that they also had a story of “recovery.” Also, everyone who ministered to the patients with me believed that the patients would get well.



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More Secret Sauce

It became clear early on that the patients only stay in the hospital for an average of 7 days. This meant that we only had one opportunity to draw them into our groups as we will most likely never see them again. That’s why I made the decision to structure a one-hour “**Presentation**” for our Sunday group we called “Engaging with God.” I gave the same presentation every Sunday for almost eight years.

To construct this presentation, I began with the Gospel of Jesus Christ. The whole intent of this presentation was to “move” the patient’s hearts along a “path” that naturally drew them into the hearing, understanding, and responding to the Gospel of Jesus Christ. Every moment of this presentation was carefully choreographed and rehearsed many times before being introduced to the patients. My presentation was based upon what it will take to get well and stay well and what I personally discovered on my road of recovery. This presentation outlined three things that I personally believe must take place to get well and stay well and was contained in a 131-page workbook every patient received to mark in and to take with them.

To begin with, I believe that there are three significant steps to getting and staying well.

1. **The first step is professional medical and pharmacological help.**
2. **The second step is professional counseling and therapeutic assistance.**
3. **The third step is the God of the Bible.**

Within the “God Component” are three areas that I believe must take place. These three areas form the bedrock of our mental health and hospital ministry.

1. **Forgiving those who have hurt you and asking for forgiveness from those you have hurt.** However, “true” forgiveness is not possible without a relationship with the God of the Bible.
2. **Walking in Step with the Holy Spirit.** HE is the only One who can forgive your sins and also give you the heart to forgive others who have hurt you. God is also gracious, so if you are a believer and have turned away from God, know that HE has never left you and wants you to “come back” to Him.
3. **Overcoming Negative Thoughts and Emotions.** One of the BEST ways to accomplish this is by Watching, singing, and listening to praise and worship songs.

Throughout the almost 8 years I gave this presentation, we saw many patients believe the Gospel for the first time and many more “Come Back” (rededication of their life) to Jesus Christ. Patients who believe the Gospel receive a “Welcome into the Kingdom Package” containing several books and other information. We have also witnessed the patient’s “countenance” and “affect” being changed immediately right in front of our eyes. God’s Word does not come back void. When a CLEAR and concise delivery of the Gospel of Jesus Christ is communicated, “Things” happen. Yes, there is still a long road ahead, but when a patient is walking the “Road to Recovery” with the God of the Bible, they’re moving in the “Right” direction.

A “Ministry Volunteer’s” Perspective

At the apex of our ministry in 2019, we had 18 volunteers who assisted me; in the hospital, as note writers or as helpers in my garage where our ministry was based. We also had over 400 people who provided the finances to support the “hospital ministry.” Everyone on our volunteer team had a personal story related to mental health or addiction issues. All served to demonstrate the love of God and, just as importantly, that “Getting Well and Staying Well” is possible.

“I didn't know what to expect as a volunteer, so I was stunned when I saw firsthand the positive effect that this ministry has on the patients. Mike has taken a huge disability, a thorn in the flesh, and turned it into a masterpiece of a ministry. Rather, as he would say, this is entirely the work of the Holy Spirit. Mike has yielded in obedience to the vision that God has for him. He readily shares his struggles and triumphs with others who are just starting their journey. His ministry is one of inspiration, humor, sharing the gospel openly, and praying for specific requests that these precious, seared, and broken men and women ask for. These people who are depressed and hopeless walk into the room, expecting nothing more than another group session. They leave with joy, a song of praise in their minds, and an expectation that this Jesus that they heard about can lift them out of this deep dark hole and give them life everlasting.

Moreover, He can give them abundant life that starts right where they are. They know that they can look to Him as part of their healing. Mike graciously gives a variety of books that speak of his faith in Jesus Christ. He receives no salary for what he does, and he relies on the generosity of others to purchase the books that these patients pick up and hold close to their hearts. They know that these treasured books will teach them more about God than what has been shown to them in the group session. Mike knows that he might never see these men and women again, so the books that he gives away follow these patients into the life that they return to when they leave this hospital. I can't say enough about this wonderful ministry. I feel so privileged to be a part of it. I love to see Mike's heart lifted as he sees a large group of hurting men and women starting toward our room. We both know that their lives will be touched, perhaps changed forever. Mike's quick smile and a twinkle in his eyes as he starts the session set the tone for an uplifting experience for these people. He never tires of it. His enthusiasm is never dampened. Each group is a brand-new opportunity through the power of the Holy Spirit to effect a radical change in people who thought that there was no hope for them.”

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On the first Sunday (February 2012), I arrived at the hospital by myself, and as I walked into the patient unit, I was greeted by a nurse. After introducing myself, she asked me about “our” ministry. I told her this was my “First Day.” Then she asked me what other hospitals I was ministering in. I said, “Only This One.” She gave me a “LOOK” I can still see in my mind’s eye. It was the look that said, “You will never last here.” It was in that MOMENT; I made the decision to STAY. We had two patients in our Sunday group that morning (there were only 3 patients in the hospital). I left the hospital, “elevated and excited.” God was up to something.

Let me fast forward to 2019.

Our ministry had grown substantially, and we were now ministering on Wednesday and Sunday. We also had a “Ministry Model” that worked.

Our ministry model was formulated to replicate “ministries and missions” who drill water wells in Third World Countries. Missionaries would target villages that did not have access to good, clean water. So, they raised the finances to drill a fully functioning water well. They “knew” that ALL in the community would appreciate receiving the blessing of having good, clean water to drink.



They also knew that “some” who received the blessing of water, may come to an event where The Gospel of Jesus Christ and the “Living Water” that He offers would be presented.

Therefore, by meeting “real needs” and building relationships, the missionaries earned the right to be heard. Granted, not everyone who was invited to “Come” showed up at the evangelistic meeting. But some would come, and “some” who listened to the Gospel of Jesus Christ responded. Therefore, the goal of the missionary is still the same: “drill a water well” (or similar) and then serve “everyone.” This earns the right to say, “Come.”

Following is How We Drilled a “Water Well”

Every Sunday and Wednesday, we arrived at the hospital and provided each “new” patient with the following items.

- ✓ A Composition Book to use for journaling and note-taking in their groups.
- ✓ An Adult Christian Coloring Book for coloring and de-stressing.
- ✓ A Sketch Pad for drawing.
- ✓ Word Search or similar, including crossword puzzle books.
- ✓ Three or Four Christian Books in the “Christian Personal Growth” category. This also includes my first book entitled, “My Pursuit of a Good Mood.”
- ✓ A New NIV Bible if they wanted one. We had different “Cover Designs” and sizes to choose from.
- ✓ A New John MacArthur Study Bible to anyone who wanted a great “Study Bible.”
- ✓ A Snoopy Note Card so they can write to a loved one. We also provided a stamp.
- ✓ A Flyer that informs the patients about our "Faith-Based" groups.
- ✓ Stickers Before our “groups,” our volunteers distributed various “Stickers” (hearts, smiling faces, dogs, and cats) to the patients. This puts a smile on their faces and allows us to remind them to “come.
- ✓ A 131-page workbook that accompanies Sunday’s presentation “Engaging with God.”
- ✓ Personal Prayer Each patient who attends our “Ministry Groups” receives personal prayer, if they want, from our volunteers and me. I prayed for the men, and our female assistants prayed for the women. When I finished praying, I often asked if I could give the male patient a hug. Most would say, “Yes,” and as I did, I whispered in their ear, “Yes, You ARE going to Get Well.” Then I look the patient in the eye and ask them to repeat “same” back to me. Female assistants do likewise.
- ✓ An MP3 Player to use, which we provided and was distributed by Hospital Staff. We had MP3 Players with Christian music or MP3 Players with classical and other soothing music. Players were approved for patient use and distributed to the patients who requested one.
- ✓ Essential Clothing We provided (new) "Basic Clothing" items to patients who arrive with nothing. The "need" was always vetted by a Hospital Staff Person.
- ✓ A Personal Hand-Written Note of Encouragement Each patient filled out an "Evaluation Form" with comments regarding how they were treated by our team and how their mood improved. This information was used to craft their note. We also included a "devotional" booklet with each of their notes. We attempt to hand-deliver the notes to the patients directly, or we give them to a Hospital Staff Person who distributes it. If the patient was discharged before receiving their note, then the Hospital mails it to them with postage we have provided. We had a team of 5 note writers who took extraordinary care to craft a “personal” note of encouragement. Our note writers wrote over 3,000 personal notes like the above during our hospital ministry, which lasted almost eight years.

Following is an example of a note of encouragement.



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my frame was not hidden from you when I was made in the ~~secret~~ secret place when I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, O God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand. when I awake I am still with you."

Amy's baby is constantly in God's eye. It is forming the baby in Amy's womb as you read this. The baby is safe. God's wisdom is forming the baby in His image to do great things for Him. Trust God as Amy rests and has a remarkable baby all because of God and His blessings. You are going to get well! Jesus loves you unconditionally
ai

Kathleen, 
Philippians 4:6-7 says "Do not be anxious about anything, but in every situation, by prayer and petition with thanksgiving present your requests to God and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." 

Psalms 29:11 says: "The Lord gives strength to His people; the Lord blesses His people with peace." 

Psalms 139:13-18 says: "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully & wonderfully made; your works are wonderful. I know that you are God!"

More we honored many requests by patients for specific items GMF does not have in their inventory. This included “Catholic” Bibles and Bibles in translations other than NIV. We also purchased “title” specific books.

Staff Gifts-We provided the Hospital Staff with a large tray of cookies each week. We also gifted Staff with highlighters and small note pads each time we came to minister. We also gifted all Staff with “any” of the items we gift to the patients. Many take a Bible. At Christmas, we provide each Staff with a small gift bag to include a candy bar and card. These "little" gifts go a long way with Staff, which helps us to help them minister to the patients. We also provided a “gift card” and a handwritten note to Hospital Staff who resigned from their service. And we also provided “flowers” (with a note) to Hospital Staff whenever they pointed out a “need for improvement.” It was our way of saying, “thank you” for helping us.

We provided “**all items**” (see picture) to **75 patients or more each week**.

As you can imagine, this consists of **many thousands** of everything.

It was a BIG undertaking.

In summary... “Gifts” was “refreshing water,” which allowed us to say, “**Come**” to our ministry groups.

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And for almost eight years, we had over 4,500 patients attend our Sunday presentation, “Engaging with God,” and our Wednesday group, “Sing SOME of Your ‘Blues’ Away,” which was a time of worshipful praise. Each patient also filled out an evaluation form before they left. This form was used to craft their personal note of encouragement.

Senior Hospital Staff received a copy of each evaluation, and the “patient comments” was the reason our ministry was asked to come back each week

Following, I’ve listed some of the many patient comments made over almost eight years. Because what we did was God-inspired and God-directed, the patient comments were always encouraging. We also received many letters and emails, and I’ve includes some, too.

We also allowed “Mental Health Professionals” and “Counseling Students” to audit our presentation, so I’ve included several of their comments, too. They were always fascinated as to how and why our ministry was so loved and well received.

- “Good Mood Foundation and Mike Attar, Dear Mike, thank you for your unique presentation of God’s point of view and demonstrated love to those struggling with alcohol and mood issues. In my case, both! It really touched my heart. But what really blew me away was the gift of the Bible you left for me. And then the two books you gave me. I’ve already read the next day. I’ve already read the first of the two and gave it to another patient who was asking for it. Bless your ministry!”
- “Mike, I wanted to write this personal note of encouragement because of your ministry and all that you do for others through your word about Jesus. I also wanted to tell you to keep up the wonderful work. You’re really making a difference in people’s lives, whether they realize it or not.”
- “Just recently retired, I was a psychiatric nurse for more than 30 years. During this time, I worked in most of the largest and most prestigious hospitals and homeless shelters in Dallas, and so was privileged to see many different approaches and treatment modalities to mental illness and addiction. I have observed that medicines are often very effective and sometimes lifesaving, and there are also other tools used in-patient that can be very helpful and applied to daily life once discharged. Unfortunately, however, often times the treatment plan was noticeably absent of at least attempting to address the spiritual side of the person. And not employing the healing power of our Creator is not only short-sighted but measurably less effective. Consequently, it was with great pleasure that I read Mr. Attar's book (My Pursuit of a Good Mood) and audited the “Engaging with God” group. I wish to share some of my impressions with you here. Honest, perceptive, engaging, self-revealing, giving concrete tools and directions for help... and most importantly, always keeping the God of the Bible as the center post and compass for true holistic treatment. And all this from someone who has been there. Someone who has experienced the depths of mental illness, its crippling effects on self, friends, and family, and yet has come out on the other side. Someone now called to be an excellent witness, fellow traveler, and experienced guide to those caught up in this enormous struggle. EXCELLENT!”

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- “I am Amanda and a recent graduate of Dallas Theological Seminary with an MA in Biblical Counseling. I am a Licensed Professional Counselor-Intern in the state of Texas. I had the privilege of auditing Mike Attar’s group, “Engaging with God.” Upon arriving, there were workbooks and books set out at each place for the group members, and Mike welcomed me and filled me in on what to expect. Everything was very organized, and I was struck by his generosity and all the materials that were provided. Shortly thereafter, group members began filing in and took a seat. Mike warmly greeted each patient and shared about himself, his background, and encouraged participants in their own story. Mike talked in-depth about the concept of forgiveness, gave an overview of biblical characters that had mood struggles, and he clearly shared the Gospel. He gave the opportunity for group members to respond, and six responded, believing the Gospel for the first time. Praise! Afterward, he walked through the Fruit of the Spirit and shared helpful and relevant scriptures that would encourage each participant. Mike uniquely tied this into their struggles in a personal way. The session concluded with a time of worship and prayer, which was welcomed by all and provided an example of a practical approach to manage one’s mood. Overall, the group was run efficiently and was extremely positive and encouraging. The content was broad and deep, but relevant and uplifting. Mike is uniquely gifted to lead this group because of his own struggle with bipolar disorder, his strong faith in Christ as well as his background in Judaism. He was energetic and engaging throughout, and he communicated with the group members in a personal way, which clearly impacted at least six of them in a life-long way. It was an honor to be a part of this experience, and it challenged me and helped me think through mood disorders and treatment in my own counseling.”
- “I met you when you come to the hospital. One of the ladies [our volunteers] asked me to make a list of items I needed, and she went out and bought them for me because I had no one to visit or bring me anything. I was in a very dark place of hurt and self-pity, and this woman blessed me beyond belief. Anyway, I wanted to write and tell you thank you for what you do in your ministry and what you did for me personally. I am currently in a facility in...and will be here for 90 days. My family and boyfriend are still keeping their distance from me, and so it’s hard being here alone watching everyone get mail from their loved ones. Yesterday was my birthday, and it was extremely difficult that no one called. I’m trying hard to allow God to fill these empty spaces, but I was wondering if someone wouldn’t mind praying for me and also just writing to me. I need some encouragement and just something to break up the day. Please just pray for God to heal my broken heart, mend the relationships He has me continue and to accept, and trust and obey His will for my life. Thank you.”
- “I was immediately impressed with Mike’s depth of knowledge of the material. He reads the patient’s body language, level of participation, and interest and then responds with an excellent ebb and flow of content. The result was a unique presentation that also feels highly polished. Mike presents himself as lively and enthusiastic and earnestly desiring to please. Mike proved that he knows the pain of fellow patients. He hits our hot buttons by sharing his experience with forgiveness, bipolar disorder, major depression, medication, and hospitalization. He makes himself vulnerable and demonstrates that he is one of their

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own with stories of confession and restitution. I am convinced that he knows the pain of the patients and can empathize and have compassion for them. At the close of the presentation, Mike boldly asked if anyone wanted to receive Jesus into their heart and the free gift of salvation and forgiveness of their sins or to rededicate themselves. Much to my surprise, three patients immediately responded. Mike and Holly compassionately prayed with each by overshadowing the patient’s chair in a little cocoon of love. My overall impression of the group is that it was informative and fun, and enjoyable. Mike couches some serious topics in a package of fun and enjoyment. But the manner in which the group ended reminded me that the purpose is a serious one, which is the conversion of souls to God. Mike proves that ‘Engaging with God’ was not just enjoyable and fun for the heart but was capable of touching our souls as well.”

- “Dear Michael Attar, thank you for speaking at the weekly meeting... Your personal, and team presentation on the importance of being in contact with God through Jesus Christ, worship and ministry via the Word of God in the Bible, and through music was well received by myself. The information in your speech and the additional material you provided were both fascinating and timely. I feel personally blessed, and much closer to Christ Jesus, and God because of your personal commitment, to reaching as many people as possible through the work of the Good Mood Foundation. Mr. Attar, your prayers for me have been much more beneficial for my life than you can imagine. I am a saved and rededicated Christian thanks to you, and your books form the Good Mood Foundation library of goodness, hope, and music. I also wish to thank you for allowing me to receive two free Bibles to send to my daughters.”
- “Dear Mike and Good Mood Foundation. I was recently inpatient... I am a Christian with bipolar depression. When you came in to witness and offer hope in Jesus' name, all I could do was cry. I saw a young girl make a profession of faith in your Sunday service. You meet a desperate need in the treatment of people with mental disorders. I am learning through your book, positive steps to take toward recovery. I thank God for your testimony and need to share it with others. I’ve never been so impressed with a ministry as I am with yours. I’d like to be a part of it.”
- “Hi Mike, I will continue to pray for the hearts of the patients who will hear your message. I know firsthand that it is inspirational! There is a lady that I showed the love of Christ to while inpatient. She refused to go with me to your presentation. We kept in contact after leaving the hospital. She ended up returning to the hospital in March, and I encouraged her to attend. She loved it! Shortly after she was released, she called and asked if I'd do a Bible study with her. So, keep at this! People are hungering for His Word and to know Him after attending!! I will be praying Sunday afternoon... God bless!”

“One Picture is Worth a 1,000 Words”



Above are all the “items” that were available to EVERY patient. Some took “all, and some took some. Our ministry was run out of my 3-car garage. Volunteers came every other Monday to help in various ways.



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- “Dear Michael, I have been to this hospital several times, and each time I have seen you, I have seen a bright light in the darkness. I have heard your story multiple times, and it never ceases to amaze me how you truly got well and stayed well. I am very aware that you are not a professional...or, not a person who is superhuman...you are a man with flaws, just as I am with flaws...So, I wanted to tell you this: I appreciate you. Thank you for your consistency...you are here every Sunday and Wednesday. You always greet me with a smile and a fist bump no matter how sick I am...Thank you for your kindness. When I am weak and need a note of encouragement, I always get one. You pray with and for me and give gifts every time you visit. And finally, thank you for coming and sharing your story...thank you for everything. I will always pray for you...”
 - “Dear Michael and Good Mood Foundation, I wanted to thank you for the wonderful MP3 player you sent me about I was discharged from the hospital. I can’t even put into words how much this music means to heal my depression. I keep the player close by, and when I am feeling down or anxious, I know I can reach for some uplifting music. I still have struggles, but know God has this...I am very thankful for your valuable ministry.”
 - “I AM a Worshipper. I listen to worship music every day and night. I do miss not having my worship music. Thank you for your ministry-may the Lord continue to bless and provide for all so that you may continue to bring Jesus’ Light in the midst of darkness and sharing the Gospel. Had a medical procedure yesterday-have not been feeling well today. Blesses, uplifted, and connected to God’s love for me.”
- Dear Mike, I was a patient this month for some time, and I remember your organization quite fondly. I wanted to ask you a couple of questions. I enjoyed listening to the music and was wondering if you could send me some sort of list of good songs to check out? I checked out the MP3 player that was available quite frequently, and that was very helpful during my time there. I also wonder if you could send a link to the Sony Walkman you showed us as well as the pillow speaker. I also remember you saying something about other materials we could request from you when we left inpatient. I don't have a Bible right now and would love one, so I can study with. I also remember something to the lines of Kirk Franklin I enjoyed that so much. Thank you for the inspiration during my stay. I look forward to hearing back from you.”
 - Hi...Your email brightened my day. Thank you! Yes, your email came at just the right time. Recently, several people provided the funds to provide the items you were inquiring about. Therefore, we can send you the following: an MP3 player like the one you used while at Carrollton Springs Hospital. I will put the same songs on it as the one you used, a pillow speaker for listening to songs while you sleep, an NIV Large Print Study Bible, a Kirk Franklin DVD with the song "Brighter Day" that we watched in the Worship Service. I need to say this again. Your email came at just the right time. Several people wanted to bless "someone" with these tools. That's why they provided the funds. Please provide a mailing address, and I will ship either tomorrow or on Wednesday. Thank you again for your kind words-they as they lifted my spirit. With much love, Mike

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- “Mike, Really? I'm shocked as I'm reading this... I would be so thankful and overwhelmed by such a kind act. Thank you so much for returning my email and for your amazing program.”
- “Good Mood Foundation, thank you for blessing me with a Bible, journal, coloring book, Wednesday, and Sunday service. You are a blessing to me.”
- “Thank you for being there for me while I was in the hospital. Your ministry gave me so much hope! You truly were the hands and feet of Jesus.”
- “They made my day brighter and made me smile.”
- “Thank you for the rededication prayer!?”
- “I have dealt with so much chaos when it comes to religion, and I finally feel at peace.”
- “Very energetic and passionate about what they do.”
- “Relative information that speaks not only to my intellect but to my heart and soul as well. Michael is relatable, genuine, and is living proof of having hope and happiness because of his daily authentic relationship with God, Jesus, and the Holy Spirit. I already know I am going to use his book when I get out to help me follow the right path in life.”
- “I have to say that after your powerful presentation, I turned the corner, felt hope, and began to make progress. You guys were my Jesus in the flesh. I checked out the MP3 players and listened to Christian music as I went to sleep at night. I also began confessing out loud daily the Bible verses that you all provided...the handwritten note that you sent me was unbelievable. I know for every person that tells you how much of a difference you made, there are 9 who have not. God bless you both my brother and sister in Christ.”
- “Dear Mike, I just want to thank you for the time you spent here...helping me heal. You and Alan helped me greatly. Your ministry is a blessing, and I pray for its continuation. I loved the music and lessons and will always be grateful to you. Also, the notes of encouragement were so wonderful! They meant so much to me. Thank all those who gave me love through these notes.”
- “They make me feel loved, and they helped me back to God!”
- “I cannot go to church (disabled). I needed this saving in my life.”

Good Mood Foundation

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- “Thank you for being so loving and kind.”
- “I really liked the handwritten, personal note that was left on my bed.” [FYI-only, a staff-person distributes our notes of encouragements in a patient’s room.]
- “Hello, Mike, I just got done reading your book, "My Pursuit of a Good Mood." I received a copy of this while I was inpatient back in February. Missing my church family, I attended one of your Sunday afternoon sessions. Immediately I loved your ministry and have been praying for it ever since. I'm so inspired by how you're using your mood struggles for God's glory! After finishing your book this week and seeing an invitation to email you, I thought I'd take this opportunity to thank you for the work you're doing. I praise the Lord for His abundant grace, and for giving you the desire to help those who have similar struggles and pointing them to Christ for their healing and restoration. This past year with my own struggles, I have found hope in the fact that Jesus is my rescuer. It is my prayer that others can find that same hope! And this is why I am so grateful for ministries such as yours... The one thing I remember about your presentation (besides all the creativity and energy!), is your talk about the importance of forgiveness. This is a major thing I am struggling with. I know I must do this to be obedient, so I ask that you pray that my heart will change in this area. God was definitely speaking to me back in February. Some of our inpatient sessions were on forgiveness, a big part of your story is about forgiveness, and I was on Step 8 in my recovery program (Regeneration at Watermark Church) ...FORGIVENESS. Stories like yours inspire me to persevere; they help me to see that though things are hard and a battle now, He will use it later. Thank you for answering the call to write, share your life, and go to places like Carrollton Springs and show others Christ and how He can transform our lives! I will continue to pray for The Good Mood Foundation, and that hearts will open up, and lives are changed!”
- “Mike, I recently went through detox here in Dallas and treatment in Vegas for my alcohol addiction. This was my 1st experience and, hopefully, my last, with both. I wanted to thank you for writing, "My Pursuit of a Good Mood." It was the first book I read in detox, and it gave me comfort. If there is ever anything I can do to ‘repay’ for your jump-start to my recovery, please let me know.”
- “I just recently read your book [My Pursuit of a Good Mood]. What a beautiful story. Thank you for writing this. Just last night, I was telling a patient about your book and how God used difficulties in your life to create an amazing ministry.”
- “I loved the handwritten note I got!”
- “Thank you for giving me hope to look at things differently.”
- “It was life-changing. Through Mike’s story, he gave me the courage and conviction to accept as a Jewish man, Jesus, as my Lord and Savior.”

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- “Validated my faith in God, our father, and Jesus Christ, his son, regardless of which religion I choose.”
- “Very wonderful...I rededicated my life back to God. This meeting gave me the confirmation that I heard Him and my decision to come back to live truly and wholeheartedly, and according to his will in Jesus name.”
- “Thank you for the Bibles. “I have been to them [our groups] several times and get something new each time.”
- “Rededicating my life will help me walk with him and my housing situation.”
- “I have seen the presentation two or three times. I get something new each time. Thank you for what you do.”
- “It was hopeful to hear Mike’s story of recovery, and I have hope that I can recover and live a productive life as well.”
- “This has been the highlight of both admissions. Thank you!”
- “I thought they were very caring and brought an excellent program to the facility today. They were a pleasure to hear.”
- “This group is a very crucial part of my recovery. Thank you, GMF!”
- “It was uplifting and informative. Thank you for taking the time and showing us that we can be well.”
- “They made a very clear and concise way of the gospel, and one of my friends became a believer!”
- “I was approached. I woke up from a late nap and got to listen to the speaker. Very full of wisdom. Anyone willing to go out of their way for myself and the other addicts. Thank you, God bless.”
- “I have been to many of your groups, and I am never disappointed!”
- “Hit all the bases and offered tools to strengthen my relationship with God.”
- “Yes, very encouraging. It made me feel a lot better.”

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- “Provided the basics of living a spirit lead life. Re-inspired my belief of surrendering my struggles to God.”
- “It helped bring me closer to God.”
- “Very spiritual and meaningful. I must learn to forgive and let go.”
- “Thank you for doing this. I appreciated having time with believers and opening the doors for non-believers. Thank you for sharing your stories with us.”
- “I needed all of it. I need God in my life.”
- “Thank you for being here for me.”
- “This group is definitely needed. It has a great message.”
- “Simply wonderful! Your passion is amazing.”
- “Spiritually uplifting and refreshing to my soul.”
- “Your dedication and conviction are so inspiring. I really cherish this group after being born again.”
- “I am a child of God. Thank you for allowing me to feel it again.”
- “I enjoyed being around those who rededicated their lives.”
- “Thank you for your letter! [personal note of encouragement] It lifted my heart!”
- “This group has helped me tremendously. I am so thankful for the Good Mood Foundation!”
- “Thank you for your time, resources, gifts, and kindness. Please keep doing your work. You are making a difference!”
- “This group reminded me that the Lord is so faithful to me during this journey. This group helped me to rededicate and rekindle my relationship with God. Thank you for reminding me that there is hope that he has stayed through it all.”
- “Reminded me when I get away from the Lord and my life, crumbles.”
- “I can’t be more thankful for your donation to me. I am grateful for your foundation.”

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- “Helping me remember that God is with me and not against me.”
- “He was helpful and made connections that related to me personally and made it easy to understand and want to practice my religion.”
- “Very genuine and real and very kind. They touched my heart.”
- “I feel like this was a great opportunity to get back with God. I thank you guys so much for today.”
- “Absolute blessing! A lot of joy! I cannot express the amount of gratitude I have for your help.”
- “I love the handwritten note. This group brought me back to Christ...I am inspired by the music and the materials we are given. I’ve learned so much.”
- “One lady [volunteer] came up to me and honestly seemed concerned and showed me true feelings regarding my journey that led me here. I appreciate that!”
- “Providing patients with Bibles is a wonderful thing! Unbelievable, actually!”
- “Helped me rededicate my life to God. Gave me a beautiful Bible, I have been reading.”
- “They [volunteers name] made me feel loved...They helped me back to God.”
- “Thank you [volunteers name] for being so loving and kind.”
- “It helped remind me that God is fighting for me and wants to help me. This time of worship has also helped me to remember His presence. Thank you.
- “Thank you for bringing God into this place.”
- “Yes, I really needed God back in my life. You guys opened the door.”
- “Thank you for giving me hope to look at things differently.”
- “Very meaningful/emotional. I cried. I felt so sad. I’ve never been struck by Jesus's story.”

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- “Thank you for allowing me to find the Lord. I want to feel His presence more than anything...Thank you [volunteers name] for allowing me to believe.”
- “The group allowed me to begin to believe in God.”
- “Reinforced God’s love for me. Gave me confidence that my future is bright...[walking in Step with the Spirit] is my choice.”
- “Singing together [Brighter Day by Kirk Franklin] was the first time I smiled in a very long time.”
- “Awesome! I wish you did this daily.”
- “I love the positive energy and encouragement. Thank you!”
- “I AM a Worshipper. I listen to worship music every day and night. I do miss not having my worship music. Thank you for your ministry-may the Lord continue to bless and provide for all so that you may continue to bring Jesus’ Light in the midst of darkness and sharing the Gospel.”
- “Thank you for the beautiful notes. It means a lot.”
- “It meant so much to me to get to sing and worship. I’ve been missing it.”
- “I need to sing! I forgot how much I love to sing to God!”
- “It is like candlelight in eternal darkness.”
- “Very meaningful. Singing brings joy to my heart.”
- “Music is a HUGE part of my life – particularly worship. Worship brings me back to a place of humility and worship to my Abba Father, and that reminds me. My physical pain was temporarily lessened!”
- “The Marvin Sapp song really hit my spirit. I am so sorry for trying to take my life, the life God gave me, the life Christ died for.”
- “Great opportunity for believers to come together at the lowest time in their lives. To know God has not forsaken them, and he promises he will be closer than a brother.”
- “It was meaningful because it helped me connect with God.”
- “Worshipping the Lord is awesome. This made my day so much better.”

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- “I absolutely love Mike and his helpers. I love the handwritten note. This group brought me back to Christ. I’m inspired by the music and the materials we are given. I’ve learned so much. Thank you! I’ve been so blessed by this group.”
- “I’m not religious but continue to come to your groups because they are enjoyable and bring me happiness when I am here. Thank you!”
- “Lyrics of songs had meaning to me. Claudette gifted me with a Bible. Mike Attar shook my hand and said he would pray for me.”
- “It gave me time to reflect and praise to take my mind off of other things. I loved it. I’m a youth leader, so I’m always in church and listening to Christian music.”
- “It reminded me of how important praise and worship play in my relationship with God.”
- “I grew up in a home where going to church was a form of punishment. Thanks for showing me that worship is rewarding.”
- “It helped remind me that God is fighting for me and wants to help me. This time of worship was also helpful to me to remember his presence. Thank you so much for coming!”
- “Reminding me that I’m a child of God and what I’m going through will pass.”
- “Yes, I really needed God back in my life, and you guys opened the door.”
- “Thank you so much for bringing God into this place. God bless you all.”
- “Thank you for allowing God to work through you. Pray blessings over you. Love you, guys.”
- “It’s comforting to see God’s word in a place like this where most people are at their worst and probably need it the most. God bless the work you’re doing.”
- “I have not been to church since I left home, so it’s really getting to me. It brings hope back to me.”
- “Singing soothes my soul. It is evident that the volunteers love Christ and come here in love.”

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- “One of the best ways for me to calm down is by listening to Christian music. Thank you!”
- “Excellent. Very nice service. I enjoyed all the books, music, smiles. I especially loved all of the songs. Thank you for coming. You made me smile today.”
- “Christian music and gospel and prayers and worship: all my problems disappeared because of his word and explained to me that all is well.”
- “I truly enjoyed this group: the songs and the singing really impacted me. Thank you so very much for coming and doing all that you are. I so appreciated and look forward to the days you come. Thank you for all of the gifts you bring. God bless each and every one of you.”
- “It came at the perfect time for me... It reminded me that if I have anything, I have God. And I am thankful for that. Yes, really needed God back in my life, and you guys opened the door.”
- “Strong ministry. Keep up, and may God strengthen you and the ministry with all power. I appreciate all of you in Christ, Jesus!”
- “It helped me regain my relationship with Christ, and for that, I am forever grateful.”
- “This was awesome! Just what I needed to focus on God. Thanks for the gifts! God bless you all. Stay strong and continue your ministry.”
- “You are an asset to God’s arsenal. Love, your brother in Christ.”
- “You gave me hope.”
- “It made me feel very cared for and hopeful for my future. I also felt very unjudged. This group was a very crucial part of my recovery.”
- “It was meaningful because it helped me connect with God.”
- “Worshipping the Lord is awesome. This made my day so much better.”
- “I absolutely love Mike and his helpers. I love the handwritten note. This group brought me back to Christ. I’m inspired by the music and the materials we are given. I’ve learned so much. Thank you! I’ve been so blessed by this group.”

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- “It’s comforting to see God’s word in a place like this where most people are at their worst and probably need it the most. God bless the work you’re doing.”
- “I am happy to be here; this is part of my spiritual journey. I believe that God has placed me here to get closer to him.”
- “It was a blessing. Music provides my best therapy. It was wonderful, just singing praises to God.”
- “Able to release my worries to God.”
- “They were very kind and encouraging. It was such a treat to receive gifts of a bible and creative treats as well as encouraging in finding God in the darkest times. Thank you.”
- “It has helped me realize I need him.”
- “Your giving of yourselves as well as books and other materials, especially the Bibles.”
- “A familiar environment with kind leaders.”
- “Lifted my spirit and made my day, joyful.”
- “You all seem like very faithful, loving people, thank you for sharing your faith. I really enjoyed the singing even though I am not religious. Thank you!”
- “Yes, I told the volunteer, Alan, I had a singing problem. He said I could come and just listen. Thanks, I am really grateful for you guys.”
- “It lifted me up and brought me back to the truth of what I already know that God loves me.”
- “Thank you for taking the time to treat us with dignity and care. Your hopefulness was inspiring, and I needed to connect with God through song.”
- “It was meaningful because it helped me connect with God.”
- “Worshipping the Lord is awesome. This made my day so much better.”
- “I absolutely love Mike and his helpers. I love the handwritten note. This group brought me back to Christ. I’m inspired by the music and the materials we are given. I’ve learned so much. Thank you! I’ve been so blessed by this group.”

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- “I’m not religious but continue to come to your groups because they are enjoyable and bring me happiness when I am here. Thank you!”
- “It gave me time to reflect and praise to take my mind off of other things. I loved it. I’m a youth leader, so I’m always in church and listening to Christian music.”
- “It reminded me of how important praise and worship play in my relationship with God.”
- “Reminding me that I’m a child of God and what I’m going through will pass.”
- “Yes, I really needed God back in my life, and you guys opened the door.”
- “Thank you so much for bringing God into this place. God bless you all.”
- “Thank you for allowing God to work through you. Pray blessings over you. Love you, guys.”
- “Able to release my worries to God.”
- “Thank you for taking the time to treat us with dignity and care. Your hopefulness was inspiring, and I needed to connect with God through song.”
- “Besides all the creativity and energy... your talk about the importance of forgiveness... Stories like yours inspire me to persevere... I will continue to pray for The Good Mood Foundation.”
- “I just recently read your book [My Pursuit of a Good Mood]. What a beautiful story. Thank you for writing this. God used difficulties in your life to create an amazing ministry.”
- “I helped me regain my relationship with Christ, and for that, I am forever grateful.”
- “It's like something that gives you chills once stepping in the room. It feels great.
- “Reminded me that I am a child of God...”
- “Thank you! The best part of my day!”
- “Love you guys in what you do. But I’m not Christian, I’m Hindu.”
- “Reminded me that I am forgiven.”

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- “It will help me to cope and encourage me to trust in God.”
- “Reaffirmed that I need to get closer with God again.”
- “I came back to Christ.”
- “Moving—I teared up—often.”
- “Very Biblical.”
- “Both of you [my assistant Jennifer and I] lifted up my attitude and my spirits.”
- “You all are the best group that we have here. Thank you for all you do!”
- “I rebuilt my relationship with God.”
- “I rededicated my life to Christ, and they inspired me in my spiritual journey...”
- “NO MORE watching the News...choosing my friends and friends on Facebook carefully. The only person who is responsible for what goes into my mind is ME!”
- “I rededicated my life to Christ.”
- “Amazing program and one of the most rewarding parts of my time here.”
- “I believed The Gospel Today!”
- “It helped me redirect my life through the Lord...changed of my life.”
- “I am close to the Lord again.”
- “I am so happy for so many materials [Gift Sets of books] to help me in my spiritual journey.”
- “Your stories got me thinking about Jesus...I am a reform Jew and don’t believe in Him, yet.”
- “This [Engaging with God] has meant so much to me during my stay here.”

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- “I asked to bring Jesus into my life.”
- “It was the best thing that came out of my stay.”
- “I am using my Bible as a roadmap.”
- “The Gospel and God’s Word was not watered down. I rededicated my life to Jesus.”
- “Encouraged me to watch, listen, and sing to God’s music to help overcome negative thoughts and emotions.”
- “I believed the Gospel of Jesus Christ for the first time, today.”
- “It was the first time I felt the Spirit...I believed the Gospel for the first time.”
- “Gave me strength, showed me the way to Jesus, and believing in God.”
- “Reconnected me with God.”
- “Encouraged me to accept Jesus in my life.”
- “I got to come back to Jesus.”
- “Energetic -a breath of fresh air! This place [hospital], which is dull and sad most of the time, was energized with the light of Jesus through you.”
- “So, meaningful, made me jump back to God and Jesus.”
- “Lots of good reminders. There IS Hope!”
- “Welcoming into God’s Kingdom was awesome to me and believing the Gospel was touching.”
- “It helped me to snap back to the person I feel like I actually am deep down. Happy, alive, fulfilled, good!”
- “Proud to have time to be with the Lord and hear the Gospel.”
- “I needed this. The best thing that I sat in [while] in this place.”

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- “I loved seeing the ladies respond to Jesus ‘Overwhelming’ I want to serve.”
- “Very high energy and a great message.”
- “I rededicated my life to Christ.”
- “I’m happy but crying...I was so glad to see my friend accept Jesus.”
- “Thank you so much for the UPLIFT on my first day here in the hospital.”
- “Mike has experienced pain and has chosen happiness and brought sunshine back into my heart. Holly did a great job of praying for me. Holly opened the door to let me in because I was late. Your group saved my life today.”
- “One of the best fellowships I’ve been to.”
- “The angels are rejoicing because I (name) rededicated my life back to Jesus.”
- “Engaging with God”] reinforced my beliefs...thank you.”
- “Refocused [me] on God and His Word.”
- “You got a lot across in a short time. It was spiritually encouraging and uplifting.”
- “So, encouraging, uplifting, helpful, made me smile and gave me hope to change.”
- “Hearing that people in the Bible have gone through the same struggles I have—even Jesus.”
- “Reintroduced me to MY God.”
- “I came back to Christ.”
- “Reminded me that I am forgiven.”
- “I gave my life to Christ.”
- “Opened my doors to believe in God more.”

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- “Reassured me of my salvation and God’s love.”
- “Reminded me that I am forgiven.”
- “I came back to Christ.”
- “Moving—I teared up—often.”
- “Very Biblical”
- “Very factual! And engaging!”
- “Both of you [my assistant Jennifer and I] lifted up my attitude and my spirits.”
- “I needed to hear that I’m going to get better.”
- “It made me feel closer to God and renewed my faith.”
- “I asked to bring Jesus into my life.”
- “I liked the info in the booklet [workbook] and hearing the stories.”
- “It reminded me that God is the answer to everything.”
- “I enjoyed Mike’s spirit of faith and perseverance. Thank you for your prayers over me...”
- “I can feel the heart you put into your beliefs. Very uplifting.”
- “Gave me new hope.”
- “The issue of forgiveness is one that I have been dealing with. It was awesome how that was a big focus today.”
- “I left with feelings of hope and happiness.”
- “Bringing God to this place and smiles and encouragement that we are not alone.”
- “I gave my life to Christ.”
- “Opened my doors to believe in God more.”

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- “Reassured me of my salvation and God’s love.”
- “Lots of good reminders. There IS Hope!”
- “It was great, powerful. Comforting and very much needed as I continue my journey of recovery. Amen, and thank you!”
- “It was the best thing [in the hospital] I’ve experienced.”
- “I asked to bring Jesus into my life.”
- “I liked the info in the booklet [workbook] and hearing the stories.”
- “It reminded me that God is the answer to everything.”
- “The Word was brought to me.”
- “I enjoyed Mike’s spirit of faith and perseverance. Thank you for your prayers over me...”
- “I can feel the heart you put into your beliefs. Very uplifting.”
- “You reached me in a difficult time and showed me how fun, how good, and loving God is.”
- “It helped me to snap back to the person I feel like I actually am deep down.”
- “Proud to have time to be with the Lord and hear the Gospel.”
- “Taught me how to forgive and let the Lord help me get better.”
- “It gave me a different view of looking at the way I can personally improve my choices in life.”
- “True individual prayer for my recovery.”
- “Thank you for praying for each of us.”
- “Thank you so much for the UPLIFT on my first day here in the hospital.”
- “Reminded me of my faith.”
- “One of the best fellowships I’ve been to.”

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- “Refocused [me] on God and His Word.”
- “You got a lot across in a short time. It was spiritually encouraging and uplifting.”
- “Reaffirmed that I need to get closer with God again and to ask for forgiveness from my sins.”
- “So, encouraging, uplifting, helpful, made me smile and gave me hope to change.”
- “Hearing that people in the Bible have gone through the same struggles I have—even Jesus.”
- “Reintroduced me to MY God.”
- “I loved seeing the ladies respond to Jesus ‘Overwhelming’ I want to serve.”
- “It made me feel closer to God and renewed my faith.”
- “I asked to bring Jesus into my life.”
- “I really needed the group, all of the singing and me becoming a Christian.”
- “Reestablished my relationship with my precious Savior Jesus.”
- “I came back to Christ.”
- “Helped me to realize and desire to get back to God’s grace, be involved in a personal relationship with Christ, and lean on Him through my healing journey.”
- “Seeing people renew their relationship with God was GREAT!”
- “Mind changing...you got me.”
- “It honestly made my spirit jump out of my skin, and I loved every last thing about it.”
- “I rededicated my life to Christ.”
- “Highlight of my stay.”

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- “Reminded me that I am forgiven.”
- “It will help me to cope and encourage me to trust in God.”
- “Helped with maintaining and renewing my spiritual journey.”
- “Much needed spiritual food.”
- “Singing together [Brighter Day by Kirk Franklin] was the first time I smiled in a very long time.”
- “Awesome! I wish you did this daily.”
- “I love the positive energy and encouragement. Thank you!”
- “Thank you for the beautiful notes. It means a lot.”

Our Board Member’s Perspective

“I have known Mike Attar for nearly 30 years. Mike’s love for the Word of God is demonstrated by his close walk with God and Spirit-filled life. Rising above his own battles has allowed God’s grace to impact his life and others through the Good Mood Foundation. I have been blessed weekly in our conference calls hearing the program of the Ministry and how God once again has met the needs of the Ministry. The Good Mood Foundation ministers by getting in the trenches, going out in the community, and sharing the love of Christ and hope to those who battle the cruel ailments of mental disorders and addiction. Through the generosity of others, the Good Mood Foundation is able to touch the lives of individuals struggling to recover and have the most basic qualities of life by providing written material, Bibles, etc. On more than one occasion I have heard Mike say, ‘Our time is limited in how long we can pray individually for the patients in the hospital. I wish I had more time. One by one...I think this best characterizes the Good Mood Foundation approach in ministering on a ‘peer to peer’ basis. Sharing Christ’s love and hope with others is what I believe we are called to do. The Good Mood Foundation is fulfilling that mission. I have been blessed by supporting the ministry and in my role as Vice President. Little did I know when assuming the role that God would place such a burden on me for reaching individuals who suffer from this affliction. I am thankful for Mike and Michelle, the volunteers and supporters of the Good Mood Foundation.”

“From the first time I met Mike, I could see the passion he had for the Lord and his desire to bring God’s Word, love, and comfort to people struggling with mental illness. In today’s world, where so many look down on or ignore people in need, it is wonderful to see Mike living out the Gospel message of spreading the Word to those in need.”

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“From the time of meeting Mike Attar, over ten years ago, the desire of his heart has been to serve others. Mike is the one who made sure everyone at a Bible study felt welcomed and cared about, Mike was the one asking everyone if they needed anything, Mike was the one cleaning the room, Mike was the one... Several years ago, Mike became the one, to share his story and to share how he has returned to a Good Mood. The journey has been a long one for Mike, but he has been faithful in seeking God's will for the ministry and pursuing helping others each step of the way...”

“What an incredible vision God has given you to reach out...honored that God has chosen you, as one of our own flock, to develop this ministry.”

“It was a privilege and a pleasure to work with Mike and Steve on the Board of the Good Mood Foundation. I continue to admire Mike's commitment to bringing healing and peace to people with mood struggles, and I will continue to pray for God's leadership and influence on him and this work. God bless you...”

“It has been a joy to watch what started out as merely a dream six short years ago, take root and grow into what has become the Good Mood Foundation. Working with you and seeing your care and concern for those who suffer from mood-related struggles has been a privilege, and I am grateful for the opportunity. GMF fills a void, and I pray that God will continue to touch the hearts of those who see the need for Christian-based resources and choose to support GMF in whatever way they can.”