WHAT CAN MY FAITH COMMUNITY DO?

One simple step any faith community can take is to share a resource like the "Navigating the Intersection of Faith & Mental Health" brochure with your community. This resource helps reduce stigma around mental illness and provides a list of mental health services available in the area.

Make it a Priority

The most effective way to reduce stigma is through open, non-judgmental conversations. Consider highlighting mental health counseling in your presentations, study groups, and gatherings. You could even make it the focus of a series to foster ongoing dialogue and support.

And One More Thing...

Spiritual leaders need support too. Seeking counseling is not a sign of spiritual weakness; it's a sign of strength to recognize your limits and seek help when needed. Your mental health matters as much as anyone else's. Taking care of yourself enables you to better care for others.

I'm here to help.

Nickolus Highland
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Ordained Minister

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Thinking about counseling?

Nick Highland spent 10 years as a lead pastor of a Christian congregation before pursuing a master's degree in mental health counseling. Nick recognizes, values, and appreciates the differences among religions, and creates a safe space to navigate the intersection of faith and mental health. Nick schedules virtual sessions state-wide, starting with a free fifteen-minute consultation.
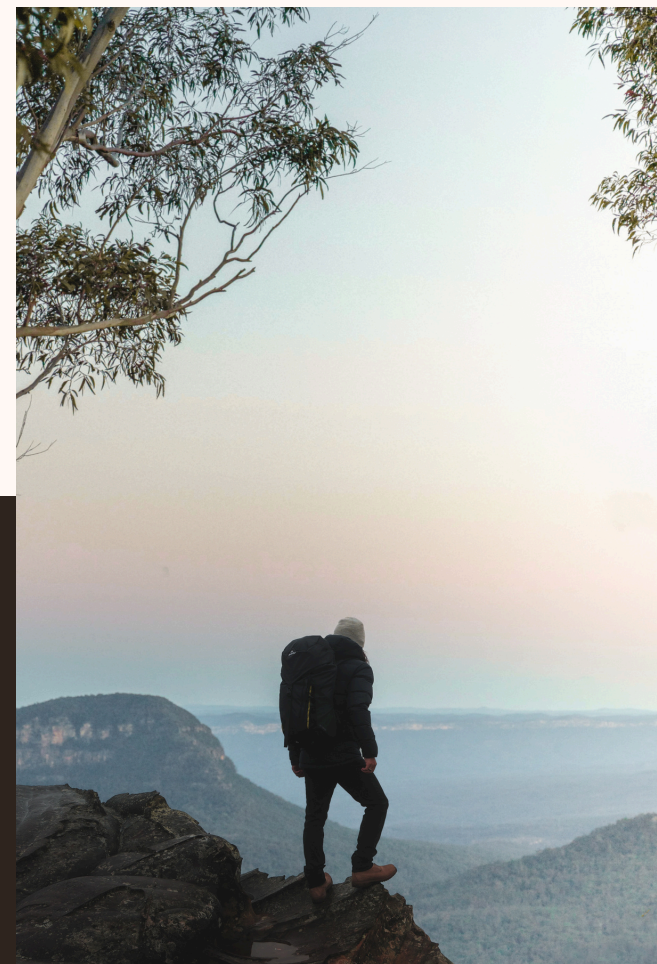
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Navigating the Intersection of
FAITH&
MENTAL HEALTH
Faith Leader's Guide

New York Faith & Mental Health
www.faithandmh.org

YOU KNOW THE STRUGGLE

No one understands the struggles within your faith community better than you do. Mental health challenges are prevalent, yet many individuals feel unable to seek the help they need due to the unique ways stigma surrounding mental illness manifests within the community.

This initiative aims to collaborate with spiritual leaders and faith communities to raise awareness of mental health resources and reduce the stigma associated with seeking the support that is essential for healing.

I'VE BEEN THERE, TOO

When I was working as a full-time pastor, an odd series of events led me to a new awareness of how significant the need for mental health services was becoming within my own congregation. I was shocked by the prevalence of substance and alcohol abuse disorders that I was noticing within the church, and it felt like helping people through anxiety, depression, providing family and couples counseling, and sometimes more severe mental illness was becoming a daily task. Through a series of life transitions, I came to recognize that the next steps for providing care would require leaving the pulpit and pursuing a degree in mental health counseling.

-Rev. Nick Highland
Ordained Minister

IT WORKS BOTH WAYS

People of all faiths, including Christians, need mental health support. In fact, seeking help for mental health conditions can often strengthen one's faith.

Mental illness can be deeply challenging. By fostering communities of support, faith communities across the country are embracing both spiritual and mental well-being. Your faith community can be part of this movement, too.

The Faith and Mental Health Project is dedicated to equipping churches and clergy with the tools they need to raise awareness and provide mental health resources within their congregations.

PHYSICAL HEALTH IS HEALTH.
SPIRITUAL HEALTH IS HEALTH.
MENTAL HEALTH IS HEALTH.

HOW ARE YOU TENDING TO YOUR HEALTH?