



## WHAT CAN MY CHURCH DO?

### Share Resources

The easiest thing your church can do is share our “Navigating the Intersection of Christian Faith & Mental Health” (congregation version) brochure with your congregation. It assists in destigmatizing mental illness and offers a list of resources available in your community.

### Make it a Priority

The best way to end a stigma is to talk about it without judgment! Consider emphasizing mental health counseling in your sermons, bible studies, and small groups! Make it the focus of a sermon series!

[www.reallygreatsite.com](http://www.reallygreatsite.com)

### Schedule a Speaker

Rev. Nick Highland will visit your church on a Sunday or during a Bible Study or Small Group to present resources and answer questions your church might have. If you'd like, he'll even preach a sermon.

### And One More Thing...

Pastors need help sometimes, too. It isn't a sign of spiritual weakness to see a counselor; it's a sign of personal strength to know your limits and ask for help when it is needed. Your mental health matters, too. *It's okay to ask for help.*

Visit [nickhighland.com/counseling](http://nickhighland.com/counseling)  
or connect by email at  
[nickolus.highland@resiliencelab.us](mailto:nickolus.highland@resiliencelab.us)

**We do not accept payment, love offerings, reimbursements, or stipends.** This is our ministry to your church. Our only goal is to provide resources to your congregation!

 [connect@faithandmh.org](mailto:connect@faithandmh.org)

 [www.faithandmh.org](http://www.faithandmh.org)

 Monroe County, NY

# Navigating the Intersection of **CHRISTIAN FAITH & MENTAL HEALTH** *Clergy Guide*



**New York Faith &  
Mental Health**  
[www.faithandmh.org](http://www.faithandmh.org)

## YOU KNOW THE STRUGGLE

Nobody understands the struggles faced within your congregation like you do. Mental health issues abound, but many people feel as though they are unable to seek the help they need due to the unique ways social stigma surrounding mental illness presents itself in the church.

The aim of this project is to partner with clergy and congregations to provide awareness of mental health resources in Monroe County, and to reduce the stigma associated with seeking the help that is needed.

## 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.

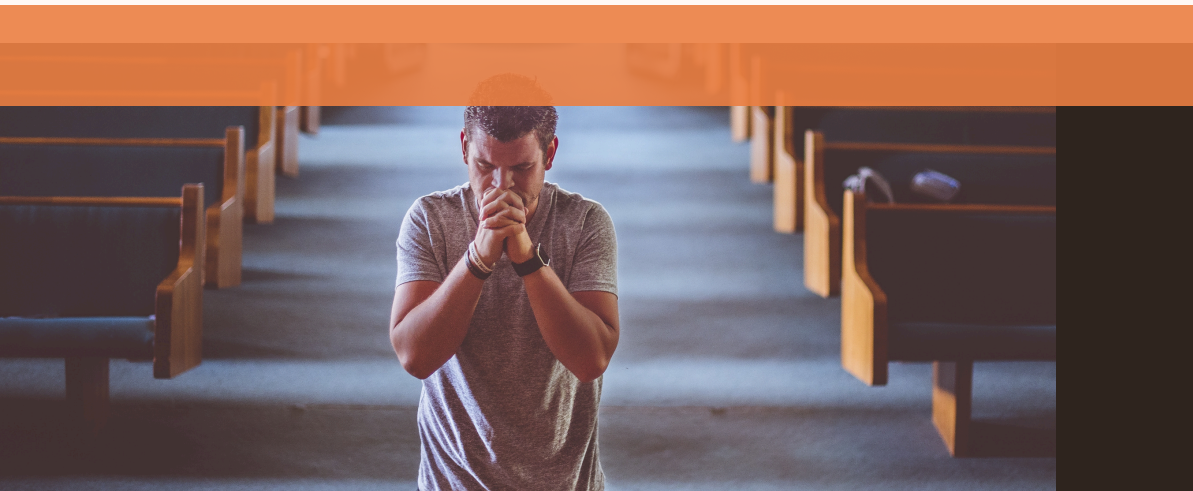
-Rev. Nick Highland  
Ordained Minister

## IT WORKS BOTH WAYS

Christians need mental health services, too. But often, receiving support for mental health conditions benefits a person's faith.

Mental illness can be debilitating. By focusing on becoming communities of support, churches across the country are supporting both spiritual and mental wellness. Your church can, too.

The Rochester Faith and Mental Health Project aims to provide tools to churches and clergy in an effort to support mental health awareness and resources in faith communities.



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

**HOW ARE YOU TENDING  
TO YOUR HEALTH?**