



## ROCHESTER RESOURCES

### Crisis Support

CPEP (Comprehensive Psychiatric Emergency Program)  
(585) 275-4501

### Suicide Prevention Crisis Lines

211/LIFE LINE & 988  
Provided by Goodwill of the Finger Lakes

### Mental Health Walk-In Clinic

Catholic Family Center  
87 N. Clinton Avenue  
Rochester NY, 14604  
(585) 546-7220

### Substance Abuse:

Delphi Rise's Open Access Clinic  
(offering walk-in evaluations and treatment referrals)  
72 Hinchey Rd  
Rochester, NY 14624  
(585) 467-2230 [delphirise.com](http://delphirise.com)

## COUNSELING SERVICES



**Nickolus Highland, MCH-LP**  
**Ordained Minister**

for information about counseling services, rates, or for a free consultation, visit


[nickhighland.com/counseling](http://nickhighland.com/counseling)


or connect by email at

[nickolus.highland@resiliencelab.us](mailto:nickolus.highland@resiliencelab.us)

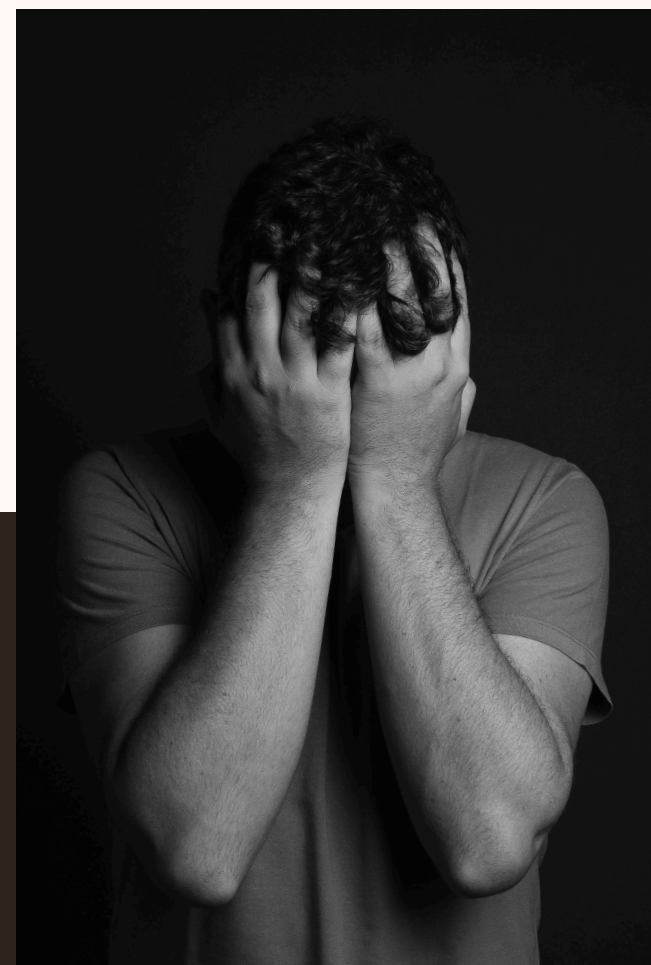
Looking for more information about the relationship between Christian faith and Mental Health? Consider scheduling a speaker for your church or small group using the information below.

 [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



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

# LET'S TALK ABOUT STIGMA

Yes, Christians experience mental illness, too. Sadly, church traditions have an unfortunate history of ending conversations about mental health before they ever begin by falsely attributing mental health conditions to spiritual defects. It's time to put myths to rest:

- Having a mental health diagnosis does not mean a person is spiritually deficient.
- Having faith does not make a person immune to mental health disorders.
- People in churches often struggle with undiagnosed and untreated mental health disorders because mental health issues are uniquely stigmatized within the church.

# IT'S OKAY TO ASK FOR HELP

If you were sick, you would probably visit a doctor. If you have spiritual concerns, you might talk with clergy. We know how where to go to tend to our physical health and our spiritual health. But who do you turn to when you're experiencing depression, PTSD, anxiety, substance abuse, or other mental illness?

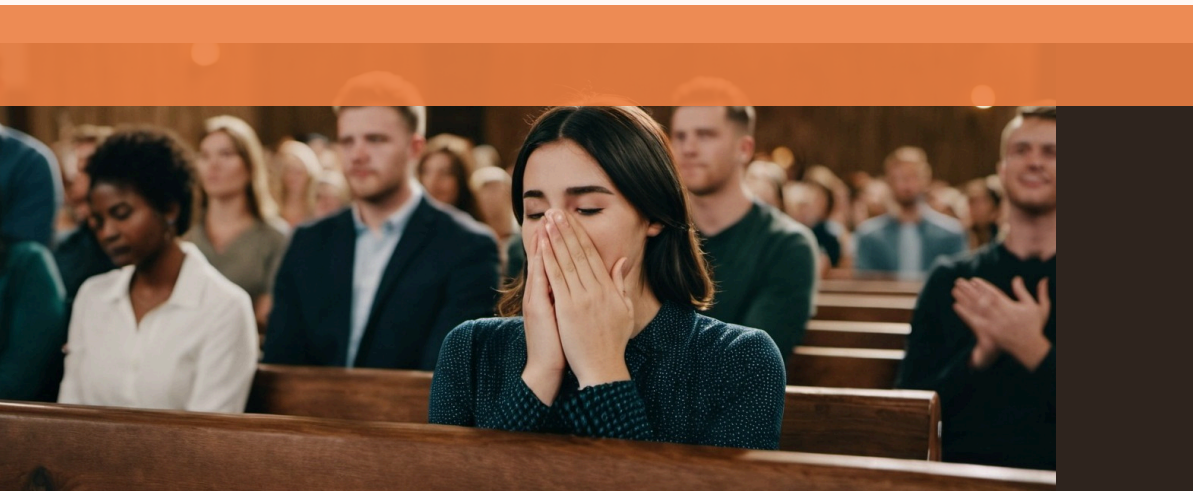
Tending to our mental health is one of the crucial components of holistic self-care, and *mental health therapists are trained to provide care in a way that honors your spiritual beliefs and practices.*

# YOU'RE NOT A "BAD CHRISTIAN"

Struggling with mental health concerns does not make a person a "bad Christian." It doesn't mean you lack faith. It doesn't mean you lack trust. Often, mental illness has biological roots. It can even be inherited!

You're also not a "bad Christian" for asking for help. In fact, it may even help to think about visiting a counselor as an act of stewardship. It's a way of tending to the mind and body God has entrusted to you.

God did not create us to suffer. If you're suffering, *it's okay to get the help you need.*



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

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