



NEW YORK RESOURCES

Suicide Prevention Crisis Lines

211/LIFE LINE & 988

Provided by Goodwill

New York State Domestic Violence Hotline

1-800-942-6906

Crisis Text Line

Text "Got5" to 741-741

Frontline worker? Text

"FRONTLINENY" to 741-741 for specialized support.

Girls & Boys Town Hotline

(800) 448-3000

National Youth Crisis Hotline

(800) 442-HOPE (4673)

COUNSELING SERVICES



Nickolus Highland, MCH-LP Ordained Minister

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

nickhighland.com/counseling

or connect by email at

nickolus.highland@resiliencelab.us

Looking for more information about the relationship between Christian faith and Mental Health? Connect with us by email or visit our website!

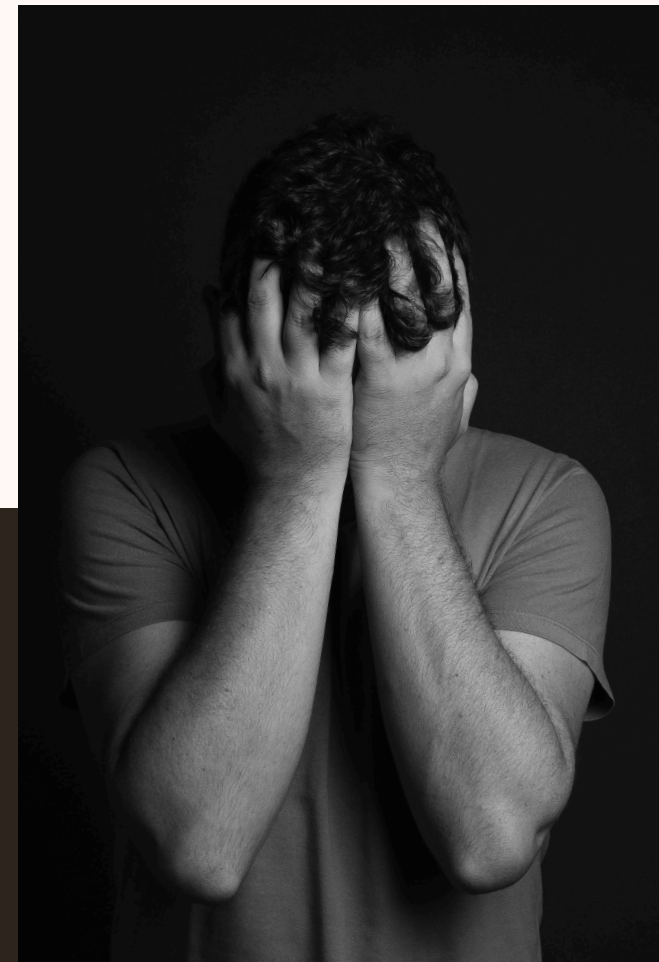


connect@faithandmh.org



www.faithandmh.org

Navigating the Intersection of CHRISTIAN FAITH & MENTAL HEALTH



www.reallygreatsite.com



New York Faith & Mental Health
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?**

