



## NEW YORK RESOURCES

### Suicide Prevention Crisis Lines

211/LIFE LINE & 988

Provided by Goodwill of the Finger Lakes

### 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)

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

## COUNSELING SERVICES



### Nickolus Highland, MCH-LP

*15 years as the leader of a religious organization*

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 your faith and your mental health?



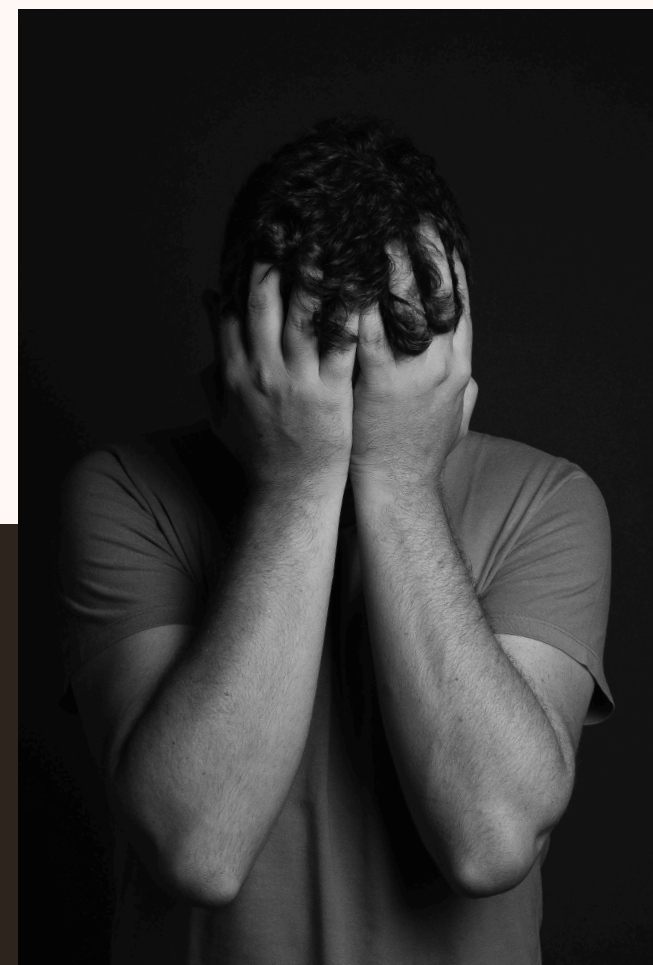
[connect@faithandmh.org](mailto:connect@faithandmh.org)



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

*Navigating the Intersection of*

# FAITH & MENTAL HEALTH



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

# LET'S TALK ABOUT STIGMA

Yes, people of all faiths experience mental illness. Unfortunately, many religious traditions have historically ended conversations about mental health prematurely by wrongly linking mental health conditions to spiritual shortcomings. It's time to challenge these misconceptions:

- Having a mental health diagnosis does not reflect spiritual deficiency.
- Faith does not protect anyone from mental health challenges.
- Individuals in faith communities may struggle with undiagnosed and untreated mental health issues because these concerns are often stigmatized, making it harder to seek help.

# IT'S OKAY TO ASK FOR HELP

If you were physically unwell, you'd likely visit a doctor. For spiritual concerns, you might seek guidance from a trusted leader in your faith community. We often know where to go for physical and spiritual care. But who do you turn to when facing challenges like depression, PTSD, anxiety, substance abuse, or other mental health concerns?

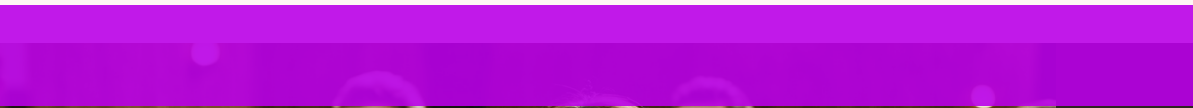
Caring for our mental health is a vital part of holistic well-being. Mental health therapists are trained to provide support in ways that respect and honor your spiritual beliefs and practices, helping you navigate challenges while staying true to your values.

# YOU'RE NOT FAILING AT FAITH

Struggling with mental health does not make someone a failure in their faith. It doesn't mean you lack belief, trust, or devotion. Often, mental illness has biological roots, and it can even be inherited.

Seeking help is not a sign of weakness in your faith but an act of wisdom and self-care. Think of reaching out to a counselor as an opportunity to care for the mind and body entrusted to you by your higher power.

No one is meant to endure suffering without support. If you're struggling, it's okay to seek the help you need.



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

*HOW ARE YOU TENDING  
TO YOUR HEALTH?*