

CARE Outreach

Faith & Mental Health 101

Bridge clinical insight with compassionate, faith■friendly language.

Why Faith + Therapy

Many people find strength in faith and in therapy. These supports can complement one another—reducing stigma and increasing access to care.

Helpful Phrases for Caregivers & Leaders

- “You’re not alone, and help is available.”
- “Prayer and professional support can work together.”
- “If you’re in crisis, text or call 988 for immediate help.”

Referral Pathways

Need	First Step	Where to Refer
Crisis	Ensure safety; call/text 988	988 Lifeline, local crisis lines
Ongoing Care	Offer non-judgmental support	FindTreatment.gov, MOBHC CMHCs
Spiritual Support	Coordinate with care team (with consent)	Local faith leaders & trained lay care teams

Disclaimer: CARE Outreach is a non-direct service organization. This PDF is for public education only and not a substitute for professional care. If you are in crisis, call or text **988**.