

Church Mental Health Safety Sheet

A practical sheet for pastors, small groups, prayer teams, and church care.

Care basics

- Listen before correcting.
- Do not promise secrecy if someone is unsafe.
- Know when to use 988, emergency services, or professional referrals.
- Avoid shame language and quick-fix theology.
- Keep a list of local counselors, crisis lines, and support groups.

Church posture

A faithful church can pray and also help people access medical, therapeutic, and crisis support.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.