

# Faith and Therapy FAQ

Gentle answers for Christians wondering if counseling can belong with faith.

## Quick answer

Therapy can be one form of wise care. It does not replace God, prayer, Scripture, or pastoral care. It can help you name pain, understand patterns, process grief, and learn skills for living with depression, anxiety, trauma, or stress.

## Common questions

**Is therapy okay for Christians?** Yes. Christians can receive wise help from doctors, pastors, mentors, and therapists.

**Do I need a Christian therapist?** Some people prefer one. Others work well with a licensed therapist who respects their faith.

**What should I ask before starting?** Ask about licensure, experience, approach, fees, crisis policies, and whether faith can be discussed if you bring it up.

**What if therapy feels scary?** You can start with one consultation or ask a trusted person to help you search.

## One tiny next step

Write down one question you would want to ask a therapist. That is enough for today.

This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you are in immediate danger or might hurt yourself, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.