

How to Talk to Your Pastor About Depression

A gentle conversation guide for Christians who need support

This guide is for starting a conversation. It is not therapy, medical advice, diagnosis, treatment, or crisis care. If you are in immediate danger or thinking about harming yourself, call or text 988 in the U.S. or contact emergency services.

Before the conversation

You do not have to explain everything. You can keep it simple.

Choose one person who feels safe enough:

Pastor or leader: _____

How I will reach out:

- Text
- Email
- Phone call
- After church
- Through a trusted friend

A simple message you can send

"Hi, I have been dealing with depression and I could use some pastoral support. I am not asking you to fix everything. I just need someone safe to know and help me think through next steps. Could we talk sometime this week?"

What you can say in the conversation

- I have not been okay lately.
- Prayer and Bible reading have felt hard.
- I am not trying to lose my faith.

- I need support, not shame.
- I may also need professional help.
- I would appreciate prayer and practical support.

What you can ask for

- Prayer without pressure
- Help finding a counselor
- A check-in text this week
- A safe small group contact
- Help talking with family
- Permission to step back from serving for a while

If the response is not helpful

Sometimes people mean well but do not respond safely. If you feel shamed, dismissed, or pressured, you are allowed to seek support elsewhere.

You can say:

"Thank you for listening. I think I may need more support than this conversation can provide. I am going to reach out to a counselor or another trusted person too."

Closing prayer

God, help me ask for support without shame. Lead me toward people who are gentle, wise, and safe. Amen.

Still Here Faith offers Christian encouragement and resource navigation, not medical advice, diagnosis, treatment, or crisis care.