



Faith and the Recovery Journey

Faith can be part of the journey.

For people of faith, those exploring faith, families, and congregations

Body, mind, and spirit

For many people, recovery is about more than stopping something harmful. It is about rediscovering hope, rebuilding trust, and finding purpose again. Faith can be a powerful companion along the way.

Struggling is not a spiritual failure

Addiction and mental health conditions are health conditions. Faithful, devoted people experience them. Needing help is not a lack of faith — asking for it can be an act of courage and hope.

What faith can bring

- Encouragement and reminders of your worth.
- Prayer and reflection that bring calm and perspective.
- Community, fellowship, and honest accountability.
- A renewed sense of purpose and service.
- Healthy routines that support body, mind, and spirit.

Faith and professional care work together

Spiritual encouragement and prayer are not a substitute for emergency care, medical treatment, psychiatric treatment, or licensed psychotherapy. Faith is offered as an invitation, never a requirement.

How congregations can help

- Speak openly about mental health and addiction to reduce stigma.
- Welcome people in recovery and their families without judgment.
- Keep 988 and 911 information visible, and consider naloxone training.
- Build relationships with licensed local providers.

If someone needs help right now

If you or someone else is experiencing a medical emergency, call 911 or go to the nearest emergency department. If you are experiencing a mental health or substance-use crisis, call or text 988 in the United States.

Trusted resources

988 Suicide & Crisis Lifeline

Call or text 988 · 988lifeline.org

SAMHSA National Helpline

1-800-662-4357 · Free, confidential, 24/7

FindTreatment.gov

Search state-licensed treatment providers

LEARN MORE

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FaithHavens shares general educational information about mental health, substance use, and faith-informed recovery. This website does not provide medical care, clinical treatment, or emergency services. Clinical treatment, medical care, and emergency services are provided only by appropriately authorized professionals and facilities.

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