



EDUCATIONAL BROCHURE

FaithHavens

Hope for today. Support for the journey ahead.

For individuals, families, congregations, and community partners

Who we are

FaithHavens is a faith-informed organization dedicated to helping individuals and families learn about mental health and substance-use recovery and explore support options — with dignity, understanding, and hope.

What we believe

- Mental health and substance-use conditions are health conditions, not character flaws.
- Every person deserves to be treated with dignity and compassion.
- Families need information and support of their own.
- Faith is an invitation, never a requirement.
- Spiritual encouragement complements — never replaces — medical and mental health care.

Areas of focus

- Mental health education: understanding common concerns and the professionals who can help.
- Substance use recovery: levels of care, withdrawal safety, and choosing a provider.
- Faith & recovery: how prayer, community, and purpose can support healing.
- Family support: warning signs, conversations, boundaries, and self-care.

Taking a first step

- Reach out with your questions — for yourself or someone you love.
- Explore your options and what kind of support may fit.
- Connect with an appropriate service, qualified professional, or outside provider.

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

faithhavens.com

The information on this website is for general educational purposes only. It is not medical advice, diagnosis, or treatment, and it is not a substitute for care from a qualified health professional. Using this website or contacting FaithHavens does not create a physician-patient, therapist-client, or other professional relationship.

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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