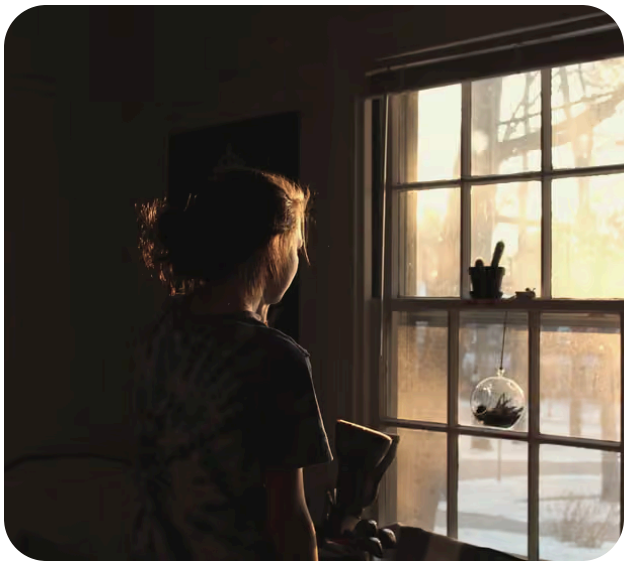

FaithHavens

EDUCATIONAL BROCHURE

Understanding Mental Health

Caring for your mind is caring for your whole life.

For anyone concerned about their own mental health or a loved one's

Mental health is part of everyone's health

Everyone experiences seasons of stress, sadness, or worry. When those feelings linger, deepen, or begin to affect daily life, it may be time to reach out for support. Mental health conditions are common, and they are treatable.

Common concerns

- Anxiety — persistent worry or fear that is hard to control.
- Depression — low mood or loss of interest lasting two weeks or more.
- Trauma — intrusive memories, nightmares, or feeling constantly on guard.
- Grief, relationship challenges, and major life transitions.
- Using alcohol or other substances to cope with difficult feelings.

When to seek professional help

- Distress has lasted more than two weeks or keeps returning.
- It's hard to work, study, or care for yourself or your family.
- Symptoms are getting worse, not better.
- People close to you have expressed concern.

Who can help

- Licensed counselors and clinical social workers provide talk therapy.
- Psychologists provide therapy and psychological testing.
- Psychiatrists and psychiatric nurse practitioners evaluate and can prescribe medication.
- Peer specialists and support groups offer encouragement from lived experience.

About medication

Please don't stop or change a prescribed psychiatric medication on your own. Talk with your prescriber, who can help you make a safe plan.

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

National Institute of Mental Health
nimh.nih.gov/health/topics

NAMI HelpLine
1-800-950-6264 · Information and referrals

LEARN MORE

faithhavens.com

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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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