

RELIGION, SPIRITUALITY AND MENTAL HEALTH

In the United States, approximately 47% of the population identifies as “[religious](#).” While this percentage is significantly lower than in the past few decades, a 2023 study by Gallup shows that this decline is not indicative of a societal shift from belief in a higher power, but rather a decline in attendance of in-person events or services. Nearly all major religions share the common practice of holding group worship gatherings where members of the same faith can find [community](#) within their shared beliefs.



[Many people rely on their spiritual and religious beliefs to help them navigate mental health struggles.](#) For some, there is a sense of peace and inner clarity that comes with their faith. For others, religion can be a source of trauma. Different religions have different approaches to [addressing mental health concerns](#). As you interact with your consumers, family, and your own relationship with religion and mental health, consider utilizing some of the resources below.

Islamic resources:

[Let the Quarn Speak](#) (15-minute video)

In this video, Dr. Asom Yusuf goes in depth about the intersection between Islamic spirituality and Mental Health. Dr. Yusuf encourages viewers to “let the Quran speak.”

[The Muslims Down Under Podcast](#) (27-minute podcast episode)

Ali Faraj, winner of the 2023 Australian Mental Health Prize Community Hero award, is a leader and advocate for Muslims working through mental health struggles. Ali works within the Muslim communities in Australia to increase awareness around mental health and suicide.

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Christian resources:

["But the gospel should be enough."](#) (10 minute read. Podcast episode linked in the article is about 36 minutes long).

In this article, Our Daily Bread Ministries further discusses an episode of the organization's podcast where the hosts discuss how some Christians view mental health struggles. Some Christians see depression and anxiety are considered "sins," and use cherry-picked verses to reinforce their belief. A quote from the article reads, "Psychologists aren't there to get you to change your worldview or convert you to their personal perspective. And if you have a psychologist where you feel they aren't respecting your faith/worldview, find another one! It takes time, but you should be leaving your sessions hopeful and presumably less anxious about where you're at."

["Take it to the Lord in Prayer."](#) (12 minute video).

In this video, Orlando talks about how mental health is not something that can be addressed by prayer and faith alone.

Judaism Resources

[Jewish Mental Health Resource Guide](#) (Explore at own pace)

This website has a list of organizations that provide mental health resources and assistance to members of the Jewish community.

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Equity is
Imperative

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Further Discussion

Reclamation Collective (explore at own pace)

The Reclamation Collective is a nonprofit organization that offers peer supports, connects individuals with counselors, and provides resources for those who experienced religious trauma or are in the process of deconstructing their faith. They have support groups for therapists, women, members of the LGBTQIA+ community, spiritual leaders, and much more.

A Mental Health Guide for Faith Leaders (PDF version of a textbook, explore at own pace)

This book breaks down what mental health is, gives statistics about suicide, and helps leaders of all faiths address mental health concerns with their congregations.

Psychosis or Spiritual Awakening (25-minute video)

In this video, Phil Borges gives a TedX talk about what he has learned about the relationship between spirituality and psychological crisis through his work documenting Indigenous and tribal cultures.

Mind Meets Tradition: Blending Eastern Wisdom & Western Mental Health

In the western hemisphere, there is a culture of overlooking the “mind/body” relationship. In this article, the author explores how practices such as meditation and yoga fill the need for connecting the spiritual and physical self. The article also explores how common mental health treatment modalities have a similar structure to Eastern spiritual practices.

