



Ministry and Mental Health Resource Sheet

For ministry, groups and leaders dealing with difficult topics brought up in group, coaching or pastoral conversations. (EX: Depression, anxiety, grief, suicidal thoughts, hopelessness)

The 4 S's

Safety

1. Questions to ask: Are you (and/or loved ones) safe? Are you suicidal? (Do they have means, intent, or plan to harm themselves?)
-988 Crisis Line is available if they are not safe or suicidal
2. In case of disclosure of abuse (child/elder/imminent threat of violence) follow mandated reporting procedures.
3. Talk to a pastor if you are uncertain what steps to take.
4. Be supportive and walk alongside them with encouragement. Reassure them without trying to diagnose or treat them. Reminder: You are a compassionate walking partner, not a licensed clinician.

Support

1. Follow Up with support: Give them a call or offer to meet up for coffee
2. Resources:
 - a. CCV Care and Support Page [Care & Support | CCV](#)
3. Protecting group health: Support one member's crisis without allowing it to overwhelm the group's capacity or focus.
4. Remember to respect confidentiality and boundaries. Treat what is shared with care, confidentiality, and privacy (unless it involves safety, suicide or mandated reporting).
5. Reach out to your Pastoral Team. They can also offer counseling referrals to vetted Christian therapists.
6. Resource for coaches: Kelly Gutowski with Rise and Renew Wellness (contact information below)

Spirit-led Guidance

1. Pray with them
2. Guide toward Scripture
3. Encourage to stay in community and attend church consistently
4. Encourage Spiritual Discipline practice
5. Remind them of God's love and grace
6. Encourage them to take next steps in their faith
7. Respect and offer Spirit-led guidance without minimizing the need for professional support.

Self-care

1. Reflect and create a self care plan
 - a. What are you doing to care for yourself as a coach?
 - b. What support do you need when you are triggered or not sure what to do next?
 - c. Who is your designated point of contact after navigating a heavy situation?
 - d. Do you need to establish boundaries or limits to how and when you support?
2. Stay connected to God through your own spiritual practices
3. Reach out to Coach Lead or Pastor for additional support

Decision Tree

1.Immediate Danger / Threat to Life: Action: Emergency Escalation.

Call **911**, the **988 Crisis Line**, or notify the **On-Call Pastor** immediately. Do not leave the person alone if they are in immediate crisis.

2.Ongoing Mental Health Struggle: Action: Holistic Care & Referral.

Connect with **CCV Care and Support**, offer prayer, or seek consultation.

3.Spiritual or Relational Distress: Action: Ministry Engagement.

Provide group support, walk through spiritual disciplines, and offer pastoral guidance alongside regular community connection.

Please feel free to reach out if I can be of support or consultation!

Kelly Gutowski, LCSW

CEO and Therapist | Rise and Renew Wellness | kelly@riseandrenewwellness.org

www.riseandrenewwellness.org | 480-974-9251