

When to Refer to a Therapist

Prayer works! I'm a firm believer of prayer and have seen prayers answered with my own eyes. But some things require prayer AND a medical clinician. If you hear a person struggling with any of the below, it's time to refer them to a clinician. Remember not to weaponize therapy but gently point them to a professional who can address their needs.

1. Talk of hearing voices and/or conversations with people that no one else can see
2. Uncontrollable thoughts
3. Erratic behavior and/or risky behavior
4. Self-destructive behavior
5. Talk of harm to self or others
6. Severe mood swings
7. Uncontrollable crying
8. Loss of interest in life
9. Anxiousness
10. Hallucinations
11. Paranoia
12. Feelings of hopelessness