



# Social Support

## Religious & Spiritual Advisement

Religious and spiritual beliefs are an important part of many African- American women's lives. According to a 2009 study at the Pew Research Center, 84 percent of African- American women say that religion is important to them and 59 percent attend religious services on a weekly basis.

The intersection of faith and mental wellness can determine whether one chooses to seek mental wellness services within a religious institution, a private practice, or a non-profit organization. Religious beliefs, spiritual beliefs, and mental wellness can be looked at as separate things. However, faith and mental wellness can be addressed together if it is done with a faith leader that has knowledge of both approaches to counseling.

**Before seeking mental health counseling through a faith-based institution, ask the following questions**



- What do I need mentally and spiritually to feel well?
- Does this faith leader provide services to address my specific mental health needs?
- Does this faith leader have experience working with mental health?
- Are there any faith-based mental health providers in my area?

By keeping these questions in mind, one can determine if their faith leader is the best fit to serve as a counselor for their mental wellness and spiritual needs. If your faith leader is not a good fit, there may be a selection of faith-based mental health providers in your area.

Stat Source 1: Pew Research Center