

The ChurchCares

Connecting people who need HOPE with people who HELP



The mental health crisis is flooding the church

- 57.8 million people with emotional or mental distress. Nearly half are not getting help.*
- That's 67 churchgoers for every church in the U.S.**
- There will never be enough professionals to meet this need.
- In distress, people come to the church first.
- Pastors see as many people as they can or refer to counselors—who are often full.

We are going to need a bigger boat



What does a bigger boat look like?

The Church CARES:

- Helps churches train lay listeners to address basic issues. (See p.2)
- Frees up pastors and professionals for specialized needs.
- Allows each church to choose/customize care approach.
- Creates collaboration between pastors, mental health professionals, lay helpers and educators.
- FREE for churches.

We are also adapting for the church, a simple technology system already used by millions.



*National Institutes of Mental Health, 2022.

<https://www.nimh.nih.gov/health/statistics/mental-illness>

**Estimate of churchgoers with unmet MH needs at churches of 100+ congregants.

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Learn more in our book

