



# Help for Mental Illness Issues

## Mental Health Issues

The WELS Committee on Mental Health Needs works through the Commission on Special Ministries. It is designed to help WELS members, congregations, and schools help each other, their members, and students as they wrestle with mental health issues with the help of God.

## Three Areas

Every individual afflicted with a mental health illness will have needs that are emotional, physical, and spiritual. The afflicted individual

should seek professional help in all three of these areas—emotional and cognitive, physical, and spiritual.

## Where to Begin?

Begin by meeting with your pastor. He is not trained to diagnose mental illness, but he is trained to help you spiritually. While he will not give you a diagnosis, he may encourage you to seek help from medical and mental health professionals. He will want to help you in the important spiritual aspects of your mental health needs. He may be able to refer you to a professional in the mental health field.

## Help from the Committee on Mental Health Needs

The WELS Committee on Mental Health Needs has written several flyers to help you address mental health needs that you, a friend, or a member may be experiencing.

1. *When to Refer* is designed to help WELS pastors, boards of eders, and teachers as they decide whether to refer their members or students to mental health professionals.
2. *Ask A Therapist* is a field-tested tool which people who are afflicted with a mental health issue (or their caregivers) may use to interview a therapist, psychologist, or psychiatrist.
  - ▶ Is this mental health professional qualified and competent to help me in my need?
  - ▶ Is he or she someone who will respect my faith and be able to work with my pastor?
  - ▶ Will I feel comfortable with this person guiding my life in the future by providing mental health help to me?

WELS called workers can use this interview tool as they search for mental health professionals in their community to whom they may refer members with confidence.

3. *Christian or Non-Christian Counselor?* This flyer addresses the issue of choosing a Christian or a non-Christian counselor. The objective is always: who will be able to help the person in need most effectively and who will be able to work best with my pastor he seeks to provide spiritual counseling.
4. *Models of Therapy* is a longer pamphlet which briefly explains the various models or theories of therapy that are most commonly used. It includes a glossary of terms that are used by mental health professionals.



### Availability of These Flyers:

Flyers are available for download at [csm.welsrc.net/download-csm/mental-health-needs/](http://csm.welsrc.net/download-csm/mental-health-needs/). Your pastor may be able to help you get copies of these flyers. Or call WELS Commission on Special Ministries 414-256-3241.

### Questions and Gifts

To learn more go to [wels.net/mental-health](http://wels.net/mental-health) or call 414-256-3241. Gifts to help the ministry of the Committee on Mental Health Needs may be sent to the address below.

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### WELS Committee on Mental Health Needs

Commission on Special Ministries  
N16W23377 Stone Ridge Drive  
Waukesha, Wisconsin 53188-1108  
414-256-3241 • [specialministries@wels.net](mailto:specialministries@wels.net)  
[wels.net/special-ministries](http://wels.net/special-ministries)