



MENTAL HEALTH REFERRAL GUIDE FOR PASTORS

ASSESSMENT

Determine what concerns you *can* or *should* address and what concerns you *should not* address.

Questions to guide this decision:

1. Are there **multiple areas of an individual's life impacted** to a significant extent (Mental/Emotional, Relational, Physical and/or Spiritual)? If you need a guide in assessing the individual's concerns you can use the *Question Guide on page 2*. Spiritual assessment questions have not been included in this document as pastors have significant training in this area.
2. If one area (Mental /Emotional, Relational, Physical or Spiritual), is **impacted significantly** beyond what you have experienced before, you may want to refer to a counsellor.
3. If you or others have tried to address an area of the individual's life from a spiritual perspective **without a positive outcome**, or with only small positive progress, then you may want to refer to a counsellor.

PLACEMENT

After your assessment place the individual on the *Mental Health Continuum on page 3*. If they fall within the "Injured" or "Ill" category they should be referred to a counsellor.

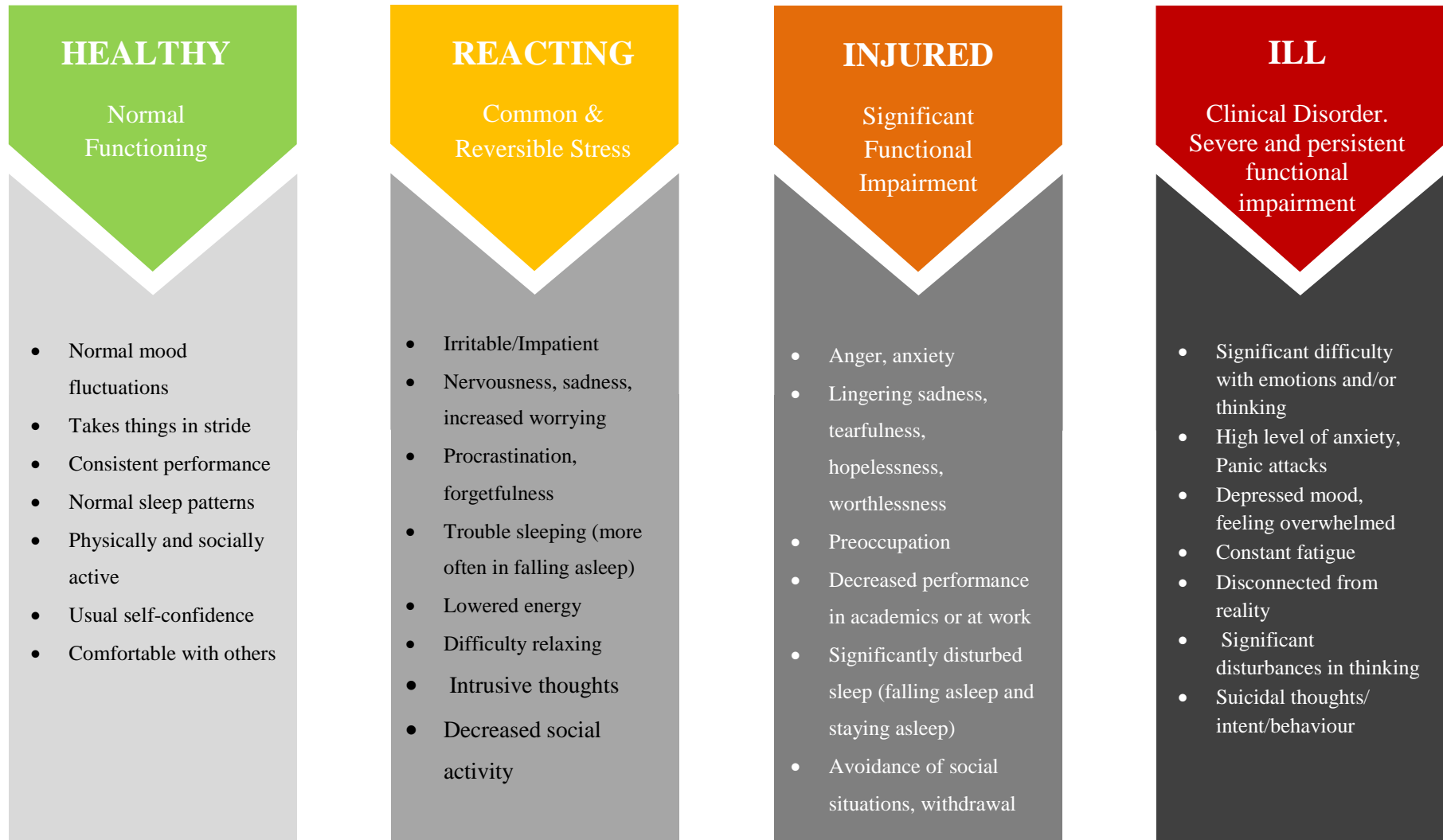
CONNECTION

Use the *Resources for Stages of Distress on page 4* to determine what resources to connect the individual to.

Area Impacted	Questions for Individual	Questions for Pastor
<p>Mental/Emotional</p>	<ul style="list-style-type: none"> ▪ Has this concern impacted your feelings, thoughts, or behaviour? How? ▪ On a scale of 1-10, how severe/disabling is the concern (e.g., depression, anxiety, disordered eating, self-harm, etc.)? ▪ What measures have you taken to deal with the concern? ▪ Are you concerned for the safety of yourself or others? 	<ul style="list-style-type: none"> ▪ Can I minister to the individual's mental/emotional/relational/physical needs from a spiritual perspective? ▪ Decide if this is something that would be better addressed by a professional counsellor or a physician.
<p>Relational</p>	<ul style="list-style-type: none"> ▪ What has been happening relationally in your life? ▪ What triggered these relational issues? ▪ Is there abuse (physical, verbal, emotional or sexual)? ▪ Are you safe? Do you have a safety plan or need assistance? 	<ul style="list-style-type: none"> ▪ How quickly would you like to move forward to addressing the concern? Use the <i>Mental Health Continuum on page 3</i> as a guide.
<p>Physical</p>	<ul style="list-style-type: none"> ▪ Has this concern impacted you physically in any way? ▪ Have you experienced any significant changes in your sleep patterns or sleep quality? ▪ Have you gained or lost a significant amount of weight in the past month? 	

PLACEMENT

MENTAL HEALTH CONTINUUM



SELF CARE & PASTORAL SUPPORT

PROFESSIONAL CARE

- No perceived immediate risk or threat
- Concerned about an individual's **wellbeing**

CONCERNING

- Reach out to the individual
- Consult as needed
- Refer to counsellor or physician as needed

Christian Counselling Services
www.saskatoonccs.com
(306) 244-9890

Primary Physician or Walk-in Clinic

- Potential risk or threat
- Concerned about an individual's **safety** or that of others

URGENT

- Reach out to the individual
- Seek timely consultation with a counsellor or crisis worker

Christian Counselling Services
www.saskatoonccs.com
(306) 244-9890

Saskatoon Crisis Intervention Services
(306) 933-6200

- Immediate threat or danger
- **Life threatening or severe psychological difficulties**

EMERGENCY

- **GET HELP IMMEDIATELY**

Saskatoon Police Services
9-1-1

Royal University Hospital Emergency Department
(306) 655-1362