

Webinar Topics for Church Mental Health Training

Below is a general list of potential three-hour webinar topics for pastors, church staff, lay leaders and nonprofits. Each topic can be adapted for shorter or longer formats, denominational gatherings, or local church cohorts. This list is a sample of the webinars available. Contact us to explore additional topics.

Creating a Mental Health Friendly Church Culture

- Explore how language, policies, and practices can reduce stigma and welcome people who live with mental health challenges.

Pastoral Care Triage in the Local Church

- Clarify the difference between spiritual care, counseling, and clinical treatment.
- Practice a simple triage framework to decide when to listen, when to refer, and when to call emergency services.

Caring for Caregivers in Your Congregation

- Recognize the emotional and spiritual load that caregivers carry at home and in church life.

Compassion Fatigue and Clergy Burnout

- Name the signs of compassion fatigue, burnout, and secondary trauma in ministry leaders.

Responding to Suicide Risk in the Church

- Review warning signs and risk factors for suicide in adults and youth.
- Discuss how churches can respond in ways that are compassionate, clear, and connected to community resources.

Domestic Violence, Safety, and the Faith Community

- Understand basic dynamics of domestic violence and how they show up in church settings. Learn how to respond to disclosures in ways that prioritize safety and dignity.

Youth, Anxiety, and the Church

- Examine current trends in youth anxiety, depression, and stress.

Grief, Loss, and Collective Trauma in the Congregation

- Reflect on how grief and collective trauma shape congregational life over time. Explore pastoral and practical responses when communities experience crisis or loss.

Healthy Boundaries for Pastors and Church Leaders

- Clarify the role of boundaries in sustaining long-term ministry.

Integrating Counseling Referrals into Pastoral Ministry

- Discuss how to build a trusted referral list of counselors and mental health professionals.

Leading Through Conflict and Change Without Losing Heart

- Identify how conflict and change affect emotional and spiritual health in leaders. Explore practical tools for communication, listening, and de-escalation.

Supporting Lay Leaders and Volunteers Without Burning Them Out

- Highlight the unique pressures on lay leaders and volunteers in the church.