

When to Refer to a Professional

"You will seek me and find me when you seek me with all your heart." — Jeremiah 29:13

Biblical counseling and lay support are valuable, but some situations require referral to a licensed professional, medical provider, or crisis service.

Refer out when you encounter:

- Suicidal thoughts, self-harm, or expressed intent to harm someone else — treat these as urgent, and involve emergency services if there is immediate danger.
- Signs of abuse (physical, sexual, emotional) — most regions have mandatory reporting requirements for minors.
- Symptoms suggesting a diagnosable mental health condition (severe depression, psychosis, disordered eating, addiction) that needs clinical treatment.
- Situations beyond your training, experience, or emotional capacity — referring is wisdom, not failure.

Remember: referring someone to a professional and continuing to walk with them spiritually are not mutually exclusive — you can do both.