RAPHA
GLOBAL INITIATIVE

Too many are suffering in silence.

Inside the church, mental health needs far exceed access to care. Stigma and misconceptions add another barrier, including the belief that depression or anxiety is a sign of weak faith.

More than 3X

The Burden of Depression.

Some studies report depression rates among Christian clergy exceeding three times those of the general population.

Nearly half

The Gap in Care.

Nearly half of clergy with elevated depression or anxiety symptoms had not received professional mental healthcare in the preceding two years.

About 2 in 5

Had their Suffering Dismissed.

In one study, 41.2% of Christians with diagnosed mental disorders reported that someone in their church had dismissed their diagnosis.

What if the Church became a place where mental health struggles weren't met with silence and shame, but with compassion, understanding, and healing?

For many, the Church is the first place they turn. Pastors are trusted first responders, yet often lack the training, support, and referral pathways to respond well. And pastors, like those they serve, also carry hidden wounds—and too often carry them alone.

Edwards et al. (2021): https://www.tandfonline.com/doi/full/10.1080/13674676.2020.1838459
Biru et al. (2023): https://pmc.ncbi.nlm.nih.gov/articles/PMC10133353/
Stanford & McAlister (2008): https://www.tandfonline.com/doi/full/10.1080/15228960802160654,exploratory online survey, n = 85.

ROOTED IN CHRIST. REACHING THE WORLD.

THE RAPHA RESPONSE

Beyond awareness.
Toward whole-person healing.

Rapha is a faith-rooted, evidence-based movement restoring the Church as a place of refuge and healing. By bridging faith and mental healthcare, we equip churches to address mental health needs, heal wounds of the soul, and cultivate biblical shalom—wholeness, peace, and flourishing.

FOUR PILLARS, DELIVERED THROUGH TRUSTED CHURCH NETWORKS

RENEW

Challenge stigma and misconceptions through biblical truth and evidence-based mental health education.

RESTORE

Heal the healers by addressing stress, burnout, secondary trauma, and deeper wounds of the soul among pastors and ministry leaders.

EQUIP

Train clergy and lay leaders to recognize mental health needs, respond wisely, and connect people to appropriate care.

CONNECT

Build supportive communities and bridges to local partners and professional care.

EARLY EVIDENCE OF PROMISE

Changing beliefs. Breaking stigma.

LESS STIGMA

Lower agreement with the belief that strong faith means someone cannot experience depression or anxiety.

Bridging faith and care.

FAITH AND CARE, TOGETHER

Stronger agreement that God works through both faith and professional mental healthcare.

Preliminary evaluation identified two statistically significant differences in mental health beliefs. These are early attitudinal findings, not evidence of improved clinical symptoms or care utilization.

EMERGING THEMES: Safe churches and openness • Professional care and referrals • Integrating faith and mental healthcare

Locally grounded. Built to be scaled.

Through relationships with established church leaders and networks in Ghana, Rapha is working toward a model that is co-designed locally, not exported unadapted.

The next phase:

- An eight-week Restore pilot
- Facilitator development
- Outcome measurement and evaluation to guide responsible expansion

THE INVITATION

Help us build churches that heal.

We welcome catalytic philanthropic investment and strategic partnership to strengthen the pilot, evaluation, local leadership, and responsible scale.

Give Today

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RAPHA GLOBAL INITIATIVE

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