



Clergy Mental Health Snapshot: 2025

Understanding the Well-being of Our Spiritual Leaders



Key Statistics:

- **18%** of Protestant senior pastors in the U.S. have contemplated self-harm or suicide within the past year.
📌 Source: Barna Group, 2023
- **52%** of pastors are not receiving care for their mental health; **37%** believe they don't need it, **13%** say they lack time.
📌 Source: Church and Mental Health, 2024
- **70%** of pastors report lower self-esteem now than when they began ministry.
📌 Source: Soul Shepherding, "Pastors Under Stress," 2023
- **90%** of pastors work between 55–75 hours per week.
📌 Source: Soul Shepherding, "Pastors Under Stress," 2023



Challenges Faced:

- **Burnout:** 400% increase in burnout risk among clergy from 2015 to 2022.
📌 Source: MMBB Financial Services, 2024
- **Isolation:** Many pastors lack strong peer or personal relationships.
📌 Source: Barna Group, "Pastor Support Systems," 2023
- **Stigma:** **26%** of pastors believe mental health issues should only be addressed between them and God.
📌 Source: Church and Mental Health, 2024



Call to Action:

- Encourage peer support, professional therapy, and emotional wellness check-ins.
- Host clergy retreats focused on mental renewal and rest.
- Include mental health training in pastoral development programs.

Church & Mental Health: Community Impact

The Role of Faith Communities in Mental Wellness



Community Insights:

- 1 in 5 adults in the U.S. experiences a mental illness each year.
📌 Source: National Alliance on Mental Illness (NAMI), 2023
- 60% of individuals facing mental distress first approach a spiritual leader rather than a mental health professional.
📌 Source: National Center for Biotechnology Information (NCBI), 2003
- Only 1 in 3 churches have an established mental health ministry or response plan.
📌 Source: Church and Mental Health, 2024



The Church's Role:

- Safe Space: Promote non-judgmental dialogue on emotional struggles.
- Support Networks: Offer prayer, peer-led groups, and mental health referrals.
- Training: Equip clergy and volunteers to identify early signs of emotional distress.



Action Steps:

- Partner with licensed counselors and mental health professionals.
- Normalize faith + therapy messages in sermons and Bible studies.
- Host Mental Health Awareness Sundays and healing services.



Sources

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