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## Emmaus Mental Health Ministries

*"While they were talking and discussing, Jesus himself came near and went with them." Luke 24:15*



At Emmaus Mental Health Ministries we believe in the strength and comfort that can come from peers walking with and supporting peers.

Our spiritual peer support groups bring together individuals with lived experience of mental health challenges in the family.

Spiritual peer support focuses on shared prayer, learning building resiliency, walking together, moving forward towards a healthier life for ourselves and those whom we care for, and discovering Jesus Christ walking with us in the midst of it all.

Who needs you to hold their hand today? Who do you need to hold yours?

***1 in 4 families experience mental health challenges. If you're looking for support, Emmaus Family Support is here to help. Join our community of caring individuals***



Emmaus Phone and  
Online Support



Emmaus Website



Emmaus Prayer  
Support



emmausmentalhealth@gmail.com