

Title: "When Should Lay-ministers Obtain Consultation/Make Referrals?"

January 5, 2026

Greetings all,

Just a quick note to let you know that I have just re-posted an updated essay, "When Should Lay-ministers Ask for Help (Obtain Consultation from/Make Referrals to Mental Health Professionals)?" Now accessible as a free download from the Special Subjects/Advanced Topics section of the Resources page: <https://www.immanuelapproach.com/special-subjectsadvanced-topics/>

I have included the first paragraph and outline, below, as an appetizer.

Blessings,

Dr. Lehman/Karl

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**When Should Lay-ministers Ask for Help
(Obtain Consultation From/Make Referrals to Mental Health Professionals)?**
(Karl D. Lehman MD, New 1/14/2005, Revised 10/11/2025)

An important question for any ministry in which lay-people work with recipients is, "When should lay-ministers obtain consultation from or make referrals to mental health professionals?" Even without knowing anything about diagnosing specific mental illnesses, a lay minister can use the following criteria to identify recipients who need consultation/referral.

- I. The recipient has suicidal thoughts/suicide risk *that you don't feel comfortable with/don't know how to handle.*
- II. The recipient's symptoms are causing serious disability.
- III. The recipient is experiencing strange and/or alarming symptoms *that you don't understand or know what to do with.*