

REBECCA MAXWELL

Speaker | Author |
Psychotherapist | Minister

Bridging Faith & Mental Health Biblical Truth Meets Clinical Insight



Rebecca Maxwell is a dynamic and trusted voice at the intersection of scripture and mental health. As a licensed psychotherapist, ordained minister, author, and founder of a thriving Christian counseling practice, Rebecca brings a unique blend of clinical knowledge and spiritual integration to every audience she addresses.

She is the author of *Jesus & Your Mental Health*—a powerful and practical guide for Christians seeking hope, healing, and a biblically grounded understanding of mental well-being. This isn't an exhaustive medical manual; it's a grace-filled resource for navigating emotional struggle with clarity, courage, and truth.

About the Book: *Jesus & Your Mental Health*

- Part 1: Foundational truths for understanding mental health
- Part 2: Root causes of emotional and psychological distress
- Part 3: Common challenges like anxiety, depression, and grief
- Part 4: When and how to seek help

Endorsed by

Author & Pastor Joby Martin
Best-selling Author Charles Martin
Best-selling Author Lysa TerKeurst

Foreword by Pastor Joby Martin, Church of Eleven22

JESUS & YOUR MENTAL HEALTH



LINKING GOD'S WORD & MODERN SCIENCE
TO FIND PEACE ABOUT MENTAL HEALTH

Rebecca Speaks On:

- Scripture & Mental Health Integration
- Holistic Discipleship for Emotional Wellness
- Sustainable Ministry Vocation
- Emotional & Relational Health for Couples, Families, Churches, and Teams

NOW BOOKING FOR 2025-2026 SPEAKING ENGAGEMENTS

Current Engagements

- Leading retreats & workshops annually through her practice
- Regular speaker at The Church of Eleven22 retreats, trainings, and events
- Regular speaker for parents and womens groups in Jacksonville area
- Speaking to corporate groups on Mental Health & Wellness

LET'S START A NEW CONVERSATION

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Podcast: Jesus & Your Mental Health

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