

Short Bio:

Rebecca Maxwell is a licensed marriage and family therapist, author of *Jesus & Your Mental Health*, and host of the podcast by the same name. With over two decades in ministry and counseling, she bridges the gap between biblical truth and practical mental health tools, helping audiences live with



resilience, clarity, and hope. Rebecca speaks at churches, conferences, and retreats, offering a warm, relatable approach that equips people to care for their hearts, minds, and souls.

Long Bio:

Rebecca Maxwell is a licensed marriage and family therapist, author, and speaker passionate about integrating the timeless wisdom of Scripture with evidence-based mental health practices. She is the author of *Jesus & Your Mental Health*, a guide for Christians seeking to understand mental wellness and illness through the lens of both faith and science.

For more than 15 years, Rebecca served in church ministry with children, adolescents, and families before transitioning to full-time counseling in 2015. Today, she leads a team of counselors at Jacksonville Counseling Services in Jacksonville, Florida, and hosts the *Jesus & Your Mental Health* podcast, where she discusses topics ranging from anxiety and depression to emotional regulation and healthy relationships.

Rebecca's teaching style is marked by authenticity, storytelling, and practical application. She has spoken at women's conferences, church leadership gatherings, corporate events, and marriage retreats, helping diverse audiences see that caring for our mental and emotional health is an essential part of loving God with all our heart, soul, mind, and strength.

Married to her husband, Shawn, for over 25 years, Rebecca is also a mother and active member of her church community. Her mission is simple yet transformative: to equip people with biblical wisdom and mental health tools so they can live whole, healthy, and purposeful lives.