



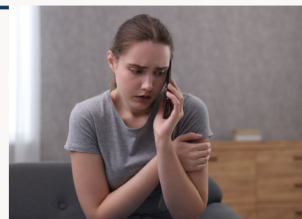
ANXIETY + DEPRESSION

LEARN MORE

Whether you are seeking immediate help, spiritual encouragement, or long-term support, for yourself or a loved one, these resources point toward the truth that healing is possible and that Christ is present even in the darkest moments.

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DEPRESSION + ANXIETY

CRISIS RESOURCES



SUICIDE PREVENTION RESOURCES – CENTERS FOR DISEASE CONTROL AND PREVENTION

Educational tools and community programs for preventing suicide and supporting those in crisis.

[CDC.GOV/SUICIDE/RESOURCES/PREVENTION.HTML](https://www.cdc.gov/suicide/resources/prevention.html)



CATHOLIC HOTLINE – THE UPPER ROOM CRISIS HOTLINE

Free, confidential Catholic crisis line (7 a.m.–midnight CT) providing immediate emotional and spiritual support.

[CATHOLIC HOTLINE.ORG](https://www.catholic hotline.org)



24/7 CALL, TEXT, CHAT

CHURCH TEACHING & PASTORAL GUIDANCE



CATECHISM OF THE CATHOLIC CHURCH §§ 2280–2283

Outlines the Church's compassionate understanding of suicide, despair, and divine mercy.

[VATICAN.VA/ARCHIVE/ENG0015/___P77.HTM](https://www.vatican.va/archive/eng0015/___p77.htm)



CATHOLIC SUICIDE RESOURCES- INTERNATIONAL ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS

Catholic prayers and resources offering comfort to those who have lost someone to suicide.

[CATHOLICMHM.ORG/SUICIDE](https://www.catholicmhm.org/suicide)

DEPRESSION + ANXIETY

LOCAL RESOURCES

Click Here St. Louis Catholic Therapist Network Participants

[AVAILABLE AT ARCHSTL.ORG/MENTALHEALTH](https://www.archstl.org/mentalhealth)

Disclaimer: Services offered by those listed as part of the Catholic Therapist Network pertain to the individual provider. Their inclusion requires current licensing and professional liability insurance in the state of Missouri upon acceptance into the Network as well as a clearance interview by diocesan clergy. The Archdiocese makes no representations or warranties as to the therapists' skills, credentials, abilities, suitability, licensure (professional or otherwise), continuing licensure, compliance or continued compliance with licensure or other laws or regulations. It is an individual's choice as to the therapist selected for care; the Archdiocese is not liable for any damages related to services provided by, or any interactions with, therapists in the Network.

Click Here for a St. Louis Community Mental Health Resources List

(NOTE: CATHOLIC + NON-CATHOLIC COLLECTIVE LIST)

[AVAILABLE AT ARCHSTL.ORG/MENTALHEALTH](https://www.archstl.org/mentalhealth)

Services offered by those on this compilation of providers pertain to the individual provider. The Archdiocese of St. Louis makes no representations or warranties as to the providers' skills, credentials, abilities, suitability, licensure (professional or otherwise), continuing licensure, compliance or continued compliance with licensure or other laws or regulations. Selection among such providers or others not listed herein is left to the discernment and sound discretion of the individual seeking care; the Archdiocese is not liable for any damages related to services provided by, or any interactions with, providers included on this compilation.



ST. LOUIS COUNSELING

Provides comprehensive mental health services billed through insurance or at no to low cost.

[saintlouis counseling.org](https://www.saintlouis counseling.org)

DEPRESSION + ANXIETY

GLOBAL INITIATIVE CAMPAIGN (USCCB)



USCCB – NATIONAL CATHOLIC MENTAL HEALTH CAMPAIGN

Encourages parish awareness, reduces stigma, and provides prayer and outreach toolkits.

[USCCB.ORG/MENTALHEALTH](https://usccb.org/mentalhealth)

ORGANIZATIONS / MINISTRIES / CENTERS



SANCTUARY MENTAL HEALTH FOR CATHOLICS

Eight-session course helping parishes talk about mental health through a Catholic lens.

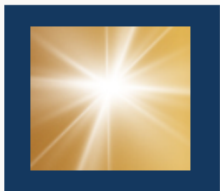
[SANCTUARYMENTALHEALTH.ORG/CATHOLICS/](https://sanctuarymentalhealth.org/catholics/)



ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS (ACMHM)

Provides parish models, topic-specific resources, and national collaboration for Catholic mental-health ministry.

[CATHOLICMHM.ORG/RESOURCES-BY-TOPIC](https://catholicmhm.org/resources-by-topic)



CATHOLIC MENTAL HEALTH RESOURCES

An online library curating Catholic mental-health resources, reflections, and educational materials.

[CATHOLICMENTALHEALTHRESOURCES.COM](https://catholicmentalhealthresources.com)



GRACE ALLIANCE

Christian nonprofit offering free mental-health workbooks and support groups combining Scripture with psychological care.

[MENTALHEALTHGRACEALLIANCE.ORG/FREE-RESOURCES](https://mentalhealthgracealliance.org/free-resources)

SELF-CARE/FORMATION

PODCASTS & AUDIO REFLECTIONS



RESTORE THE GLORY PODCAST

Catholic conversations on trauma, identity, and healing in Christ.
[RESTORETHEGLORYPODCAST.COM](https://www.restoretheglorypodcast.com)



THE CATHOLIC GENTLEMAN- "DEALING WITH ANXIETY AND DEPRESSION AS A CATHOLIC MAN"

Discusses personal experience, professional experience, and the wisdom of the Church to better handle anxiety and depression in the lives of men and what can be done to help.
[OPEN.SPOTIFY.COM/EPISODE/1AR7GIFCMNFFHOIG5UUEB?SI=UHZ6_KCGQYYGUPU3XOXMGQ](https://open.spotify.com/episode/1AR7GIFCMNFFHOIG5UUEB?si=UHZ6_KCGQYYGUPU3XOXMGQ)



THE CATHOLIC WOMAN- "TRAUMA, ANXIETY, & THE BOTH/AND LIFE: HOW CATHOLIC WOMEN HEAL WITHOUT CHASING PERFECTION"

Licensed counselor and Catholic speaker Catherine DiNuzzo explains what trauma is (and isn't), why women often minimize it, and how to move through pain without getting stuck.
[OPEN.SPOTIFY.COM/EPISODE/26OOYZ6FUJQY2C8KXPADQ2?SI=KUFLQKYBRT2OM-7QRMBNQG](https://open.spotify.com/episode/26OOYZ6FUJQY2C8KXPADQ2?si=KUFLQKYBRT2OM-7QRMBNQG)



MADE GOOD: "A CATHOLIC GUIDE TO HEALING ANXIETY: FAITH, PEACE, AND PRACTICAL TOOLS"

A hope-filled Catholic conversation on anxiety that encourages facing fear with faith, explores healing through tools like EMDR, and offers practical ways to find peace.
[OPEN.SPOTIFY.COM/EPISODE/4MELLPFKZQXAA0WGVXF5A?SI=CEYCV6H5Q_6XBXYPMQP5KQ](https://open.spotify.com/episode/4MELLPFKZQXAA0WGVXF5A?si=CEYCV6H5Q_6XBXYPMQP5KQ)



"THE CATHOLIC GUIDE TO DEPRESSION" PANEL DISCUSSION – DR. AARON KHERIATY

Catholic professionals discuss faith, therapy, and recovery from depression.
[YOUTUBE.COM/WATCH?V=8SIWLQ0ZUQY](https://www.youtube.com/watch?v=8SIWLQ0ZUQY)



NATIONAL CATHOLIC PARTNERSHIP ON DISABILITY WEBINAR WITH MIKE EISENBATH

Faith-based presentation on living with depression and finding strength through Christ
[NCPD.ORG/WEBINARS/2021-MENTAL-HEALTH-MIKE-EISENBATH](https://www.ncpd.org/webinars/2021-mental-health-mike-eisenbath)

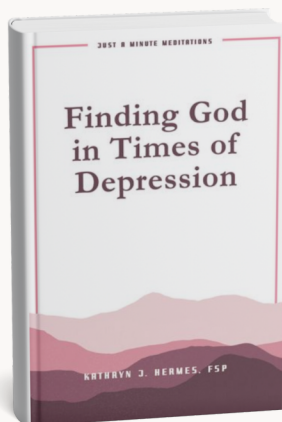


AVE EXPLORES: MENTAL HEALTH – AVE MARIA PRESS

Article and podcast series featuring Catholic experts on anxiety, depression, and healing.
[AVEMARIAPRESS.COM/PAGES/AVEEXPLORES-SERIES/INTRO-MCGRADY](https://www.ave mariapress.com/pages/aveexplores-series/intro-mcgrady)

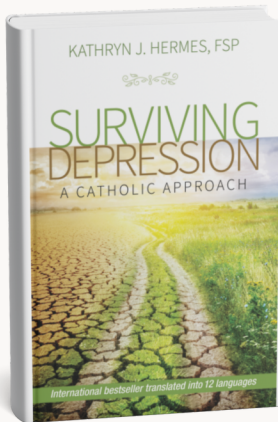
SELF-CARE/FORMATION

BOOKS & PRINTABLES



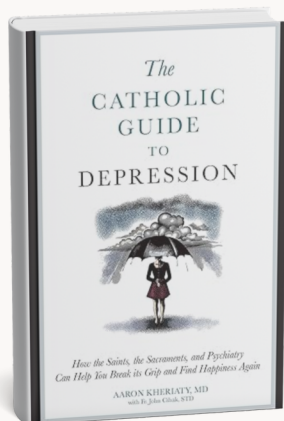
FINDING GOD IN TIMES OF DEPRESSION – PAULINE BOOKS & MEDIA
Short meditations offering comfort and spiritual hope for those suffering from depression.

PAULINESTORE.COM/FINDING-GOD-IN-TIMES-OF-DEPRESSION-JUST-A-MINUTE-MEDITATIONS-QS1011891-204205.HTML



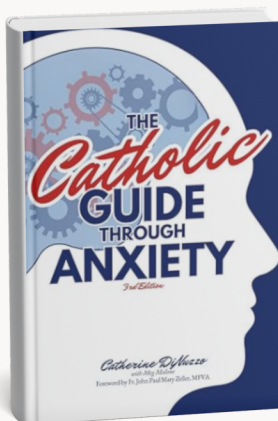
SURVIVING DEPRESSION: A CATHOLIC APPROACH – SR. KATHRYN HERMES, FSP
Practical guide to managing depression through prayer, therapy, and sacramental life.

PAULINESTORE.COM/SURVIVING-DEPRESSION-A-CATHOLIC-APPROACH-QS1001349-193639.HTML



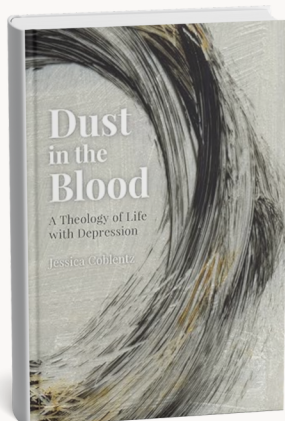
THE CATHOLIC GUIDE TO DEPRESSION – DR. AARON KHERIATY & FR. JOHN CIHAK
Explains the medical, psychological, and spiritual dimensions of depression from a Catholic lens.

A.CO/D/0F178RAO



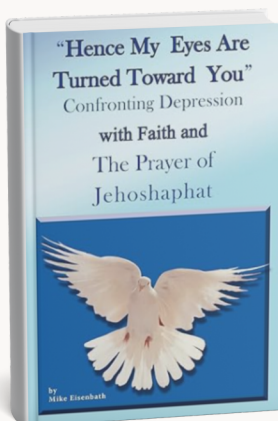
THE CATHOLIC GUIDE THROUGH ANXIETY – PAUL BROGAN & THERESA LINDEN

Integrates Catholic spirituality with CBT-inspired tools and prayer strategies to overcome fear
A.CO/D/08SSLRYO



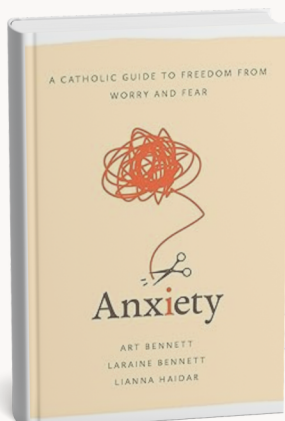
DUST IN THE BLOOD – JESSICA COBLENTZ
A Catholic theological exploration of depression as a place where suffering and grace meet.

LITPRESS.ORG/PRODUCTS/E8527/DUST-IN-THE-BLOOD

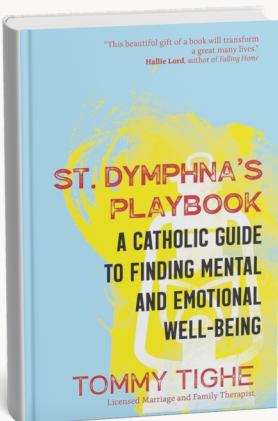


HENCE MY EYES ARE TURNED TOWARD YOU – MIKE EISENBATH

Personal reflections on faith, prayer, and perseverance through depression.
AMAZON.COM/HENCE-EYES-ARE-TURNED-TOWARD/DP/1438912986



ANXIETY: A CATHOLIC GUIDE TO FREEDOM FROM WORRY AND FEAR
Practical blend of spiritual and psychological tools for finding peace through trust in God.
A.CO/D/09QBFLMG



ST. DYPHNA'S PLAYBOOK – AVE MARIA PRESS
A prayerful guide for those seeking peace amid anxiety, depression, or mental illness.
AVEMARIAPRESS.COM/PRODUCTS/ST-DYPHNAS-PLAYBOOK

SELF-CARE/FORMATION

ARTICLES + REFLECTIONS



“Five Ways Faith Can Free You From Anxiety and Depression” - Bishop Barron, Word on Fire (Video)

Word on Fire Episode discussing anxiety and depression, and exploring the secular and Catholic perspective.

youtu.be/uP9v7H7ZWzg?si=mOQCgiUGFJNYOWJ8



“PROFESSIONAL COUNSELOR GIVES ADVICE ON DEALING WITH ANXIETY IN A NEW SCHOOL YEAR” - ST. LOUIS REVIEW

Professional counselor, pastoral associate gives tips on recognizing, dealing with signs of anxiety in young people.

STLOUISREVIEW.COM/STORY/PROFESSIONAL-COUNSELOR-GIVES-ADVICE-ON-DEALING-WITH-ANXIETY-IN-A-NEW-SCHOOL-YEAR/



“LIVING WITH DEPRESSION: FINDING GOD IN THE DARKNESS” - CATHOLIC STAND

A multimedia series exploring Catholic approaches to mental wellness and resilience.

CATHOLICSTAND.COM/LIVING-WITH-DEPRESSION-FINDING-GOD-IN-THE-DARKNESS/



“SUICIDE AND OUR MISUNDERSTANDINGS” - FR. RON ROLHEISER, OMI

Pastoral essay on suffering, mercy, and hope for those who die by suicide.

RONROLHEISER.COM/SUICIDE-AND-OUR-MISUNDERSTANDINGS/



“How to Deal With Depression: The Black Dog Days” - The Catholic Gentleman

A personal reflection on spiritually and reflectively journeying through depression as a Catholic.

catholicgentleman.com/2014/05/black-dog-days-how-to-deal-with-depression/