



SELF-CARE/FORMATION

LEARN MORE

These self-care and formation resources foster personal healing and ongoing discipleship, integrating prayer, psychology, and Catholic spirituality to strengthen emotional and spiritual wellbeing.

TABLE OF CONTENTS

**PAGE 2: ORGANIZATIONS /
MINISTRIES / CENTERS**



**PAGE 3: PODCASTS & AUDIO
REFLECTIONS**



**PAGE
4-5: CONTEMPLATIVE PRAYER &
RESOURCES COURSES /
FORMATION SERIES**



**PAGE
5-6: BOOKS & PRINT RESOURCES
DOWNLOADABLE & LEADER
TOOLS**



SELF-CARE/FORMATION

ORGANIZATIONS / MINISTRIES / CENTERS



JOHN PAUL II HEALING CENTER

A national ministry providing retreats, workshops, and courses like Healing the Whole Person to restore emotional and spiritual wholeness.

JPIIHEALINGCENTER.ORG



CLERGY CARE COLLECTIVE

Supports clergy and religious with confidential counseling, formation programs, and community support.

CLERGYCARECOLLECTIVE.ORG



CATHOLIC CHARITIES USA – INTEGRATED HEALTH

Integrates behavioral-health, social-service, and pastoral programs across Catholic Charities agencies nationwide.

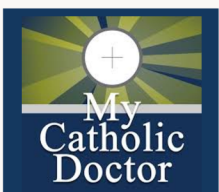
CATHOLICCHARITIESUSA.ORG/WHAT-WE-DO/INTEGRATED-HEALTH



ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS (CMHM)

Equips parishes to serve those living with mental illness through formation, resources, and national community.

CATHOLICMHM.ORG



MY CATHOLIC DOCTOR

Offers medical and mental-health education guided by Catholic ethics and theology of the person.

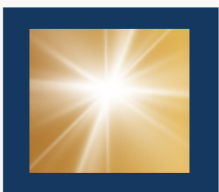
MYCATHOLICDOCTOR.COM



USCCB NATIONAL CATHOLIC MENTAL HEALTH CAMPAIGN

A pastoral initiative promoting awareness, inclusion, and hope through diocesan engagement.

USCCB.ORG/MENTALHEALTH



CATHOLIC MENTAL HEALTH RESOURCES

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

CATHOLICMENTALHEALTHRESOURCES.COM

SELF-CARE/FORMATION

PODCASTS & AUDIO REFLECTIONS

RESTORE THE GLORY

RESTORE THE GLORY (PODCAST)

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



SAINT DYMHPHNA'S PLAYBOOK (PODCAST)

Encourages prayer, hope, and self-understanding through saintly intercession.

[PODCASTS.APPLE.COM/US/PODCAST/SAINT-DYMHPHNAS-PLAYBOOK/ID1467499528](https://podcasts.apple.com/us/podcast/saint-dymphnas-playbook/id1467499528)



ABIDING TOGETHER (PODCAST)

Faith-filled conversations on healing, identity, and holiness in everyday life.

[ABIDINGTOGETHERPODCAST.COM](https://www.abidingtogetherpodcast.com)



HALLOW APP

Catholic meditation and prayer platform with content for anxiety, sleep, gratitude, and peace.

[HALLOW.COM](https://www.hallow.com)



CATHOLIC ANSWERS LIVE – CATHOLICS AND MENTAL HEALTH

Addresses common spiritual and therapeutic questions about mental illness.

[CATHOLIC.COM/AUDIO/CAL/CATHOLICS-AND-MENTAL-HEALTH](https://www.catholic.com/audio/cal/catholics-and-mental-health)



ASCENSION PRESS BLOG + VIDEO – “WHY YOU NEED JESUS & A COUNSELOR” (ASCENSION TEAM FT. MARI PABLO)

A Catholic exploration of why we all need Jesus, and probably a mental health counselor.

[ASCENSIONPRESS.COM/BLOGS/VIDEOS/WHY-YOU-NEED-JESUS-AND-A-COUNSELOR](https://www.ascensionpress.com/blogs/videos/why-you-need-jesus-and-a-counselor)



ASCENSION PODCAST – “OCD, ANXIETY & THERAPY” (FR. PAUL GROS)

A Catholic exploration of scrupulosity, anxiety, and mental-health treatment.

[MEDIA.ASCENSIONPRESS.COM/PODCAST/OED-ANXIETY-AND-THERAPY](https://www.media.ascensionpress.com/podcast/oed-anxiety-and-therapy)

SELF-CARE/FORMATION

COURSES & FORMATION SERIES



SANCTUARY COURSE FOR CATHOLICS – SANCTUARY MENTAL HEALTH MINISTRIES

An eight-part small-group course exploring mental health, community, and faith.

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



JPII HEALING CENTER ONLINE COURSES & RETREATS

Digital and in-person offerings such as Healing the Whole Person and Unbound Freedom in Christ.

[JPIIHEALINGCENTER.ORG](https://jpiihealingcenter.org)



AVE EXPLORES: STRESS, ANXIETY & MENTAL HEALTH – AVE MARIA PRESS

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

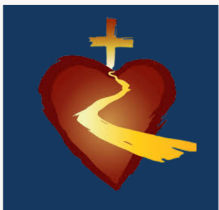
[AVEMARIAPRESS.COM/PAGES/AVEEXPLORES-MENTALHEALTH](https://avemariapress.com/pages/aveexplores-mentalhealth)



MIND & HEART INTEGRATION – SOULS AND HEARTS PROGRAM

Guided formation series combining Catholic psychology and spiritual direction practices.

[SOULSANDHEARTS.COM](https://soulsandhearts.com)



LIFE-GIVING WOUNDS

Christ-centered healing through retreats, support groups, community, spiritual formation, resources & more for adult children of divorce.

[LIFEGIVINGWOUNDS.ORG](https://lifegivingwounds.org)

SELF-CARE/FORMATION

CONTEMPLATIVE PRAYER & MINDFULNESS RESOURCES



CENTERING PRAYER – CONTEMPLATIVE OUTREACH

Rooted in Benedictine tradition, Centering Prayer helps integrate silence, mindfulness, and surrender to God's presence.

[CONTEMPLATIVEOUTREACH.ORG](https://www.contemplativeoutreach.org)



MONASTIC WISDOM FOR MODERN LIFE – BENEDICTINE PEACE CENTER

Workshops and retreats teaching contemplative stillness, Lectio Divina, and mindful presence.

[YANKTONBENEDICTINES.ORG/RETREAT-CENTER/](https://www.yanktonbeneditines.org/retreat-center/)



CARMEHITE INSTITUTE OF NORTH AMERICA

Courses and retreats on contemplative prayer, mental prayer, and emotional healing through Carmelite spirituality.

[CARMELITEINSTITUTE.NET](https://www.carmeliteinstitute.net)



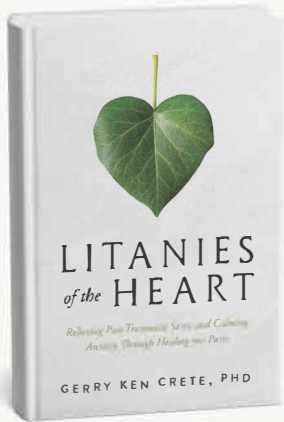
JESUIT MEDITATION SERIES – “REIMAGINING THE EXAMEN” (APP & PODCAST)

Daily Ignatian reflections for self-awareness, gratitude, and discernment.

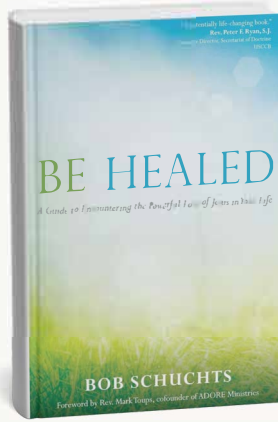
[IGNATIANSPIRITUALITY.COM/EXAMEN-PRAYER](https://www.ignatianspirituality.com/examen-prayer)

SELF-CARE/FORMATION

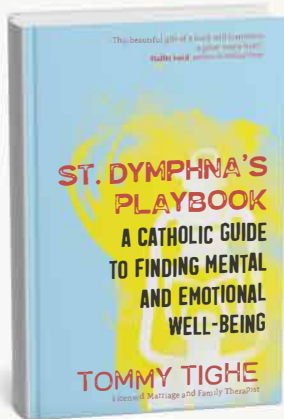
BOOKS & PRINTABLES



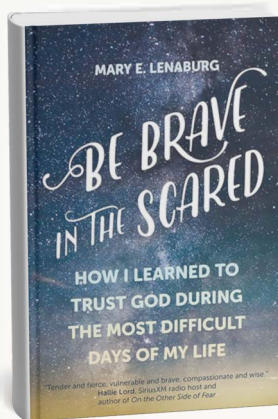
LITANIES OF THE HEART – SOULS AND HEARTS
Devotional litanies for inner healing and emotional honesty rooted in Catholic anthropology.
SOPHIAINSTITUTE.COM/PRODUCT/LITANIES-OF-THE-HEART



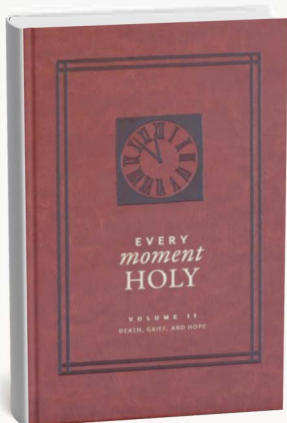
BE HEALED – DR. BOB SCHUCHTS
A transformative journey toward emotional and spiritual renewal through encounter with Christ.
AVEMARIAPRESS.COM/PRODUCTS/BE-HEALED



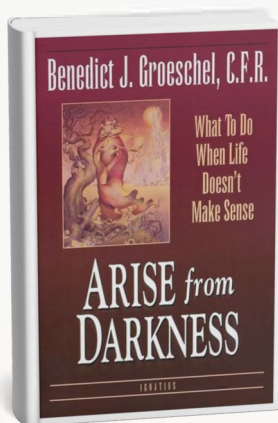
ST. DYPHNA'S PLAYBOOK – AVE MARIA PRESS
A prayerful guide for those seeking peace amid anxiety, depression, or mental illness.
AVEMARIAPRESS.COM/PRODUCTS/ST-DYPHNAS-PLAYBOOK



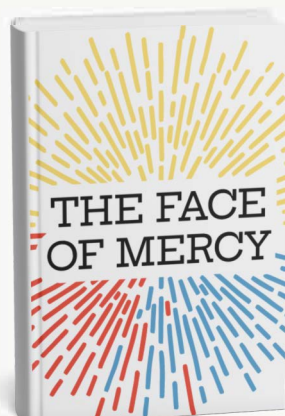
BE BRAVE IN THE SCARED – MARY LENABURG
Memoir and reflection on courage, faith, and surrender amid life's challenges.
AVEMARIAPRESS.COM/PRODUCTS/BE-BRAVE-IN-THE-SCARED



EVERY MOMENT HOLY (VOL. II): DEATH, GRIEF & HOPE
Written prayers for moments of suffering, renewal, and everyday sanctity.
EVERYMOMENTHOLY.COM/VOLUME-2-OF-SELF-LOVE



ARISE FROM DARKNESS – FR. BENEDICT GROESCHEL, CFR
Explores how faith reframes suffering and helps individuals find meaning in darkness.
IGNATIUS.COM/ARISE-FROM-DARKNESS-AFDP



(FREE PRINTABLE) LITANY OF SELF LOVE – THE FACE OF MERCY
A modern devotional promoting self-acceptance rooted in divine mercy.
THEFACEOFMERCY.ORG/BLOG/LITANY-OF-SELF-LOVE

SELF-CARE/FORMATION

PDFS & LEADER TOOLS



REACHING OUT WITH HOSPITALITY TO THOSE WITH MENTAL ILLNESS – NCPD BROCHURE

Catholic guide to parish inclusion and accompaniment of those with mental illness.

[NCPD.ORG/RESOURCES_AND_TOOLKITS/REACHING-OUT-HOSPITALITY-PERSONS-MENTAL-ILLNESS](https://ncpd.org/resources_and_toolkits/reaching-out-hospitality-persons-mental-illness)



CARING FOR THOSE WITH MENTAL ILLNESS – GUIDE FOR FAITH LEADERS

Concise overview of pastoral best practices and referral guidelines for Church workers.

[PUBLIC.FILES.CAPACITY.COM/b74c60b2-5d6b-4369-ae6a-8eed6e9bbb22/f3a3df18-5da5-4a16-8468-353f44163af1?FU=1774386118](https://public.files.capacity.com/b74c60b2-5d6b-4369-ae6a-8eed6e9bbb22/f3a3df18-5da5-4a16-8468-353f44163af1?FU=1774386118)



EQUIPPING AND ADVANCING CATHOLIC MENTAL HEALTH MINISTRY (ACMHM)

Educational webinar equipping parish and diocesan leaders to serve Catholics facing mental health challenges.

[YOUTUBE.COM/WATCH?v=sQXtgV4UpJY](https://www.youtube.com/watch?v=sQXtgV4UpJY)