

St. Louis Community Mental Health Resources

Disclaimer:

These are local mental health resources available to the community of the Archdiocese of St. Louis. The inclusion of any organization, ministry, or resource on this list does not imply endorsement or guarantee that all listed providers or materials fully uphold Catholic teaching and values. Users are encouraged to exercise discernment and verify that any chosen resource aligns with their personal needs and faith convictions.

1. Catholic Charities Ministries

(Behavioral Health & Addiction Recovery)

Catholic Charities of the Archdiocese of St. Louis — Mental Health & Wellness

Comprehensive behavioral health services including school partnerships, crisis response, and community support.

Website: <https://ccstl.org/services/mental-health-wellness>

Saint Louis Counseling (A Ministry of Catholic Charities of the Archdiocese of St. Louis)

Faith-aligned counseling and education, offering mental health outreach across parishes and schools, and walking alongside individuals.

Website: <https://saintlouis-counseling.org/about-us>

Queen of Peace Center (A Catholic Charities of the Archdiocese of St. Louis Ministry)

Comprehensive family-centered behavioral health and substance use recovery program for women, children, and families.

Website: <https://qopcstl.org/about>

St. Patrick Center (A Catholic Charities of the Archdiocese of St. Louis Ministry)

Located in downtown St. Louis, provides numerous services for adults who experience mental illness, homelessness and/or substance abuse disorders.

Website: <https://www.stpatrickcenter.org/>

Phone: 314-802-0700

Employee Assistance Program (EAP Program for ArchSTL employees, St. Louis Counseling)

Confidential counseling and mental health support for Archdiocesan employees and their families.

Access free sessions, referrals, and wellness resources through the EAP.

Available 24/7 for immediate assistance.

Website: <https://resources.archstl.org/article/776189/eap>

2. Healing Ministries & Programs (Pregnancy & Parenting)

(Pregnancy, Abortion, Miscarriage, Infant Loss, Postpartum, Fetal Diagnosis)

Walking with Moms in St. Louis (Archdiocese of St. Louis)

Supporting mothers means supporting maternal mental health. This Archdiocesan initiative helps parishes accompany women with compassion, connection, and hope — from pregnancy to postpartum and beyond.

Email: prolife@archstl.org

Phone: 314.792.7555

Walking with Families — Miscarriage & Preborn Loss (Archdiocese of St. Louis)

Comprehensive Archdiocesan resource list for families experiencing miscarriage or preborn loss.

Website: <https://resources.archstl.org/article/489528/walking-with-families>

Catholic Renewal Center — Compassion Groups (Archdiocese of St. Louis)

Prayer and support group for those who have lost children, including the preborn.

Phone: 314.792.7734

Email: janeguenther@archstl.org

Deceased Children's Memorial — St. Mary Magdalen Church (Archdiocese of St. Louis)

Special memorial for lost children, including the preborn.

Mercy HeartPrints Program

Comprehensive Mercy Health System program helping families through preborn or infant loss.

Phone: 314.521.6000 (mention “HeartPrints Program” when calling)

Naming & Commendation Rite (Archdiocese of St. Louis)

Preborn loss healing prayer service held regularly in Archdiocesan parishes.

Contact: prolife@archstl.org

Natural Family Planning Office (Archdiocese of St. Louis)

Additional resources for families touched by miscarriage or preborn loss.

Phone: 314.997.7576

Reproductive & Child Loss Ministry — Immaculate Conception Parish (Archdiocese of St. Louis)

Accompaniment for parents, couples, and families through reproductive or preborn loss.

Gabriel's Retreat Ministries

Retreats and accompaniment for pregnant and parenting mothers and fathers (up to one year postpartum).

Website: <https://gabrielsretreat.org>

Abortion Healing Ministry (Archdiocese of St. Louis)

Mental health referrals from trained Catholic licensed professionals for women, men, couples, and young adults (18+) touched by abortion loss in any way.

Phone: 314.778.0628

Email: hopehealing@archstl.org

Website: <https://resources.archstl.org/article/998994/abortion-healing-ministry>

Cardinal Glennon Children's Hospital — Fetal Care Institute

Support for families facing fetal diagnoses.

Website: <https://www.ssmhealth.com/cardinal-glennon/fetal-care-institute>

3. Faith-Integrated Healing & Clinical Offerings

(Local Institutions)

Crisis Support (Archdiocese of St. Louis)

Archdiocesan ministry for persons experiencing mental, emotional, or spiritual crisis.

Website: <https://www.archstl.org/crisis-support/spiritual-crisis-support>

Catholic Renewal Center (Archdiocese of St. Louis)

Offers spiritual formation, retreats, and renewal programs with an emphasis on healing prayer.

Website: <https://www.archstl.org/about/offices-and-agencies/catholic-renewal-center>

Catholic Marriage Counseling Information (Archdiocese of St. Louis)

The Office of Marriage and Family Life houses a wealth of knowledge of marriage support resources, including Catholic counselors. Contact Paul Duker for more information and individualized assistance.

Phone: 314.792.7178

Website: www.archstl.org/about/offices-and-agencies/marriage-family-life/

Program for Psychology & Religion — St. Louis Behavioral Medicine Institute

Clinical and educational program integrating psychology and faith; serves clergy, laity, and religious communities.

Website: <https://slbmi.com/programs-and-services/psychology-religion-program>

4. Parish/Small-Level Wellness Ministries

(Local Examples)

Stephen Ministries (Founded in the Archdiocese of St. Louis)

Lay caregiving program used by many Catholic parishes for one-on-one emotional and spiritual accompaniment.

Website: <https://www.stephenministries.org>

St. Peter Parish Wellness Council (Kirkwood, MO)

Hosts “Wellness Chats” and educational talks on holistic health in mind, body, and spirit.

Website: <https://stpeterkirkwood.org/wellness-council>

Mary Mother of the Church — Parish Health Ministry

Nurse-led ministry integrating physical, mental, and spiritual wellness for parishioners.

Website: <https://marymother.org/health-ministry>

Young Adult Mental Health Support Group “Pax Tecum” (Salt + Light, Archdiocese of St. Louis):

Peer-led support small group for adults aged 18-39 living with mental illness.

For more information, contact Nathan Hock at nathan.hock@outlook.com, 314-433-5538, or in person.

Augustine Way (Salt + Light, Archdiocese of St. Louis)

A faith-based men’s chastity group helping participants heal from sexual wounds through brotherhood, prayer, and habit-building. Offers confidential support for emotional and spiritual restoration.

Contact: 314-435-7839 | smeitz1357@gmail.com Instagram: @stlyoungadults

Magdala (Salt + Light, Archdiocese of St. Louis)

A women’s chastity & healing community centered on Christ, sisterhood, and renewal for those seeking freedom from sexual wounds or shame. Provides a safe space for faith and emotional growth.

Contact: 314-403-3963 | Instagram: @stlyoungadults

5. Catholic Mental Health Formation

Youth Mental Health First Aid — Office of Youth Ministry (Archdiocese of St. Louis)

Training for adults working with youth to identify and respond to adolescent mental health challenges.

Website: <https://stlyouth.org/ministry-support/youth-mental-health-first-aid>

The Sanctuary Course for Catholics — Sanctuary Mental Health Ministries

Eight-session small-group course exploring the intersection of faith and mental health, suitable for parishes or ministry leaders.

Website: <https://sanctuarymentalhealth.org/catholics>

Association of Catholic Mental Health Ministers — Catholic Mental Health Ministry Learning Center

Online formation courses and resources for establishing parish mental health ministries.

Website: <https://learn.catholicmhm.org>

6. General Community Education & Resources & Programs

Mercy “Neighborhood Resources” List

This list is frequently updated by St. Louis Social Workers as a bucket of all local community resources on a variety of topics and all possible needs, mental health and beyond.

Website: www.mercy.net/practice/mercy-neighborhood-ministry/mercy-neighborhood-ministry-resources/

Saint Louis Crisis Nursery

Family crisis support and emergency childcare. Provides short-term care for children when families face mental health, domestic, or financial crises — offering stability, counseling referrals, and wraparound resources to prevent abuse and neglect.

Website: www.crisisnurserykids.org

Phone: (314) 768-3201

NFCYM — National Federation for Catholic Youth Ministry

Resources for local youth ministers and families integrating mental health and faith formation.

Website: <https://www.nfcym.org>

NAMI St. Louis (National Alliance on Mental Illness)

Local chapter of a national organization offering education, peer support, and family programs; collaborates with faith organizations.

Website: <https://www.namistl.org>

Mental Health America of Eastern Missouri (MHA-EM)

Advocacy, education, and resource navigation.

MHA-EM Offers public education, peer support, and community training to promote mental wellness and reduce stigma. Also provides information and referrals for mental health services throughout Eastern Missouri.

Website: www.mha-em.org

Phone: (314) 773-1399

Epworth Children & Family Services provides special education services for adolescents, ages 7 to 21, who have been diagnosed with severe learning disabilities, emotional disorders and/or behavioral disorders through the Individual Education Plan (IEP) process. Epworth's progressive school program integrates intensive therapy services with academic studies, vocational training, small classes, and life skills development to prevent educational failure, help adolescents successfully return to their community schools whenever possible, earn high school credits, and graduate from high school or complete their General Education Degree (GED).

Website: www.epworth.org

Phone: 314-961-5718

Center for Trauma Recovery (UM-St. Louis) provides clinical services - usually short-term cognitive behavioral therapy - for children, adults, couples, families or groups who have experienced a traumatic event.

Website:

Phone: 314-516-6738

Great Circle has several locations across the state, delivering nationally-accredited treatment, education, prevention and support services to children and families. Offers a variety of services through crisis intervention, residential, out-patient, in-home programming and community-based counseling. Areas of expertise include behavioral health, Autism Spectrum Disorders, self-injury, foster parenting, abuse/neglect and more.

Website: <https://missouri.kvc.org/>

Phone: 314-968-2060

“Start Here STL”

Start Here STL focuses on accessible mental health and behavioral health care. They are a community-based center connecting individuals to therapy, psychiatry, and case management with a focus on removing barriers to care and promoting equity in mental health access.

Website: www.startherestl.org

Phone: (314) 531-5444

St. Louis Empowerment Center

St. Louis Empowerment Center is a drop-in center for adults with mental illness. All services are delivered in the peer-to-peer model and include referrals, socialization, personal growth classes and support groups. Located in downtown St. Louis.

Website: www.dbsaempowerment.org

Phone: 314-652-6100

Alzheimers.net and the St. Louis area Alzheimer's Association provide online information, educational opportunities, referrals and more for anyone experiencing Alzheimer's disease in their life or in a loved one. Call the St. Louis area office at

Phone: 314-432-3422.

Website: <https://www.alz.org/greatermissouri>

Our Little Haven

Our Little Haven provides a safe, healing environment for the youngest children recovering from abuse, neglect, abandonment or early childhood trauma in the greater St. Louis region. Services include therapeutic residential treatment, a full range of professional psychological services, a therapeutic preschool and case management for young children and families involved in the foster care system due to abuse and neglect. Care includes therapeutic residential treatment (birth-9), professional psychological services (birth-12), therapeutic preschool (3-6) and case management for young children and families.

Website: www.ourlittlehaven.org

Phone: 314-533-2229

St. Louis Domestic Violence Resources

Developed by local social workers, a comprehensive list of all domestic violence local resources

Website: <https://www.mercy.net/content/dam/mercy/en/pdf/mnm-resources/domestic-violence-resources.pdf>

USCCB “Healing & Hope” Initiative — Local Coverage from the St. Louis Review

Highlights diocesan programs addressing mental illness through Catholic pastoral care and outreach.

Website: <https://www.stlouisreview.com>

7. Alternative Education & Special Education Programs

Catholic / Archdiocesan Special Education Programs:

Archdiocese of St. Louis Special Education-

Our special education schools offer a small, caring environment specifically designed for children with disabilities who benefit from a self-contained classroom with modified curriculum lead by dedicated special education teachers.

Phone: 314-792-7302

Website: archstlschools.org

Non-Diocesan:

Epworth Children & Family Services

Provides residential, therapeutic, and educational services for adolescents ages 7–21 with severe learning disabilities, emotional disorders, or behavioral challenges. Services include individualized education, therapy integration, and life-skills development.

Phone: 314-961-5718

Website: www.epworth.org

Great Circle

Offers accredited education and therapeutic programming for children with severe emotional and behavioral issues, communication disorders, cognitive delays, or Autism Spectrum Disorder.

Phone: 314-968-2060

Website: www.greatcircle.org

Logos School

An independent, therapeutic middle and high school in St. Louis dedicated to meeting the academic and emotional needs of students whose needs have not been met in traditional classrooms.

Phone: 314-997-7002

Website: www.logosschool.org

The Miriam School

Located in Webster Groves, serves students age 4 through grade 8 who exhibit learning disabilities, ADHD, speech and language delays, or fine/gross motor delays. Provides a nurturing environment that encourages each child to reach their full potential.

Phone: 314-968-5225

Website: www.miriamstl.org