



GRIEF AND LIFE CHANGES

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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GRIEF AND LIFE CHANGES

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)

GRIEF AND LIFE CHANGES

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)

GRIEF AND LIFE CHANGES

LOCAL RESOURCES



CATHOLIC RENEWAL CENTER – COMPASSION GROUPS

Faith-based small groups offering prayer, reflection, and pastoral healing for those mourning loss or life change.

[314-792-7734](tel:314-792-7734) | janeguenther@archstl.org



PARISH BEREAVEMENT MINISTRIES (ARCHDIOCESE OF ST. LOUIS)

Many parishes host Seasons of Hope or other bereavement programs; contact your parish for details.

archstl.org

NATIONAL RESOURCES



RED BIRD MINISTRIES

A Catholic apostolate serving families after child loss—from miscarriage through adulthood—offering retreats, formation, and online support.

redbird.love



SEASONS OF HOPE (BEREAVEMENT SMALL GROUP MINISTRY SERIES)

A Scripture-based small-group program guiding participants through grief to renewed faith.

avemariapress.com/products/seasons-of-hope-leaders-guide



HEARTFELT – ONLINE CATHOLIC GRIEF SUPPORT GROUP

Virtual Catholic community providing prayer, sharing, and accompaniment for those in grief.

heartfelt.community/online-catholic-grief-support-group

GRIEF AND LIFE CHANGES

VIDEO SERIES & WEBINARS



GRIEVING WITH GREAT HOPE (FORMED SERIES)

A five-session video program blending Catholic theology, stories, and reflection for those who mourn.

watch.formed.org/grieving-with-great-hope



HOW THE CHURCH CAN SUPPORT FAMILIES OF CHILD LOSS (RED BIRD MINISTRIES X AVE MARIA PRESS)

Webinar teaching parish communities how to accompany grieving families.

youtube.com/watch?v=n4P_ezSWmOI



BRINGING COMFORT THROUGH CATHOLIC GRIEF SUPPORT (AVE MARIA PRESS)

Ave Maria Press webinar highlighting current updates and best practices for bereavement ministers.

[YOUTU.BE/LGTTN08YGQ?SI=TCTQDBPFVFIN8J_O](https://youtu.be/LGTTN08YGQ?SI=TCTQDBPFVFIN8J_O)



WHAT CATHOLICS NEED TO KNOW ABOUT GRIEVING (DIOCESE OF WILMINGTON)

A short Catholic Forum presentation exploring grief and pastoral care.

[YOUTU.BE/BAOIRMVPMRU?SI=UWHWY85CWU4FRLFO](https://youtu.be/BAOIRMVPMRU?SI=UWHWY85CWU4FRLFO)



PARACLETE PRESS – GRIEF & LOSS VIDEO COLLECTION

Streaming library including Helping Parents Grieve, Footprints on Our Hearts, and other faith-based grief reflections.

[PARACLETEPRESS.COM/PAGES/VIDEO-STREAMING](https://paracletepress.com/pages/video-streaming)

GRIEF AND LIFE CHANGES

PODCASTS



MOURNING GLORY GRIEF PODCAST

Faith-based grief stories and mental-health insights framed in Christian hope

podcasts.apple.com/us/podcast/mourning-glory-grief-podcast/id1703696310



CATHOLIC GRIEF COACH PODCAST

Nichole Haugen offers Catholic perspective and coping practices for families in loss.

podcasts.apple.com/us/podcast/catholic-grief-coach/id1630479914



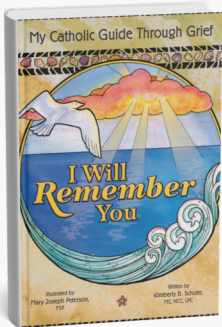
BUSTED HALO – “GRIEVING A LOVED ONE’S LOSS TO SUICIDE”

Bishop John Dolan and Deacon Ed Shoener discuss suicide grief, Church teaching, and pastoral care.

bustedhalo.com/podcasts/grieving-a-loved-ones-loss-to-suicide

GRIEF AND LIFE CHANGES

PAMPHLETS & PRACTICAL TOOLS



MY CATHOLIC GUIDE THROUGH GRIEF (PDF)

A Catholic booklet for children explaining death, grief, and faith, with activity pages.

[PAULINESTORE.COM/MEDIA/PRODUCTATTACH/1/5/158177-COMPRESSED.PDF](https://www.paulinestore.com/media/productattach/1/5/158177-compressed.pdf)



ACCOMPANYING THOSE WHO MOURN (CMHM PROGRAM / TRAINING)

Formation resource including theology, psychology, and parish application for grief ministry.

<https://catholicmhm.org/accompany-those-who-mourn>



SEASONS OF HOPE GUIDEBOOK (AMAZON)

A Scripture-based small-group program guiding participants through grief to renewed faith.

avemariapress.com/products/seasons-of-hope-leaders-guide



HEARTFELT – ONLINE CATHOLIC GRIEF SUPPORT GROUP

Virtual Catholic community providing prayer, sharing, and accompaniment for those in grief.

heartfelt.community/online-catholic-grief-support-group



RED BIRD MINISTRIES DOWNLOADABLE RESOURCES

Printable materials such as Seven Sorrows of Mary Reflections and Hope for Healing Devotions.

redbird.love/downloads



GRIEFSHARE

A Christian-based program combining video, workbook, and group support used widely in Catholic parishes.

griefshare.org



OUR FAITHFUL DEPARTED – AVE MARIA PRESS (FREE DISCUSSION GUIDE)

A guide for small groups or individuals reflecting on heaven, death, and Christian hope.

avemariapress.com/products/our-faithful-departed-discussion-guide

GRIEF AND LIFE CHANGES

BOOKS



CATHOLIC BOOKS ON LOSS & GRIEF (AVE MARIA PRESS COLLECTION)

Full catalog of Catholic grief and bereavement titles for parish libraries or ministries.

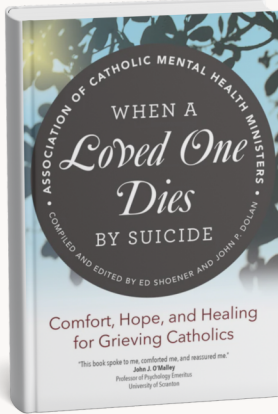
avemariapress.com/collections/grief-loss



CATHOLIC BEREAVEMENT / LOSS BOOK LISTS (CATHOLIC MISCARRIAGE SUPPORT)

Curated reading list including Empty Arms, Grieving Together, and other Catholic grief titles.

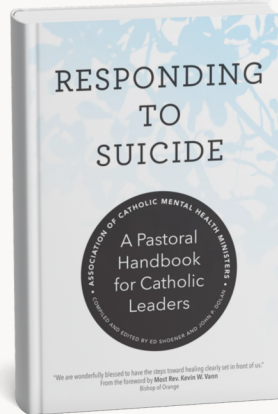
catholicmiscarriagesupport.com/resources/books



WHEN A LOVED ONE DIES BY SUICIDE (AVE MARIA PRESS)

Faith-filled comfort and prayer for those touched by suicide loss.

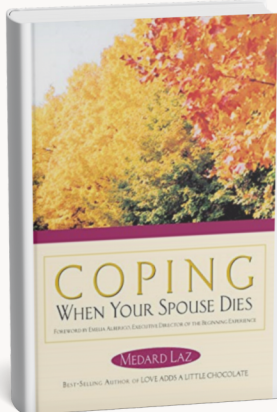
avemariapress.com/products/when-a-loved-one-dies-by-suicide



RESPONDING TO SUICIDE (AVE MARIA PRESS)

Pastoral handbook equipping Catholic leaders to accompany the bereaved.

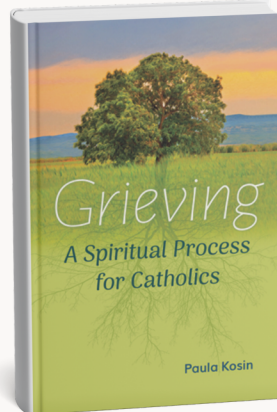
avemariapress.com/products/responding-to-suicide



COPING WHEN YOUR SPOUSE DIES (PAULINE BOOKS & MEDIA)

A devotional reflection for widows and widowers rooted in Scripture.

paulinestore.com/coping-when-your-spouse-dies-18404-110019.html



GRIEVING: A SPIRITUAL PROCESS FOR CATHOLICS (LTP)

A pastoral model of healing through journaling, prayer, and liturgical practices.

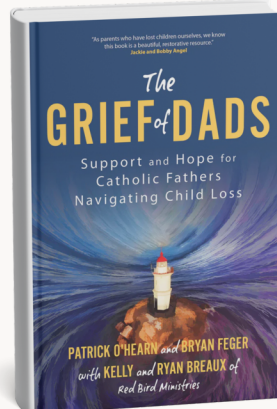
ltp.org/products/de-tails/GCP/grieving



A GRIEF OBSERVED (C.S. LEWIS)

An honest journal on grief, tracing his struggle with anger and doubt to a deeper, more mature faith.

a.co/d/04L0rowl



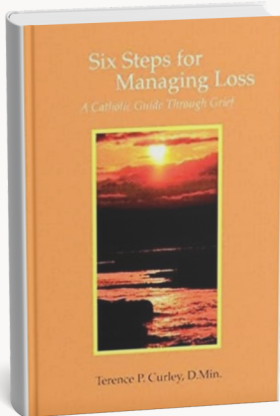
THE GRIEF OF DADS (THE CATHOLIC COMPANY)

Spiritual and practical support for fathers mourning the loss of a child.

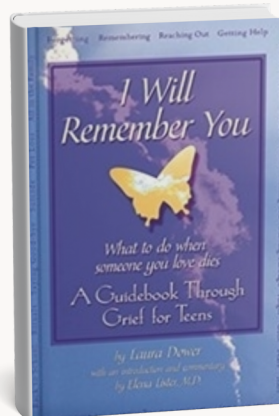
catholiccompany.com/products/the-grief-of-dads-support-and-hope-for-catholic-fathers-navigating-child-loss

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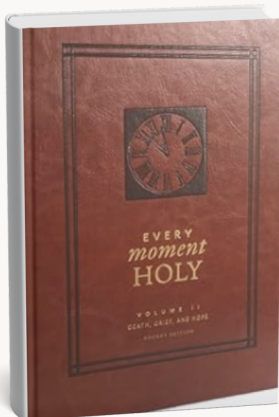
BOOKS



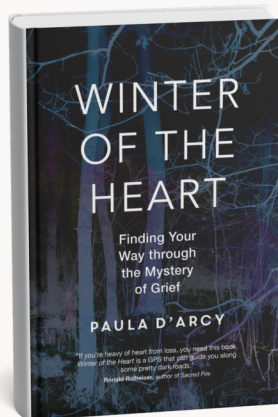
SIX STEPS FOR MANAGING LOSS – ABEBOOKS
A Catholic framework for progressing through the stages of grief with faith and purpose.
abebooks.com/9780818908019/Steps-Managing-Loss-Catholic-Guide-0818908017/plp



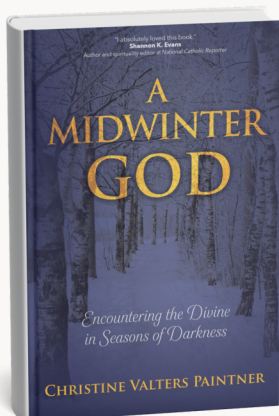
I WILL REMEMBER YOU – ABEBOOKS
Helps teens and families process grief and memory through prayer and storytelling.
lighthousegriefsupport.org/library/i-will-remember-you/



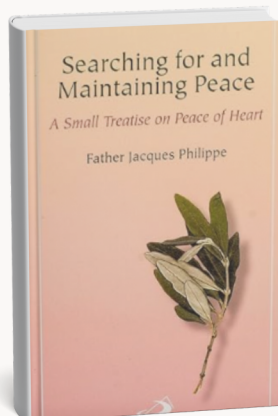
EVERY MOMENT HOLY, VOLUME II: DEATH, GRIEF, & HOPE
A beautifully illustrated devotional of prayers and liturgies for those mourning.
a.co/d/0i7HDMr7



WINTER OF THE HEART (AVE MARIA PRESS)
A companion for anyone early in grieving process and the range of emotions that come with it. For the griever or counselor to help guide in a Catholic framework.
avemariapress.com/collections/grief-loss/products/winter-of-the-heart



A MIDWINTER GOD (AVE MARIA PRESS)
Aids in naming and honoring grief as a path to prayer, healing, and deeper faith. Includes reflections and practices to help encounter God in darkness and discover hope.
a.co/d/04L0rowl



SEARCHING FOR AND MAINTAINING PEACE
A short book that offers simple, practical wisdom for finding interior peace even in seasons of grief and uncertainty. With guidance rooted in faith, it reminds us that peace is not the absence of suffering, but a gift we can receive and protect by trusting God in every moment.
a.co/d/01HduEMK

GRIEF AND LIFE CHANGES

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.

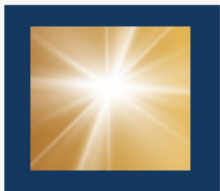
[SANCTUARYMENTALHEALTH.ORG/CATHOLICS/](https://sanctuarymentalhealth.org/catholics/)



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](https://mentalhealthgracealliance.org)