



MARRIAGE AND DIVORCE

LEARN MORE

These Catholic and faith-integrated resources support the emotional, relational, and spiritual well-being of couples and individuals navigating marriage challenges, separation, or divorce. Each resource aims to help restore peace, healing, and hope through psychological and spiritual formation.

TABLE OF CONTENTS

**PAGE 2: CRISIS RESOURCES
& CHURCH TEACHING +
PASTORAL GUIDANCE**



**PAGE 3-6: LOCAL + NATIONAL
RESOURCES**



**PAGE 6: VIDEOS AND
WEBINARS**



**PAGE 8-9: EDUCATIONAL
MATERIALS (BOOKS,
COURSES, ETC.)**



MARRIAGE AND DIVORCE

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)

MARRIAGE AND DIVORCE

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)

MARRIAGE AND DIVORCE

LOCAL RESOURCES



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

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



JUBILANT MARRIAGES – ARCHDIOCESE OF ST. LOUIS

An Archdiocesan ministry fostering healthy Catholic marriages through enrichment programs, formation events, and mentoring opportunities for couples.

www.archstl.org/jubilant-marriages



DIVORCED AND SEPARATED MINISTRIES (DASH / BEHOLD)

Offers peer support groups and healing programs for Catholics experiencing separation or divorce, including the BEHOLD 12-week guided series on forgiveness and renewal.

resources.archstl.org/article/964044/divorced-and-separated-ministries



METROPOLITAN TRIBUNAL – ARCHDIOCESE OF ST. LOUIS

Assists individuals seeking clarity or healing through the annulment process and provides pastoral care regarding marriage validity.

archstl.org/about/offices-and-agencies/metropolitan-tribunal



CATHOLIC RENEWAL CENTER – ARCHDIOCESE OF ST. LOUIS

Hosts retreats, seminars, and formation opportunities that strengthen faith and emotional resilience for generational healing as well as married couples and divorced adults.

archstl.org/about/offices-and-agencies/catholic-renewal-center

MARRIAGE AND DIVORCE

NATIONAL RESOURCES



CATHOLICPSYCH INSTITUTE – MARRIAGE TOOLS

Practical Catholic psychology resources addressing emotional communication, attachment, and conflict resolution in marriage.
blog.catholicpsych.com/the-key-to-a-thriving-marriage



RESTORE CATHOLIC MARRIAGE PROGRAM

Online Catholic marriage coaching and healing series guiding couples toward deeper unity and emotional health.
www.restorecatholicmarriage.com



CATHOLICCOUNSELORS – PASTORAL TELE-COUNSELING SERVICES

Faith-based counseling platform offering online sessions for couples and families through licensed Catholic therapists.
www.catholiccounselors.com



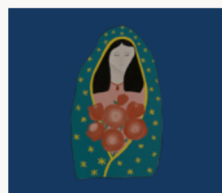
ASSOCIATION OF CATHOLIC MENTAL HEALTH MINISTERS (ACMHM)

Provides marriage and family mental-health ministry resources, parish toolkits, and national Catholic therapist connections.
www.catholicmhm.org



FOCUS ON THE FAMILY – “HOW MENTAL ILLNESS IMPACTS FAMILIES”

Christian broadcast series exploring the effects of mental illness on marriages and family systems with practical faith-based insight.
www.focusonthefamily.com/episodes/broadcast/how-mental-illness-impacts-families-part-1



HOPE'S GARDEN – HEALING FROM TRAUMA IN MARRIAGE

Catholic ministry helping couples heal from betrayal, addiction, or emotional trauma through prayer and guided programs.
hopesgarden.com



RED BIRD MINISTRIES – GRIEF AND FAMILY HEALING

Supports divorced, widowed, and grieving parents through faith-centered emotional and spiritual recovery.
redbird.love



THE SANCTUARY COURSE FOR CATHOLICS – MARRIAGE & FAMILY ADAPTATION

Small-group discussion guide exploring mental health, faith, and relationships within parish communities.
<https://sanctuarymentalhealth.org/catholics/>

MARRIAGE AND DIVORCE

VIDEO SERIES & WEBINARS



HEALING BROKEN FAMILIES – THE CATHOLIC CHURCH’S RESPONSE TO MARRIAGE, DIVORCE & ANNULMENTS

Video presentation explaining Church teaching on divorce, annulment, and pastoral accompaniment for families in crisis.

www.youtube.com/watch?v=Gab-vwJAWcU



MARRIAGE AND DIVORCE IN THE CATHOLIC CHURCH

Educational video clarifying annulment processes and Church support for divorced Catholics.

www.youtube.com/watch?v=4P9wxaNWyXo



USCCB – FOR YOUR MARRIAGE VIDEO SERIES

Pastoral video and reflection series promoting healthy Catholic marriages through faith-based communication and prayer.

www.foryourmarriage.org

MARRIAGE AND DIVORCE

PDFS AND PRINTABLES



ARCHDIOCESE OF ST. LOUIS – MARRIAGE ENRICHMENT MATERIALS
Printable guides and reflection tools for engaged and married couples on communication, forgiveness, and emotional well-being.
resources.archstl.org/article/532230/marriage-preparation



DASH / BEHOLD WORKSHOP HANDOUTS
Printable worksheets and discussion guides on grief, anger, and forgiveness for separated and divorced Catholics.
resources.archstl.org/article/964044/divorced-and-separated-ministries

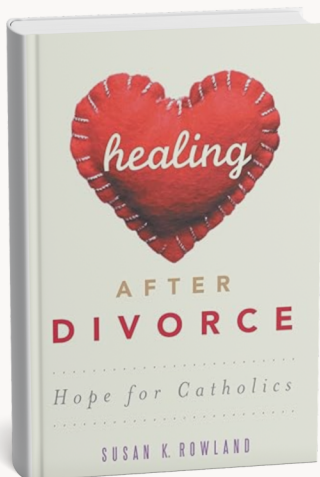


CATHOLIC CHARITIES – CATHOLIC MENTAL HEALTH RESOURCES FOR PARISHIONERS (PDF)
Includes family support and coping guides for marital and family stress.
catholiccharities-kcsj.org/wp-content/uploads/2024/07/Catholic-resources-for-parishioners-4-19-24-002.pdf



FOR YOUR MARRIAGE – REFLECTION GUIDES (USCCB)
Downloadable discussion and prayer resources for couples strengthening emotional and spiritual intimacy.
www.foryourmarriage.org

MARRIAGE AND DIVORCE BOOKS



HEALING AFTER DIVORCE – HOPE FOR CATHOLICS (PAULINE BOOKS & MEDIA)

Compassionate guide combining theology and psychology to help Catholics heal and rebuild life after divorce.

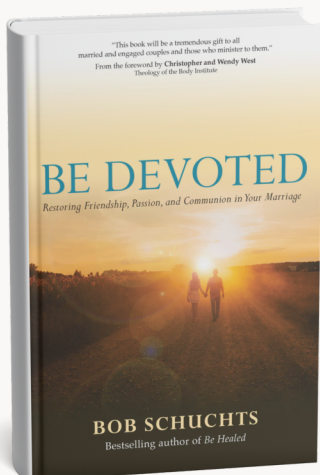
a.co/d/006RQiS8



THE TEMPERAMENT GOD GAVE YOUR SPOUSE – (SOPHIA INSTITUTE PRESS)

Explains how temperament affects marriage dynamics and offers faith-based strategies for emotional understanding.

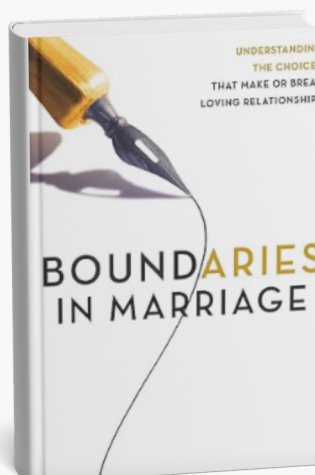
sophiainstitute.com/product/the-temperament-god-gave-your-spouse



BE DEVOTED (AVE MARIA PRESS)

Integrates emotional healing and theology of the body to rebuild intimacy and trust.

avemariapress.com/products/be-devoted



BOUNDARIES IN MARRIAGE

Christian psychological guide to healthy emotional boundaries in marriage.

a.co/d/0cZB4dP0

MARRIAGE AND DIVORCE

GLOBAL INITIATIVE CAMPAIGN (USCCB)



USCCB – NATIONAL CATHOLIC MENTAL HEALTH CAMPAIGN

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

usccb.org/mentalhealth

ORGANIZATIONS / MINISTRIES / CENTERS



SANCTUARY MENTAL HEALTH FOR CATHOLICS

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

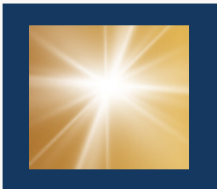
sanctuarymentalhealth.org/catholics/



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



CATHOLIC MENTAL HEALTH RESOURCES

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

catholicmentalhealthresources.com



GRACE ALLIANCE

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

mentalhealthgracealliance.org