



TRAUMA AND PTSD

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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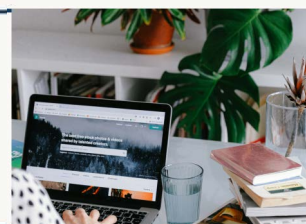
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TRAUMA AND PTSD

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)

TRAUMA AND PTSD

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)

TRAUMA AND PTSD

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 | janeguenther@archstl.org



CATHOLIC CHARITIES OF ST. LOUIS – BEHAVIORAL HEALTH & FAMILY SUPPORT

Many programs, including domestic violence victim programs, unhoused, and more. Provide trauma-informed counseling, case management, and crisis recovery services for individuals and families.

archstl.org



ARCHDIOCESE OF ST. LOUIS – VICTIM ASSISTANCE OFFICE

Confidential support, referrals, and spiritual care for those impacted by abuse or trauma within the Church.

archstl.org/victim-assistance

NATIONAL RESOURCES



SAINT LUKE INSTITUTE

Clinical and spiritual care center offering trauma therapy, psychological evaluation, and holistic healing for clergy, religious, and lay leaders.

sli.org



JOHN PAUL II HEALING CENTER

Retreats and resources addressing trauma, forgiveness, and inner healing through a blend of psychology and Catholic spirituality.

jpiihealingcenter.org

TRAUMA AND PTSD

NATIONAL RESOURCES



LIFE-GIVING WOUNDS

Catholic apostolate for adults healing from the trauma of parental divorce through retreats and online formation.

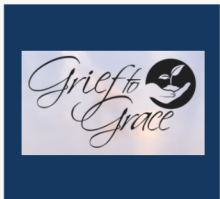
[**lifegivingwounds.org**](http://lifegivingwounds.org)



CLERGY CARE COLLECTIVE

Trauma recovery and burnout prevention programs tailored for priests, deacons, and ministry leaders.

[**clergycarecollective.org**](http://clergycarecollective.org)



GRIEF TO GRACE

Catholic retreat ministry offering psychological and spiritual healing for survivors of abuse and trauma.

[**griefftograce.org**](http://griefftograce.org)



SACRED HEART HEALING MINISTRIES

Provides trauma-informed formation and mentorship rooted in Catholic framework and emotional healing.

[**avemariapress.com/products/seasons-of-hope-leaders-guide**](http://avemariapress.com/products/seasons-of-hope-leaders-guide)



CATHOLICPSYCH INSTITUTE – TRAUMA & ATTACHMENT THERAPY

Faith-based psychological services integrating trauma treatment, attachment repair, and spiritual healing.

[**catholicpsych.com**](http://catholicpsych.com)



WHOLE HEARTED – CATHOLIC CHARITIES USA

Parish-based trauma awareness and resilience training program promoting compassionate, trauma-sensitive ministry.

[**catholiccharitiesusa.org/publications/whole-hearted/**](http://catholiccharitiesusa.org/publications/whole-hearted/)

TRAUMA AND PTSD

VETERANS AND FIRST RESPONDERS



CATHOLIC WAR VETERANS OF THE USA (CWV)

Community and spiritual support for veterans dealing with PTSD or combat-related trauma.

[**cwv.org**](http://cwv.org)



ARCHDIOCESE FOR THE MILITARY SERVICES, USA

Provides pastoral and sacramental care, trauma-informed support, and moral injury recovery for service members and veterans.

[**milarch.org**](http://milarch.org)



REBOOT RECOVERY – FAITH-BASED TRAUMA HEALING

Christian program helping veterans and families recover from combat stress and moral injury through prayer and peer groups.

[**rebootrecovery.com**](http://rebootrecovery.com)



VA MENTAL HEALTH – FAITH & MORAL INJURY SUPPORT

National VA resources integrating chaplaincy and trauma therapy for veterans and first responders.

[**va.gov/health-care/health-needs-conditions/mental-health**](http://va.gov/health-care/health-needs-conditions/mental-health)

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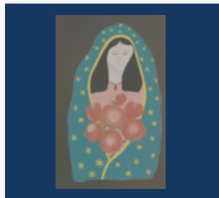
ADDITIONAL RESOURCES



RACHEL'S VINEYARD

Retreat program for post-abortion healing and trauma recovery through the mercy of Christ.

hopeafterabortion.com



HOPE'S GARDEN

Catholic ministry supporting individuals and couples healing from betrayal or emotional trauma.

www.hopesgarden.com

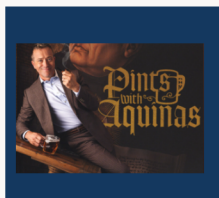


CATHOLIC CHARITIES – DISASTER & CRISIS RESPONSE NETWORK

Coordinates trauma-informed response and mental health support at both national and local levels following natural disasters, community tragedies, and personal crises.

ccstl.org

PODCAST EPISODES



RELIEVING PTSD AND CALMING ANXIETY (PINTS WITH AQUINAS)

A podcast episode uniting the Catholic faith with mental health featuring a Catholic therapist.

open.spotify.com/episode/2iWvQmcX2mJ1CjiB9kt6qG?si=9Wf-UUjVRu6C6zzbe8ExVg



ANXIETY, TRAUMA, AND ADDICTION (PINTS WITH AQUINAS)

A podcast episode uniting the Catholic faith with mental health featuring a Catholic therapist.

open.spotify.com/episode/2K3lOyPMOn3w3e355grnWD?si=15lgNxiTTtqzbZ25V26CbA

TRAUMA AND PTSD

VIDEO SERIES & WEBINARS



SAINT LUKE INSTITUTE – TRAUMA RECOVERY WEBINARS

Educational videos on recognizing and responding to trauma within faith communities.

sli.org/?s=webinar



JPII HEALING CENTER – “HEALING THE WHOLE PERSON” SERIES

Popular retreat with a video series option uniting theology, prayer, and psychology for trauma recovery.

jpiihealingcenter.org/healing-the-whole-person



DIVINE MERCY UNIVERSITY – TRAUMA FORMATION SEMINARS

Professional webinars exploring trauma-informed pastoral care and integration of faith in therapy.

[DIVINEMERCY.EDU](http://divinemercy.edu)



LIFE-GIVING WOUNDS – RETREAT TALKS & TESTIMONIES

Online videos and podcasts on emotional healing, forgiveness, and hope after family trauma.

lifegivingwounds.org/resources



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](http://paracletepress.com/pages/video-streaming)

TRAUMA AND PTSD

PAMPHLETS & PRACTICAL TOOLS



SAINT LUKE INSTITUTE – “UNDERSTANDING TRAUMA & RECOVERY” PDF SERIES

Educational guides on trauma symptoms, spiritual healing, and trauma-informed ministry.

Shepherding in Tragic Times, Caring for Self and Others in Trauma:
sliconnect.org/wp-content/uploads/trauma-handout.pdf



SAINT LUKE INSTITUTE – “UNDERSTANDING TRAUMA & RECOVERY” PDF SERIES

Educational guides on trauma symptoms, spiritual healing, and trauma-informed ministry.

Recognizing and Treating Trauma:
sliconnect.org/wp-content/uploads/Lukenotes_2012-1-trauma.pdf



CATHOLIC THERAPISTS DIRECTORY – TRAUMA SPECIALISTS

Printable directory of Catholic clinicians specializing in trauma and PTSD recovery.

www.catholictherapists.com



USCCB – PASTORAL CARE FOR TRAUMA SURVIVORS

Guidelines and prayers for ministering to those coping with trauma and moral injury.

usccb.org/resources/pastoral-care-victimssurvivors



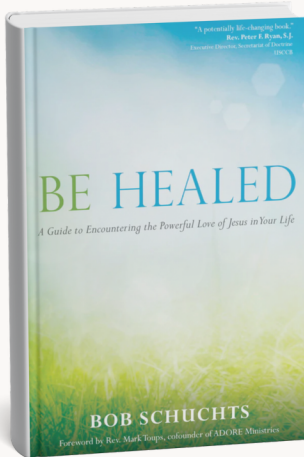
WHOLE HEARTED TOOLKIT – PARISH TRAUMA AWARENESS PROGRAM

Downloadable materials for creating trauma-sensitive parish environments.

catholiccharitiesusa.org/publications/whole-hearted/

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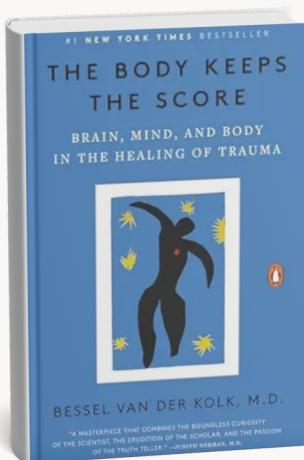
BOOKS



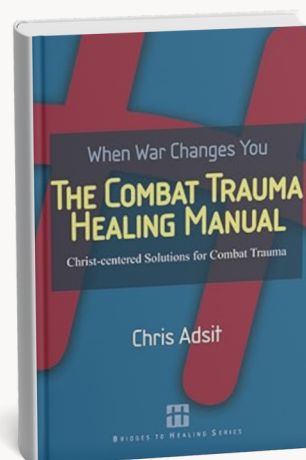
BE HEALED – BOB SCHUCHTS (AVE MARIA PRESS)
Blends theology and psychology to guide readers through healing from emotional and relational wounds.
avemariapress.com/products/be-healed



BE RESTORED – BOB SCHUCHTS (AVE MARIA PRESS)
Explores trauma, identity, and restoration through the sacraments and the mercy of Christ.
avemariapress.com/products/be-restored



THE BODY KEEPS THE SCORE – BESSEL VAN DER KOLK, M.D.
Clinical classic explaining the neurological and somatic effects of trauma; recommended for pastoral leaders.
a.co/d/0gC1VIKr



Combat Trauma Healing Manual – Chris Adsit
Faith-centered workbook guiding veterans through spiritual and emotional healing after war.
a.co/d/00IHQN1G

TRAUMA AND PTSD

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.

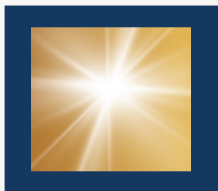
sanctuarymentalhealth.org/catholics/



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