

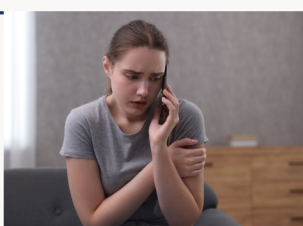




SENIOR CARE

LEARN MORE

These Catholic and community resources provide support for older adults and their caregivers, with particular focus on dementia, Alzheimer's, and end-of-life accompaniment. Grounded in compassion and faith, these ministries help families navigate medical, emotional, and spiritual challenges that come with aging and memory loss.

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SENIOR CARE

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)

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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)

SENIOR CARE

LOCAL RESOURCES



CATHOLIC CHARITIES USA – HEALTHY AGING AND SENIOR SERVICES NETWORK

Coordinates national programs that address elder isolation, dementia support, and caregiver wellness.

ccstl.org/services/senior-care



AREA AGENCY ON AGING

Provides direct services and referrals for seniors and caregivers.

– St. Louis Area Agency on Aging (City): 314-612-5918

– Mid-East Area Agency on Aging (St. Louis, St. Charles, Jefferson, Franklin Counties): 636-207-0847

agingmissouri.org



MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES (DHSS)

Statewide programs for elder health, safety, and protection against abuse or neglect.

MAIN LINE 573-751-6400 / ELDER ABUSE HOTLINE 800-392-0210

health.mo.gov/seniors



VOYCE ST. LOUIS

Advocates for residents of nursing and assisted-living facilities; offers guidance and education on long-term-care rights.

314-918-8222 / voystl.org

SENIOR CARE

NATIONAL DIRECTORIES



A PLACE FOR MOM

Free nationwide senior-care referral service helping families research assisted living, memory care, nursing homes, and veterans' benefits.

aplaceformom.com



ASSISTEDLIVINGFACILITIES.ORG

Nationwide directory of licensed assisted-living facilities and state regulations.

assistedlivingfacilities.org



SENIORADVISOR.COM

Consumer-review site where families share first-hand experiences with senior living and home-care services.

[SENIORADVISOR.COM](http://senioradvisor.com)

SENIOR CARE

FAITH INTEGRATED RESOURCES



NOURISH FOR CAREGIVERS

Catholic caregiver ministry offering faith-based support groups, parish programs, and online gatherings to strengthen emotional and spiritual resilience.

nourishforcaregivers.com



HEM OF CHRIST

Catholic nonprofit supporting caregivers and those living with dementia through prayer, pastoral resources, and education on spiritual accompaniment.

hemofchrist.org



NCPD – DEMENTIA-FRIENDLY WORSHIP TOOLKIT

National Catholic Partnership on Disability initiative helping parishes create inclusive, dementia-friendly Masses and outreach ministries.

ncpd.org/resources_and_toolkits/dementia-friendly-worship-finding-spiritual-peace-dementia



PEACE WITH DEMENTIA

Catholic podcast, video series, and book that blend dementia education with prayer and reflection on the mysteries of the Rosary.

peacewithdementia.com



USCCB – ETHICAL AND RELIGIOUS DIRECTIVES FOR CATHOLIC HEALTH CARE SERVICES

Guidelines for compassionate and ethical elder and dementia care in Catholic institutions.

usccb.org/resources/ethical-and-religious-directives

PODCASTS + AUDIO



MENTAL HEALTH + AGING WITH DR. REGINA KOEPP

Focuses on the emotional, cognitive, and relational health of older adults; integrates compassionate approaches useful in parish care.

podcasts.apple.com/us/podcast/mental-health-aging-with-dr-regina-koepf/id1504142987



CATHOLIC FOCUS: AGING GRACEFULLY (YOUTUBE)

Video discussion exploring the blessings, challenges, and spirituality of growing older through a Catholic lens.

www.youtube.com/watch?v=j3e_IROYx3U

SENIOR CARE

PRACTICAL TOOLS



USCCB – “ENGAGING AGING” PASTORAL REFLECTION

Printable guide encouraging parishes to recognize the spiritual gifts and needs of older adults.

[.usccb.org/resources/engaging-aging-1903](https://www.usccb.org/resources/engaging-aging-1903)



GROWING OLD- A CATHOLIC REFLECTION

Downloadable PDF

[chausa.org/docs/default-source/health-progress/reflection---growing-old.pdf](https://www.chausa.org/docs/default-source/health-progress/reflection---growing-old.pdf)



PEACE WITH DEMENTIA ROSARY – CAREGIVER JOURNAL (DOWNLOADABLE)

Printable journaling template with prompts for prayer, gratitude, and reflection during caregiving.

www.peacewithdementia.com/resources



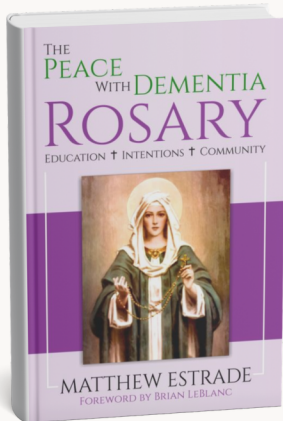
DO THIS, REMEMBERING ME – COLETTE BACHAND-WOOD

A pastoral care manual addressing the spiritual needs of people living with dementia and their families, including sample prayers and services.

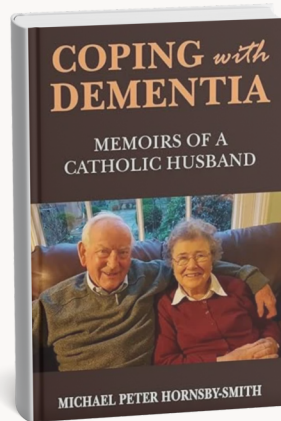
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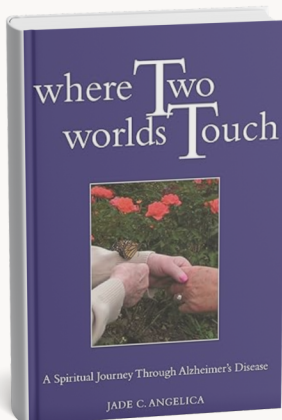
BOOKS



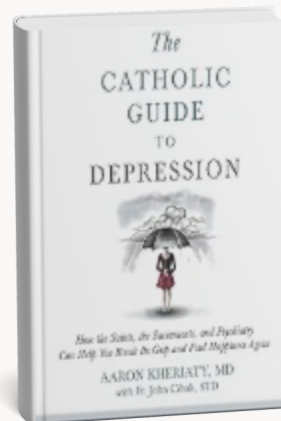
PEACE WITH DEMENTIA ROSARY (MARIAN PRESS)
A Catholic devotional offering prayer, science, and caregiving tips for families journeying with dementia.
dementiarosary.com/books



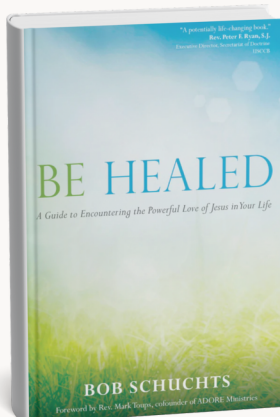
COPING WITH DEMENTIA: MEMOIRS OF A CATHOLIC HUSBAND
Personal memoir exploring the spiritual and emotional journey of caring for a spouse with dementia, framed through Catholic faith and resilience.
a.co/d/0340npQp



WHERE TWO WORLDS TOUCH: A SPIRITUAL JOURNEY THROUGH ALZHEIMER'S DISEASE
Gentle reflections and stories offering spiritual meaning and compassion in the face of cognitive decline and loss.
a.co/d/073ZMjml



The Catholic Guide to Depression
Explores depression, grief, and anxiety in older adults, integrating Catholic theology and modern psychology.
a.co/d/09lywAjr



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



THE CAREGIVING SEASON: FINDING GRACE TO HONOR YOUR AGING PARENTS
A message of grace and hope will help you honor your aging parents well, and deepen your personal relationship with Christ along the way.
a.co/d/0e3xJ4mV

SENIOR CARE

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.

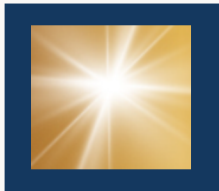
sanctuarymentalhealth.org/catholics/



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