



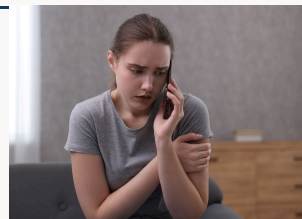
TEEN AND YOUNG ADULT

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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TEEN AND YOUNG ADULT

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)

TEEN AND YOUNG ADULT

LOCAL RESOURCES

**Click Here St. Louis
Catholic Therapist
Network Participants**

AVAILABLE AT 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

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

ARCHSTL.ORG/MENTALHEALTH

PREGNANCY/PARENTING

LOCAL RESOURCES



OFFICE OF YOUTH MINISTRY (ARCHDIOCESE OF ST. LOUIS)

Fosters community and mental wellness among teens through supporting parish programs and ministers through retreats and leadership programs.

archstl.org/youth-ministry



ST. LOUIS CATHOLIC YOUNG ADULTS – SALT & LIGHT MINISTRY (ARCHDIOCESE OF ST. LOUIS)

Connects young adults across the Archdiocese for faith, community, and service through social, spiritual, and formation events. Offers a welcoming space for friendship, prayer, and mental and spiritual renewal.

stlyoungadults.com



NAMI ST. LOUIS (NATIONAL ALLIANCE ON MENTAL ILLNESS)

Provides education, peer groups, and crisis resources for youth, young adults, and families throughout the St. Louis area.

[314-962-4670](tel:314-962-4670) | www.namistl.org

NATIONAL RESOURCES



CATHOLIC MENTAL HEALTH MINISTERS – YOUTH & YOUNG ADULT RESOURCES

A comprehensive hub for parishes and schools offering mental-health and pastoral tools for young Catholics.

catholicmhm.org/youth-young-adult



SANCTUARY MENTAL HEALTH FOR CATHOLICS (YOUTH EDITION)

A small-group course helping young Catholics discuss mental health, faith, and identity in a safe and spiritual setting.

sanctuarymentalhealth.org/youth/



ROY PETITFILS, LPC – CATHOLIC THERAPIST & SPEAKER

A nationally recognized Catholic counselor offering workshops, speaking events, books, and the “Today’s Teenager” podcast for parents and Catholic youth leaders.

roypetitfils.com



NAMI FAITHNET

An interfaith mental-health outreach equipping faith communities to support those struggling with mental illness.

nami.org/Get-Involved/NAMI-FaithNet

TEEN AND YOUNG ADULT

VIDEO SERIES & WEBINARS



FORMED – TEENAGE MENTAL HEALTH SERIES: “REVIVE”

A Catholic video series addressing anxiety, loneliness, and emotional health for teens in parish and school settings.

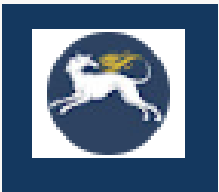
watch.formed.org/mental-health-in-parish-ministry-revive



PAULA HUSTON – “INTO GOD’S LIGHT” (SETON SHRINE SERIES)

Explores emotional growth and spiritual maturity for young adults seeking healing and direction in faith.

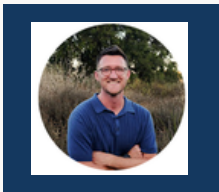
setonshrine.org/intogodslight



FAITH & MENTAL HEALTH PANEL – FR. JACOB-BERTRAND JANCZYK & FR. GREGORY PINE (DOMINICAN FRIARS)

A conversation exploring how Catholic spirituality and psychology intersect in treating anxiety and despair.

[YOUTU.BE/UFPLFPE GFC?SI=CAA2NCAGZXWVO-GP](https://youtu.be/UFPLFPEGFC?SI=CAA2NCAGZXWVO-GP)



THE CATHOLIC THERAPIST - HELPING TEENS WITH MENTAL HEALTH (CATHOLIC EDITION)

A short educational video on how parishes and parents can recognize and support teen mental health needs.

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



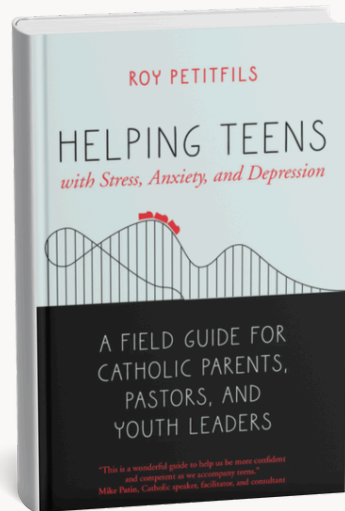
CATHOLIC CHARITIES BROOKLYN & QUEENS – MENTAL WELL-BEING VIDEO SERIES

Catholic youth-focused videos covering depression, self-esteem, and the importance of faith in mental well-being.

CCBQ.ORG/SERVICE/MENTAL-WELL-BEING-VIDEO-SERIES

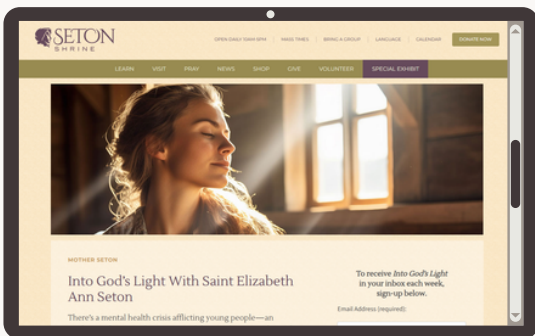
TEEN AND YOUNG ADULT

BOOKS & COURSES



HELPING TEENS WITH STRESS, ANXIETY, AND DEPRESSION – ROY PETITFILS (AVE MARIA PRESS)

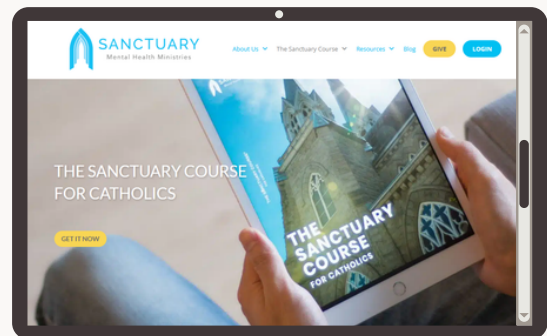
A PRACTICAL, FAITH-CENTERED GUIDE HELPING ADULTS UNDERSTAND AND RESPOND TO THE EMOTIONAL CHALLENGES FACING TODAY'S YOUTH. PAULINESTORE.COM/FINDING-GOD-IN-TIMES-OF-DEPRESSION-JUST-A-MINUTE-MEDITATIONS-QS1011891-204205.HTML



(FREE) INTO GOD'S LIGHT – PAULA HUSTON (SETON SHRINE)

Reflections and exercises for young adults seeking hope and maturity through Catholic spirituality.

SETONSHRINE.ORG/INTO_GODSLIGHT/



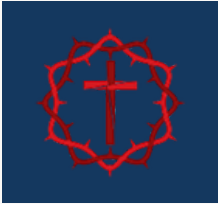
SANCTUARY COURSE FOR CATHOLICS – TEEN ADAPTATION

Workbook-based formation series designed to guide teens through discussions about mental wellness and faith.

SANCTUARYMENTALHEALTH.ORG/CATHOLICS

TEEN AND YOUNG ADULT

PRESENTATION + PDFS



Slide Deck - ACMHM Presentation for Youth Ministers

A downloadable training presentation equipping youth ministers to discuss mental health in parish environments.

files.ecatholic.com/31862/documents/2023/6/ACMHM%20Presentation.pptx?t=1688052370000

TEEN AND YOUNG ADULT

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)

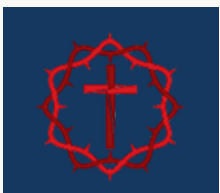
ORGANIZATIONS / MINISTRIES / CENTERS



SANCTUARY MENTAL HEALTH FOR CATHOLICS

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

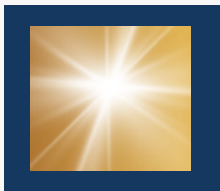
[SANCTUARYMENTALHEALTH.ORG/CATHOLICS/](https://sanctuarymentalhealth.org/catholics/)



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/FREE-RESOURCES](https://mentalhealthgracealliance.org/free-resources)