



LIFE-GIVING Wounds

Resources for Mental Health Crises, Suicide Prevention, General Mental Health, Addiction, and Abuse

Note to users of this document: the following list is not exhaustive. It is also not an endorsement by Life-Giving Wounds of any organization listed here, or of any therapist, counselor, person, or service affiliated with the listed organizations. This is meant to be a reference guide for any readers seeking expertise, specific guidance, and professional help in these areas. You may also like to read our helpful post “Seeking Therapy as an Adult Child of Divorce”: <https://www.lifegivingwounds.org/life-giving-wounds-blog/seeking-therapy-as-an-adult-child-of-divorce>

Mental Health Crisis and Suicide Prevention

If you are having or have had thoughts of harming yourself or others, or feel like you are experiencing a mental health emergency or mental health crisis, please do any or all of the following:

1. Call 911 or go to the nearest Emergency Department for help and an evaluation
2. Text the Crisis Text Hotline: Text HOME to 741-741
3. Call the National Suicide Prevention Lifeline: Call or text 988
4. Chat with crisis centers around the U.S.: Lifeline Crisis Chat, <https://988lifeline.org/chat/>
5. Catholic Crisis hotline: <https://www.catholic hotline.org> (except note that it is currently NOT 24/7)

General Mental Health Resources

Catholic counseling resources

- a. Souls and Hearts Ministry: <https://www.soulsandhearts.com/> - see especially their podcast Interior Integration, and their free course “A Catholic’s Guide to Choosing a Therapist” on their website here: <https://www.soulsandhearts.com/selecting->

[therapist?fbclid=IwAR0QZcsKqkg71b6wuiUxfsraEVgfkR8CXmHDJfXrOd6gtsq-ebi8U6n32Vc](https://www.catholictherapists.com)

- b. Catholic Therapists: <https://www.catholictherapists.com> or <https://wellcatholic.com/> – national databases, simply enter your zip code to find a Catholic therapist near you
- c. Catholic Counselors: www.catholiccounselors.com – virtual and in-person counseling services
- d. Made in His Image – www.madeinhisimage.org – for women who struggle with eating disorders, depression, self-harm, and physical and/or sexual abuse
- e. Local Catholic Charities, diocese, or archdiocesan counseling services; these may have special funds to help subsidize your therapy or counseling

Websites and books

- a. Mental Health First Aid USA: a secular website with a comprehensive list of national resources related to the most common mental disorders: www.mentalhealthfirstaid.org/mental-health-resources/
- b. The Alpha and Omega Clinic’s Catholic faith-based psychology blog: <https://aoclinic.org/category/blog/>
- c. *The Catholic Guide to Depression: How the Saints, the Sacraments, and Psychiatry can Help You Break Its Grip and Find Happiness Again* by Aaron Kheriarty
- d. *After Suicide: There’s Hope for Them and You* by Fr. Chris Alar

Screening tools

Note: the following screening tools can be good indicators about whether you are experiencing symptoms of a mental health condition, and whether seeing a counselor could be helpful. They do not constitute professional diagnosis of mental health conditions.

- Mental Health America screening test for anxiety: <https://screening.mhanational.org/screening-tools/anxiety/>
- Mental Health America screening test for depression: <https://screening.mhanational.org/screening-tools/depression/?ref>
- Mental Health America, other screening tests: <https://screening.mhanational.org/screening-tools/>

Addiction Resources

Twelve-step addiction recovery programs

- a. Catholic in Recovery: <https://catholicinrecovery.com> – an integrated Catholic approach to overcoming addictions
- b. Alcoholics Anonymous: <https://aa.org>
- c. Overeaters Anonymous: <https://oa.org>
- d. Narcotics Anonymous: <https://na.org>
- e. Sexaholics Anonymous: <https://sa.org>

Groups for families and friends affected by a loved one who is struggling or has struggled with addiction

- f. Al-Anon: <https://al-anon.org>
- g. Co-Dependence Anonymous (CoDA): <https://coda.org>

Programs for pornography addiction

- h. Integrity Restored – <https://integrityrestored.com/>
- i. Reclaim Sexual Health - <https://www.reclaimsexualhealth.com/>
- j. Covenant Eyes - <https://www.covenanteyes.com/how-it-works/>
- k. Angelic Warfare Confraternity: <https://www.angelicwarfareconfraternity.org>
- l. Magdala Ministries – <https://www.magdalaministries.org> – specifically for women
- m. Fortify – <https://www.joinfortify.com/> - secular; look for a Catholic support group

Websites and books

- n. For pornography addiction: <https://fightthenewdrug.org/> - a grassroots, youth-oriented, non-religious non-profit dedicated to raising awareness on the harmful effects of pornography
- o. Scott Weeman, *The Twelve Steps and the Sacraments: A Catholic Journey through Recovery*
- p. Matt Fradd, *The Porn Myth*
- q. The USCCB's *For Your Marriage* website: <https://www.foryourmarriage.org/help-for-men-and-women-struggling-with-pornography-use-or-addiction/>

Screening tools

- To help you determine if you or someone you know might have a drug use problem: <https://drugfree.org>
- To help you determine if you or someone you know might have an alcohol use problem: <https://alcoholscreening.org>

Domestic Abuse Resources

Below are resources to report the abuse and help survivors psychologically and spiritually heal.

Call 911 or go to your local police department and ask to speak with someone who specializes in domestic abuse.

Abuse hotlines and national groups

- a. National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- b. National Domestic Violence Text Hotline: Text START to 88-788

- c. National Domestic Violence Website: www.thehotline.org (this website has recommendations for creating safety plans for leaving an abusive situation)
- d. Partnership Against Domestic Violence: www.padv.org (this website also has recommendations for creating safety plans for leaving an abusive situation)
- e. Childhelp USA, National Child Abuse Hotline and Website: 1-800-422-4453 and www.childhelp.org
- f. Domestic Violence Awareness Project: <https://www.nrcdv.org/dvam/>

Catholic resources for domestic violence

- g. Catholics for Family Peace - <http://www.catholicsforfamilypeace.org/>
- h. Grief to Grace – www.griefftoGrace.org
- i. Made in His Image – www.madeinhisimage.org

Websites and books

- j. “When I Call For Help,” a statement by the U.S. Conference of Catholic Bishops (USCCB) available in both English and Spanish on the USCCB website: www.usccb.org
- k. The USCCB’s *For Your Marriage* website: <https://www.foryourmarriage.org/domestic-violence/>

Sexual Abuse Resources

Below are resources to report the abuse and help survivors psychologically and spiritually heal. Call 911 or go to your local police department or child protective services department to report the abuse and ask to speak with someone who specializes in sexual assault.

Sexual abuse hotlines and national groups

- a. National Sexual Assault Hotline: 1-800-656-HOPE
- b. National Child Abuse Hotline: 1-800-422-4453
- c. Rape, Abuse, and Incest National Network: www.rainn.org
- d. Child Sexual Abuse-Darkness to Light: 866-367-LIGHT (5444)

For survivors of clerical abuse

- e. The USCCB website has a thorough list of arch/diocesan victim assistance coordinators as well as other helpful resources: <http://www.usccb.org/issues-and-action/child-and-youth-protection/victim-assistance.cfm>
- f. *If One Member Suffers, We All Suffer Together With It*: Letter by Pope Francis to the People of God about the clerical sexual abuse scandal

Catholic ministries for healing the wounds of abuse

- g. Grief to Grace – www.griefftoGrace.org
- h. Made in His Image – www.madeinhisimage.org

Reporting child abuse and neglect:

- i. Child Welfare Information Gateway: <https://www.childwelfare.gov/reporting>
- j. USCCB Child and Youth Protect office: <http://www.usccb.org/issues-and-action/child-and-youth-protection/victim-assistance.cfm>

Websites and books

- k. National Federation for Catholic Youth Ministry (NFCYM):
www.nfcym.org/youthprotection
- l. Made in His Image – www.madeinhisimage.org
- m. *On the Threshold of Hope*, by Diane Langberg
- n. *Glimmers of Grace: Moments of Peace and Healing Following Sexual Abuse*, by Faith Hakesley