



*Stress, Anxiety, and Mental Health*

## RESOURCE LIST

*This is not an exhaustive list. Please ask your doctor or search online for additional resources related to your concern.*

### **National Suicide Prevention Lifeline**

- Call: (800) 273-8255
- Text line: Text TALK to 741-741 to text a trained crisis counselor for free 24/7
- <https://suicidepreventionlifeline.org/chat/>

### **Substance Abuse and Mental Health Services Administration National Helpline**

- (800) 662-HELP (4357)
- <https://www.samhsa.gov/find-help/national-helpline>

### **National Sexual Assault Online Hotline**

- <https://hotline.rainn.org/online>

### **NAMI: National Alliance on Mental Illness**

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

- <https://www.nami.org/>

### **Catholic in Recovery**

- <https://catholicinrecovery.com/>

### **Find a Catholic therapist**

- <http://www.catholictherapists.com/>

## RESOURCES REFERENCED IN THIS SERIES

### **St. Dymphna's Playbook**

A podcast about finding mental well-being as a Catholic.

- <https://www.grexly.com/st-dymphna-s-playbook>

### **Abiding Together**

A podcast by Sr. Miriam James Heidland, S.O.L.T., Michelle Benzinger, and Heather Khym

- <https://www.abidingtogetherpodcast.com/about>

**Deacon Ed Shoener:** A father's reflection on his daughter's suicide, *Washington Post*

***Catechism of the Catholic Church***, 2nd ed. (Washington, DC: United States Catholic Conference, 2000), [2280-2283](#) on suicide.

### **Dr. Greg Popcak**

Professional Pastoral Tele-Counseling Service for Couples, Families, and Individuals

- <https://www.catholiccounselors.com>

**Announcement from the Most Rev. James D. Conley**, Bishop of Lincoln, about his mental health issues:

- <https://www.catholicnewsagency.com/news/bishop-conley-announces-medical-leave-of-absence-from-lincoln-diocese-96504>

## GENERAL RESOURCES

**"The Struggle of Mental Health"** TED Talks Playlist

- [https://www.ted.com/playlists/175/the\\_struggle\\_of\\_mental\\_health](https://www.ted.com/playlists/175/the_struggle_of_mental_health)

### ***Faith on the Couch***

A Blog about Faith and Mental Health

- <https://www.patheos.com/blogs/faithonthecouch/>

### **Catholic Institute for Mental Health Ministry**

- <https://www.sandiego.edu/soles/catholic-institute-mental-health/>

### **Association of Catholic Mental Health Ministry**

- <http://www.catholicmhm.org/>

***8 Keys to Emotional & Spiritual Freedom*** Free eBook

- <https://theraphaelremedy.com/emotional-and-spiritual-freedom-offer/>

***Spiritual Direction & Meditation*** by Thomas Merton

- <https://amzn.to/2t8Hnmi>

**Spiritual Directors International** to Find a Spiritual Director

- <https://www.sdiworld.org/find-a-spiritual-director>

## SUICIDE

**Suicide Prevention Resource Center**

- <https://www.sprc.org/>

**American Foundation for Suicide Prevention**

- <https://afsp.org/find-support/resources/>

**“What Does the Church Teach about Suicide?”** *National Catholic Register*

- <https://www.ncregister.com/blog/simcha-fisher/what-does-the-church-teach-about-suicide>

**“Against suicide, a century of little progress,”** *The Harvard Gazette*, June 21, 2016

- <https://news.harvard.edu/gazette/story/2016/06/against-suicide-a-century-of-little-progress/>

**“Suicide Rates Are Rising. What Should We Do About It?”**, *The New York Times*, June 11, 2018

- <https://www.nytimes.com/2018/06/11/opinion/suicide-rates-increase-anthony-bourdain-kate-spade.html>

## DEPRESSION AND ANXIETY

**Anxiety and Depression Association of America** Resource List

- <https://adaa.org/living-with-anxiety/ask-and-learn/resources>

**MentalHealth.gov**

- <https://www.mentalhealth.gov/>

**NoStigmas.org**

Find support for your mental health challenges.

- <https://nostigmas.org/>

**“This Could Be Why You’re Depressed or Anxious,”** TED Talk by Johann Hari

- [https://www.ted.com/talks/johann\\_hari\\_this\\_could\\_be\\_why\\_you\\_re\\_depressed\\_or\\_anxious](https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious)

## ADDICTION

**Alcoholics Anonymous**

- <https://www.aa.org/>

**Narcotics Anonymous**

- <https://www.na.org/>

**StartYourRecovery.org**

- <https://startyourrecovery.org/>

**Opioid Treatment Program Directory**

- <https://dpt2.samhsa.gov/treatment/>

**“Helpful Materials for Patients”** by the Centers for Disease Control and Prevention  
Offers information on opioids and chronic pain.

- <https://www.cdc.gov/drugoverdose/patients/materials.html>

**“Prescription Opioids: What You Need to Know”** by the Centers for Disease Control and Prevention

- <https://www.cdc.gov/drugoverdose/pdf/AHA-Patient-Opioid-Factsheet-a.pdf>

**“Everything You Think You Know about Addiction is Wrong,”** TED Talk by Johann Hari

- [https://www.ted.com/talks/johann\\_hari\\_everything\\_you\\_think\\_you\\_know\\_about\\_addiction\\_is\\_wrong](https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong)

## TRAUMA

**John Paul II Healing Center**

- <https://jpiihealingcenter.org/>

**Project Rachel: Healing after Abortion**

- [http://hopeafterabortion.com/?page\\_id=88](http://hopeafterabortion.com/?page_id=88)

**Held Your Whole Life**

Non-Profit helping women fully grieve miscarriage.

- <https://heldyourwholelife.com/>

### **All Embrace**

Ministry aiding families through the loss of children.

- <https://allembrace.com/>

### **The Saint Paul VI Institute: The National Center for Pro Creative Health**

- [www.popepaulvi.com](http://www.popepaulvi.com)

### **The USCCB on Infertility**

- <http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/resources/infertility.cfm>

### **The Mental Health Fall Out of the Sex Abuse Crisis**

- <https://apnews.com/bcac665d78417b6acd0288ad8493f7dc>

***Letter to a Suffering Church*** by Most Rev. Robert Barron

- <https://amzn.to/35WiDL3>

## **RELATED BOOKS BY CONTRIBUTORS**

[\*The 12 Steps and the Sacraments\*](#) by Scott Weeman

[\*Give Up Worry for Lent!\*](#) by Gary Zimak

[\*Helping Teens with Stress, Anxiety, and Depression\*](#) by Roy Petitfils

[\*Riding the Dragon\*](#) by Dr. Robert J. Wicks

[\*Breakthrough\*](#) by Fr. Rob Galea

[\*Just Married\*](#) by Dr. Greg and Lisa Popcak

[\*The Infertility Companion for Catholics\*](#) by Angelique Ruhi-López and Carmen Santamaría

[\*Be Devoted: Restoring Friendship, Passion and Communion in Your Marriage\*](#) by Bob Schuchts

[\*Be Healed\*](#) by Bob Schuchts

[\*Be Transformed: The Healing Power of the Sacraments\*](#) by Bob Schuchts

[\*The Other Side of Beauty\*](#) by Leah Darrow

[Be Brave in the Scared](#) by Mary Lenaburg

[Loved as I Am](#) by Sr. Miriam James Heidland, S.O.L.T.

[Lift Up Your Heart](#) by Fr. John Burns

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We've also asked our team of experts to provide resources for you to get more information. **If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you're having suicidal thoughts, call 1-800-273-TALK (8255) to speak with a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline). If you are located outside the United States, call your local emergency line immediately.**

With the help of professionals and those who have struggled with stress, anxiety, and other mental health issues, we're offering insights, resources, and suggestions for a path to healing and a road to hope in the midst of dark and scary times.