

## Mental Health Minister Resources

### *Pastoral Letters & Other Church Resources:*

**Hope and Healing:** A Pastoral Letter from the Bishops of California On Caring for Those Who Suffer from Mental Illness 2018. Available in English, Spanish, Vietnamese.  
<https://www.cacatholic.org/article/hope-and-healing>

**To Live Life to the Full: Mental Health in Australia Today** (Australian Bishops; 2020)  
<https://socialjustice.catholic.org.au/wp-content/uploads/2020/07/Social-Justice-Statement-2020-WEB.pdf>

**Association of Catholic Mental Health Ministers.** Deacon Ed Shoener President and Founder. A treasury of resources for Catholic Mental Health Ministers—from liturgies, to saints, spiritual support groups, to networking, to how to start & sustain Parish-Based Mental Health Ministry. FREE. <https://catholicmhm.org>

**Welcomed and Valued:** *Building Faith Communities for Support and Hope with People With Mental Illness and their Families*; NCPD Council on Mental Illness; 2009.  
[https://ncpd.org/resources\\_and\\_toolkits/welcomed-and-valued-booklet](https://ncpd.org/resources_and_toolkits/welcomed-and-valued-booklet)

**Mental Illness and Parish Outreach;** Deacon Tom Lambert & Rita Lambert, Spiritual Director; Chicago Archdiocese <http://www.miministry.org>

**Catholic Mental Health Ministry: Guidelines for Implementation;** Wendell Callahan et. al.; 2018. Available free on Association of Catholic Mental Health Ministers.  
<https://catholicmhm.org>

**When A Loved One Dies by Suicide: Comfort, Hope, and Healing for Grieving Catholics.** Bishop John P. Dolan and Deacon Ed Shoener; Ave Maria Press

**CareNotes:** St. Meinrad Archabbey; various titles on loss, grief, anxiety, depression, mental illness, suicide prevention, aging. 4 pp. leaflets; easy-to-read. For children, teens, adults.  
<https://www.carenotes.com>

### *Trainings:*

**How to Start a Mental Health Ministry; Catholic Mental Health Association (online training)** <https://catholicmhm.org>

**Sanctuary for Catholics.** Eight- 20 minute videos with study questions and reflections. Good for Mental Health Ministers, Parish staff, and Parish Community. Can obtain free at <https://catholicmhm.org>.

**When a Loved One Dies by Suicide.** Eight-20 minute online videos through Sanctuary for Catholics. Includes study questions and reflections. Obtain for free from Association of Catholic Mental Health Ministers <https://catholicmhm.org>

**NAMI FaithNet;** last TH/month; 11 a.m.-1 p.m. <https://namisantaclara.org>

**NAMI Provider to Provider;** 15 hrs.; generally offered 5 consecutive Fridays  
<https://namisantaclara.org>

**NAMI Family to Family. NAMI Basics.** *For info:* <https://namisantaclara.org>

**Mental Health First Aid for Adults,** Santa Clara County

**Mental Health First Aid for Youth,** Santa Clara County

**Assist—Suicide Intervention & Prevention,** SCC

*For info:* <https://bhsd.sccgov.org/programs-services/suicide-prevention-crisis/find-help-suicide-and-crisis-resources>

**QPR- Question-Persuade-Refer: Suicide Prevention & Intervention;** online training. *For info on QPR:* <https://qprinstitute.com>

**Grace Alliance**-how to form Grace Groups for families, individuals and teens for mental health. Includes workbooks. Training online. Facilitators meet monthly online. *Info:*  
<https://mentalhealthgracealliance.org>

*Other Websites:*

**Emotions Anonymous.** Based on 12-Step Program. <https://emotionsanonymous.org>

**NAMI;** <https://www.nami.org/Home>

**RI. Recovery International.** Based on work by Alfred Low MD.  
<https://www.recoveryinternational.org>.

**Saddleback Church; Mental Health Ministry** <https://kaywarren.com/mentalhealth/>

**SAMSHA:** <https://www.samhsa.gov>

*Books: Available through Amazon & other booksellers.*

**A Catholic Christian Meta-Model of the Person:** *Integration with Psychology & Mental Health Practice.* Ed. Paul C. Vitz; Wm J. Nordling, Craig Stevens Titus. Divine Mercy University Press. 2020.

**Bruised and Wounded: Struggling to Understand Suicide;** Ronald Rohlheiser.

**Divine Therapy & Addiction.** Thomas Keating

**Dust in the Blood: A Theology of Life with Depression.** Jessica Coblenz, PhD. Liturgical Press Academic. Collegeville, MN 2022.

**From Worry to Wonder: A Catholic Guide for Finding Peace through Scripture.** Melissa Overmyer. Ascension. 2021.

**From Fear to Serenity** with Anthony DeMello; Thomas G. Casey, SJ & Margaret Brennan Hassett.

**Helping Families Recover From Addiction: Coping, Growing and Healing through 12-Step Practices and Ignatian Spirituality.** Jean Heaton. Loyola Press. (2020)

**Helping Teens with Stress, Anxiety, & Depression: A Field Guide for Catholic Parents, Pastors, and Youth Leaders;** Roy Petittfels.

**I Am Not Sick. I Don't Need Help!:** *How to Help Someone Accept Treatment;* Xavier Amador, MD

**I Was Ill and You Cared For Me: Biblical Reflections on Serving the Physically & Mentally Impaired;** John F. Craghan.

**Making Friends With Yourself: Christian Growth and Self-Acceptance;** Leo Rock SJ

**Mental Health Ministry: An Introduction;** Craig Rennebohm with David Paul  
**The Way of Companionship: Welcoming the Stranger;** C. Rennebohm, D. Paul  
**Organizing a Congregational Mental Health Team:** C. Rennebohm, D. Paul.  
For info [www.pathways2promise.org](http://www.pathways2promise.org)

**Mindful Like a Catholic: A Catholic Approach to Mindful Living** [Susan Brinkmann](#), OCDS.

**My Son...My Son: A Guide to Healing After Death, Loss, or Suicide;** Iris Bolton.

**Responding to Suicide: A Pastoral Handbook for Catholic Leaders.** Bishop John P. Dolan & Deacon Ed Shoener; 2020; Ave Maria Press.

**Sacred Space: A Little Book of Encouragement;** Irish Jesuits; Loyola Press.

**St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being.** Tommy Tighe LMFT. Ave Maria Press. 2021.

**Stop Walking on Eggshells: Taking Your Life Back When Someone You Love Has Borderline Personality Disorder;** Paul T. Mason, MS & Randi Kreger.

**The Art of Being a Healing Presence: A Guide for Those in Caring Relationships;** James E. Miller & Susan G. Cutshall.

**The Better Way:** *Stages of Contemplative Living*. Thomas Keating

**The Catholic Guide to Depression:** *How the Saints, the Sacraments, and Psychiatry Can Help You Break Its Grip and Find Happiness Again*; Aaron Kheriaty, MD.

**The Freedom of Missing Out:** *Letting Go of Fear and Saying YES to Life*. Michael Rossmann, S.J. Loyola Press. 2022.

**The Gift of Years: Growing Older Gracefully:** Joan Chittister, osb. 2010. Also available online and in *video* segments under title *The Blessing of Aging*. Joan Chittister osb.

**The Human Condition:** *Contemplation & Transformation*. Thomas Keating.

**The Mindful Catholic:** *Finding God One Moment at A Time*; Gregory Bottaro, PhD.

**The Power of Forgiveness.** Pope Francis on Reconciliation. United States Conference of Bishops. 2021.

**Unworried:** *A Life Without Anxiety*; Gregory Popcak, PhD

**What Does the Bible Say About Old Age?** Ronald D. Witherup. PSS.; New City Press.

**When A Loved One Dies by Suicide: Comfort, Hope, and Healing for Grieving Catholics.** Bishop John P. Dolan and Deacon Ed Shoener; Ave Maria Press

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