

*Authentic Catholic Mental Health Resources
Healing and Deliverance Resources
and
Crisis Phone Numbers by Region (Non-Catholic)*

For local *non-crisis* Catholic counseling resources contact

REVIVE Hope and Healing Ministries at:

(315) 628-1713 or revivehopeandhealing@gmail.com

Crisis Numbers by Region (Non-Catholic)



WESTERN REGION and NORTHERN REGION

- Comprehensive Psychiatric Emergency Program (CPEP) - (315) 448-6555 301 Prospect Avenue (Second Floor of the Emergency Department) Syracuse, New York 13203
 - Vera House Domestic Violence Crises Live - (315) 468-3260
 - Liberty Resources Inc.
- Mental Health Mobile Crises Unit (315) 251-0800
- Peer Support - 1-(855)-778-1900
- Helio Health - (315) 471-1564
 - Contact Community Services - (315) 251-0600 Contact Hotline 24-hour telephone counseling, suicide prevention, crisis counseling, information and referral
 - 988 Suicide and Crisis Lifeline: Call or Text 988 or chat 988lifeline.org Dial 211 Health and Human Services Referral Line
 - Youth Emergency Services - Hotline 24/7 (315) 463-1100

EASTERN REGION

- Liberty Resources Inc.
 - Mental Health Mobile Crises Unit - (315) 251-0800
 - Peer Support - 1-(855) 778-1900
 - Domestic Violence/Sexual Assault 1-(855) 966-9723
- Madison County Mental Health - Crisis Hotline - (315) 366-2327 (prompt 1)
- Neighborhood Center - Mobile Crises Assessment Team (315) 732-6228 or 1-(844) 732-6228 (Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties)

SOUTHERN REGION

- Mental Health Association of the Southern Tier - 24/7 Crisis Dial 988
- Peer Support Warm Line - (607) 240-7291
- RISE - Domestic Violence Hotline (607) 754-4340 or 1 (877) 754-4340

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Counseling Resources



- Pastoral Solutions- Dr. Gregory Popcak - Tele-Counseling www.catholiccounselors.com

-dedicated to providing the resources religiously-committed Catholics need to live more faithful and abundant marriage, family, and personal lives. Since that time, The Pastoral Solutions Institute has become nationally-recognized for its leadership in integrating cutting-edge counseling psychology with solid Catholic theological principles.

- Catholic Therapists Allison Riccardi, LMHC - Directory of Carefully Screened Catholic Therapists - www.catholictherapists.com

-CatholicTherapists.com was conceived for those individuals and families who seek specifically Catholic practitioners.

- Holy Family Counseling - www.holyfamilycounseling.org Tele counseling available

-devoted to strengthening marriages and families, as well as individuals in any state in life, in order to better fulfill their vocational callings and thereby find fulfillment and happiness in their lives.

- Catholic Psych Institute - www.catholicpsych.com (Dr. Greg Botarro)

-providing services and resources based on the integration of faithful Catholic anthropology with sound psychological science to help people become who God created them to be. Offers personalized mentorship to transform daily challenges.

- The Catholic Therapist - www.jillianhawks.com (Dr. Jillian Hawks)

-a licensed marriage and family therapist dedicated to promoting wellness by integrating mental health treatment with Catholic faith.

- Souls and Hearts - www.soulsandhearts.com

- provides faithful Catholics with guided, customized programs designed to remove psychological obstacles to giving and receiving love from God and neighbor.

- resource for Catholic clinicians trained or informed in the application of Internal Family System;

- Transfiguration Counseling - www.transfiguration.co

-Counseling. Coaching and Consultation Services

Founded by Dr. Gerry Crete with application of Internal Family Systems theory and his writing in Litanies of the Heart: Relieving Post-Traumatic Stress and anxiety disorders

Catholic Life Coaching Support



- Metanoia Catholic - Matt and Erin Ingold - www.metanoiacatholic.com

*-seeks to transform individuals so they can enjoy greater faith, professional goals and personal experiences.
Provides directory of certified Catholic coaches*

- Baars Life Coaching - Bernhard Streisselberger - www.threshmountains.com

-offers accompaniment and guidance in living the affirming life; helps clients to grow and thrive in their human, emotional, and spiritual development.

- Wonderfully Made- Lisa Mladinich www.wonderfullymade139.com

-a certified professional life strengths coach combining beliefs and values of the Catholic faith with CliftonStrengths ® Assessments and feedback for life transformation for God's glory

- The Catholic Hope Coach - Anne Costa - www.revivehopeandhealing.com

-releasing fears, reclaiming hope through mindset coaching in Catholic Truth

Addictions Assistance and Support



- Communita Cenacolo America- www.hopereborn.org

-“We propose the journey of rebirth for those in Community based on a simple, family oriented, orderly life. They are freely welcomed and are offered true friendship, discipline, and fraternal sharing. “Ora et Labora” - prayer

and work. These are the pillars through which people rediscover respect, order, hope, dignity, peace and the joy of being alive. “

- The Calix Society - www.calixsociety.org

-an association of Catholic alcoholics, drug addicts, family members and friends who are affected by addiction and maintaining their sobriety through participation in their Catholic faith and a 12-step program.

- Catholic in Recovery - www.catholicinrecovery.com

-offering hope and healing for those recovering from addictions, compulsions and unhealthy attachments

- Integrity Restored - www.integrityrestored.com

-helping to restore the integrity of individuals, spouses, and families that have been affected by pornography and pornography addiction

- Sober Catholic- Paul Sofranko www.sobercatholic.com

-Spiritual resources for Catholics in recovery from someone who is.

- Catholic Recovery Coach - Christine Walker -www.catholicrecoverycoach.com

-Specializes in coaching Catholic women looking to reduce or eliminate alcohol from their lives

- iTHIRST

Other Ministry Resources:



- Scrupulous Anonymous - www.scrupulousanonymous.org

-Since 1964, a mission of the Redemptorists and Liguori Publications ministering to those afflicted with scrupulosity, a religious form of Obsessive Compulsive Disorder (OCD)

Parish based Resources



- National Catholic Mental Health Campaign www.usccb.org/mentalhealth

- a year-round initiative of the USCCB to encourage all people of good will to respond to the ongoing mental health crisis across the United States.

- Sanctuary Mental Health - www.sanctuarymentalhealth.org/catholic

-to inspire and equip communities of faith to offer companionship, support recovery and promote well-being for people with mental health concerns.

- Association of Catholic Mental Health Ministers - www.catholicmhm.org

-support for Catholic parishes and dioceses in establishing mental health ministries to provide spiritual accompaniment for people experiencing mental health challenges and mental illness, as well as those who care for them.

- Fiat Program on Faith and Mental Health

www.mcgrath.nd.edu/about/centers-initiatives-and-programs/fiat-program-on-faith-and-mental-health

-supports the Church in embracing its call to accompany those living with serious mental challenges and their loved ones. Assists dioceses, parishes, and communities in fostering a culture of communion wherein the whole person can be known and uplifted and can experience the grace of Christian friendship and the sacramental life.

- iTHIRST Initiative www.ithirstinitiative.org

-empowers dioceses, parishes and communities to become a resource for those suffering from addictions and their families. Supports the understanding that there is a spiritual dimension to the disease of addiction that cannot be met by clinical professionals, but only by the spiritual consolation and guidance that the Church can provide.

Youth / Divorce



· Life-Giving Wounds - www.lifegivingwounds.org

-a peer led ministry to help young adults and adults with divorced or separated parents to give voice to their pain and find transformative healing in Christ.

Betrayal Trauma / Domestic Violence



· Hope's Garden

-An online prayer and support community to accompany and guide women on their healing journey, especially those who have suffered spousal and/or familial wounds. (Betrayal Trauma, spousal addiction, domestic violence) Christ the Bridegroom will heal and transform hearts, marriages, and families; restoring the safety and peace in the domestic church.

Grief / Loss - Child Loss - Suicide



· Red Bird Ministries

-a Catholic, pro-life/pro-family grief support ministry that focuses on bereaved families who have experienced child loss of any age and circumstance. Providing resources and support for Individuals, couples, families,

parish communities and priests.

Trauma Recovery / Abuse



· From Grief to Grace -Restore Dignity - www.restoredignity.org

-a healing ministry focusing on providing survivors of traumatic events and tools to heal and understand the fullness of dignity they possess in Christ

Developed by Dr. Theresa Burke- Grief to Grace Retreats offer a faith-based, 5-day program designed to help participants address abuse-related trauma. Through a holistic approach, with a Sacramental focus, Grief to Grace truly allows for the whole person - heart, mind, body, and soul - to be healed and renewed.

For Therapists and Mental Health Professionals



· The Baars Institute for Affirmation Therapy - www.baarsinstitute.com

-mission of the Baars Institute for Affirmation Therapy is to illustrate the beauty of affirmation as the antidote for the syndrome of Emotional Deprivation Disorder, and to provide training and certification to professional therapists, in order that unaffirmed persons everywhere might experience hope and healing.

· The Thomistic Institute of Psychology- www.thomisticinstituteofpsychology.org

- dedicated to restoring a holistic understanding of the human person to the field of mental health by integrating the profound wisdom of St. Thomas Aquinas with contemporary psychological knowledge. Equipping mental health professionals with the tools and framework to provide care that is both scientifically sound and deeply rooted in human dignity

· Divine Mercy University www.divinemercury.edu

- a Catholic graduate school of psychology and counseling, founded in 1999 as the Institute for the Psychological Sciences. The University is dedicated to the scientific study of psychology with a Catholic understanding of the person, marriage and the family. The University offers a Doctoral (Psy.D.) degree in Clinical Psychology, a Master of Science (M.S.) degree in Psychology, Doctorate (Ph.D.) In Counselor Education Supervision and a Master of Science (M.S.) in Counseling.

Prayer Communities and Resources



· Guild of St Benedict Joseph Labre www.guildbjlabre.org

-Offering prayerful spiritual support by bringing the healing Love of Christ to our brothers and sisters who wear the "Crown of thorns" of mental and emotional suffering; Advocacy education and prayer

· Souls of the Christian Apostolate (SOCA) www.socacatholic.org

-Combines authentically Catholic Mysticism with practical approaches to foster holiness and fruitful apostolic activity to form the next generation of Catholic lay apostles and leaders

· David Torkington www.davidtorkington.com

-David Torkington is a Spiritual Theologian, Author and Speaker who specializes in Prayer, Christian Spirituality and Mystical Theology. His Metanoia retreats for Clergy, Religious and the laity, use his books Passport to Perfection and Early Christian Spirituality as well as his free fifteen-video series on prayer, and his free audio presentations of How to Pray and The Hermit

Healing and Deliverance:



*Individuals seeking spiritual assistance with deliverance and healing should contact the Chancery of their Diocese for direction and consultation.

• UNBOUND - Catholic Prayer and Healing - www.revivehopeandhealing.com

-a safe, gentle, loving and effective prayer model that helps people to respond to the Good News of the Gospel

• JP II Healing Center - Dr. Bob Schuchts, Ph.D.- www.jp2healingcenter.org

-mission is to embody the teachings of St. John Paul II by bringing restoration & healing into the lives of those seeking a deeper intimacy with Jesus Christ.

• St. Michael's Center - Mgr. Stephen Rossetti - www.catholicexorcism.org

-a non-profit Catholic organization that prays with people who are spiritually suffering and in need of healing and deliverance. St. Michael Center conducts spiritual education workshops and trains clergy, religious and laity.

• Society of the Most Sorrowful Mother - The Doloran Fathers www.dolorans.org

-a semi contemplative society of priests who work in cooperation for the local bishop to provide assistance to those in the most spiritual need.

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