

## Mental Illness Resource List

NAMI Crisis Lines for various issues including suicide, veteran's crisis line, LGBTQ National Help Center  
<https://www.naminh.org/resources-2/crisis-lines/>

NAMI NH - lots of information  
<https://www.naminh.org/>

NH Domestic and Sexual Violence Helpline  
1-866-644-3574

VA Mental Health Services  
<https://www.mentalhealth.va.gov/index.asp>

Greater Nashua Mental Health  
<https://gnmhc.org/>

Greater Manchester Mental Health  
<https://www.mhcgmg.org/>

Pastoral Counselling Center/Manchester  
<https://www.pcs-nh.org/>

Catholic Charities Counselling  
<https://www.cc-nh.org/programs/mental-health-counseling-services/>

NH Alcoholics Anonymous  
<https://nhaa.net/>

NH Alanon  
<https://nhal-anon.org/>

If you or a person you know is feeling at risk for self harm call 911

Your physician can be a good resource for connecting with a counsellor.

<https://www.catholicpsych.com/> - Catholic Psych Institute

Trained in the full integration of an authentically Catholic anthropology and the very best psychology you will find, our world-class team will help you reach your goals in the most efficient and faithful way possible.

<https://www.catholictherapists.com/home> - A private resource provided to help you find a qualified therapist of the Catholic faith in your area. Our mission is to provide therapy referrals and information that are faithful to the teachings of the Roman Catholic Church.

<https://www.griefshare.org/> - A resource to help you find a faith friendly support group to help through times of grief and loss.

<https://catholicinrecovery.com/> - Catholic in Recovery is a nonprofit organization that seeks to serve those suffering from addictions and unhealthy attachments (including alcoholism, drug addiction, pornography addiction, sex and relationship addiction, compulsive overeating and food addictions, gambling addiction, codependency and the impact on family, and general fear, control, and anxiety).

TeenLine: Offers a teen to teen hotline where youth can talk about their struggles with someone who 'gets it', a trained teen volunteer. The hotline is supervised by mental health professionals who provide support to teen volunteers. It provides a safe, non judgmental space for youth to reach out anonymously to talk about their stress, learn ways to cope, identify their support network and get helpful resources.

Youth can contact the hotline any night of the week from 6-10PM PST at (800) 852-8336 or text TEEN to 839863 (6-9PM PST).

<https://lacatholics.org/mental-health-and-suicide/>

An article published in February of this year where Pope Francis speaks of how seeing a psychiatrist helped him with anxiety when he was younger - <https://www.catholicnewsagency.com/news/246651/pope-francis-says-seeing-a-psychiatrist-helped-him-with-anxiety-when-he-was-younger>

**BOOKS:**

*The Catholic Guide to Depression* by Dr. Aaron Kheriaty

How the Saints, the Sacraments, and Psychiatry Can Help You Break Its Grip and Find Happiness Again

*The Mindful Catholic* by Dr. Gregory Bottaro

Finding God One Moment at a Time

*After Suicide* by Fr. Chris Alar, MIC

There's Hope for Them and For You

*The Recovery Rosary: Reflections for Alcoholics and Addicts* by Paul Sofranko "The Recovery Rosary: Reflections for Alcoholics and Addicts" takes a time-honored prayer and brings it into a useful format for people to pause and reflect on their recovery, their relationships with others, and ultimately with Jesus Himself. Whether people are still struggling with their addictions, or have been clean and sober for a few weeks or months, or many years, the reflections for each Mystery of the Rosary will help them meditate on the spiritual growth they have achieved so far.

FORMED.org

Cindy Coughlin will be leading a group this summer using The Sanctuary Course for Catholics. It is a eight-session course-designed for use in small groups- that explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists. More info can be found here as well as resources.

<https://www.sanctuarymentalhealth.org/catholics/>

**Depression, Addiction, and Suicide Scripture and Church Teaching**

The Psalms are a great source of hope and consolation for everyone, especially those who may be dealing with depression, addiction, and suicidal thoughts.

Look up the full passages in a Bible.

Psalm 23: *"The Lord is my Shepherd"*

Psalm 27: *"The Lord is my light and my salvation"*

Psalm 34: *"The Lord is near to the brokenhearted"*

Psalm 46: *"God is our refuge and strength"*

Psalm 55: *"Cast your burden on the Lord"*

James 4:10: *"Humble yourselves before the Lord, and he will exalt you."*

Isaiah 41:10 *"...do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."*

Jeremiah 29:11-14 *"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope. Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord..."*

**The Catechism of the Catholic Church** shares Church teaching on suicide as well as addiction, whether it be substance abuse or an addiction to pornography.

### **Suicide**

“Everyone is responsible for his life before God who has given it to him. It is God who remains the sovereign Master of life. We are obliged to accept life gratefully and preserve it for his honor and the salvation of our souls. We are stewards, not owners, of the life God has entrusted to us. It is not ours to dispose of” (CCC 2280).

“Suicide contradicts the natural inclination of the human being to preserve and perpetuate his life. It is gravely contrary to the just love of self. It likewise offends love of neighbor because it unjustly breaks the ties of solidarity with family, nation, and other human societies to which we continue to have obligations. Suicide is contrary to love for the living God” (CCC 2281).

“If suicide is committed with the intention of setting an example, especially to the young, it also takes on the gravity of scandal. Voluntary co-operation in suicide is contrary to the moral law. Grave psychological disturbances, anguish, or grave fear of hardship, suffering, or torture can diminish the responsibility of the one committing suicide. ” (CCC 2282).

“We should not despair of the eternal salvation of persons who have taken their own lives. By ways known to him alone, God can provide the opportunity for salutary repentance. The Church prays for persons who have taken their own lives.” (CCC 2283).

### **Addiction**

“Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good” (CCC 2288).

“The virtue of temperance disposes us to avoid every kind of excess: the abuse of food, alcohol, tobacco, or medicine. Those incur grave guilt who, by drunkenness or a love of speed, endanger their own and others’ safety on the road, at sea, or in the air” (CCC 2290).

“The use of drugs inflicts very grave damage on human health and life. Their use, except on strictly therapeutic grounds, is a grave offense. Clandestine production of and trafficking in drugs are scandalous practices. They constitute direct co-operation in evil, since they encourage people to practices gravely contrary to the moral law” (CCC 2291).

“Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to teach other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials” (CCC 2354).

Addiction is one of the many consequences of Original Sin, it is thus a spiritual as well as a physical battle. While appropriate medical help is essential, one must also recognize the need for God’s grace and submit to the saving action of the Holy Spirit in overcoming an addiction. “Because man is a composite being, spirit and body, there already exists a certain tension in him; a certain struggle of tendencies between “spirit” and “flesh” develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle: For the Apostle it is not a matter of despising and condemning the body which with the spiritual soul constitutes man’s nature and personal subjectivity. Rather, he is concerned with the morally good or bad works, or better, the permanent dispositions --virtues and vices --which are the fruit of submission (in the first case) or of resistance (in the second case) to the saving action of the Holy Spirit. For this reason the Apostle writes: “If we live by the Spirit, let us also walk by the Spirit” (CCC 2516).