

***In an emergency, call 911 or 988 (the Suicide and Crisis Lifeline) Trained counselors are available 24/7. Visit www.988Lifeline.org for more information.**

***For urgent situations where someone comes to you needing immediate, but non-life threatening assistance, contact Comprehensive Mental Health Services (816) 254-3652 <https://thecmhs.com/> or Tri-county Mental Health Services 816-468-0400 <https://www.tri-countymhs.org/>**

***Send a TEXT to the Crisis Text Line. Enter 741741 and type “HOME” to speak with a trained counselor, www.crisistextline.org.**

***These are not Catholic specific like most of the other non-urgent resources below, but these are our local resources for immediate assistance**

Below is a list of resources for recovery, education, and spiritual healing currently known about by Parish Mental Health Ministry Teams

Resources by type

Therapists

Center for Healing

<https://centerforhealingkc.com/>

Located in: The Catholic Center

Address: 20 W 9th St Ste 601, Kansas City, MO 64105

Hours: Open · Closes 7PM

Phone: (816) 287-0337

“The Center is devoted to restore relationships, heal those suffering from addiction, undo loneliness and find peace and rest in the midst of life. We look to protect, validate and comfort our clients who are distressed or struggle with emotional and/or relational problems. Our philosophy is based on sound Christian principles, research-based therapy, aspects of neurology:
a holistic approach to heal the person.

Jeff Davis, LSCSW, LCSW, SAP
JD Professional Consulting & Coaching, LLC
816-536-6955
jeffdavuscsw@gmail.com

Julie Kovac

Licensed LPC and a Registered Nurse; board certified in psychiatry and mental health
<https://www.cometothestablekc.com/>

Phone:816-896-6569

Email.: cometothestable@yahoo.com

Deanna Sack, LSCSW, LCP

deanna@dacktherapy.com

913-980-2230

GRACE MULCAHY, LSCSW

- **Licensed Specialist Clinical Social Worker in Kansas**
- **Certified Perinatal Mental Health Therapist**
- **Website: www.gracemtherapy.com**
- **Email: gracemtherapy@gmail.com**
- **Phone: [913-370-7151](tel:913-370-7151)**
- **310 Commercial St. Atchison, KS 66002**
- **Specializing in perinatal mental health, working with women experiencing postpartum mood disorders, grief from miscarriage or child loss, and birth trauma. Trained in EMDR. Also providing individual therapy with children, adolescents and adults for trauma, grief and loss, anxiety, depression and sexual abuse.**

JENNIFER SANGER, MA LCPC, LPC

- **Licensed Clinical Professional Counselor in Kansas and Missouri**
- **In person and virtual sessions at 13839 S Mur Len Road, Suite H, Olathe, KS 66062**
- **Call or text [913-717-8551](tel:913-717-8551)**
- **Email: Jennifer.sanger@protonmail.com**

- Website: <https://www.psychologytoday.com/us/therapists/jennifer-sanger-olathe-ks/1062923>
- Private pay and in network with Blue Cross Blue Shield
- Works with individuals dealing with shame, difficult emotions, anxiety, depression, self esteem difficulties and grief. Uses emotion focused techniques and cognitive behavioral interventions.

ELIZABETH (LIZZY) HOLLWEDEL

- Licensed Professional Counselor
- Inquiries email at lizzy.luxcounselingllc@gmail.com
- Phone: 913-386-6448.
- Works with individuals who are tweens, teens, and adults as they combat a variety of mental health struggles, such as various forms of anxiety and trauma.
- Counsels and partners with women who are battling through postpartum anxiety, depression, or OCD. “There is hope, no matter the situation or mental thought process you feel stuck in, and I would be so honored to journey with you to a more peaceful and confident place, both mentally and emotionally.”
- Free phone consultations available to potential clients, “So they can get to know me, and see if we might be a good fit”
- Locations: Overland Park, KS, Lawrence, KS, and teletherapy.
- Website: luxcounselingllc.com

CHRIS ELLMAN, MSW, LCSW, SATP, CSAT CANDIDATE

- Licensed Clinical Social Worker
- Phone: 913-568-8415
- Email: christopher.ellman@gmail.com
- Website: centerforhealingkc.com
- Helps individuals, couples, and families work through the stress of life by addressing the whole person; mental, physical, and spiritual; helps people who are struggling with anxiety, depression, grief, sexual woundedness, and trauma, including betrayal trauma; also helps men and women who are experiencing unwanted sexual behavior. EMDR Trained.

MARY HELEN DENNIHAN, LCMFT

- Licensed Clinical Marriage and Family Therapist
- Accepts insurance
- Phone: 913-323-6536 – direct line
- Phone: 913-338-0400 – main office/appointments
- 8300 College Blvd. Suite 320
Overland Park, KS 66210

- Works with individuals, families, and couples experiencing trauma, mood disorders, depression, anxiety, relationship issues, grief, and more. Therapies used include: EMDR, Emotion Focused Therapy, Spirituality, Strength Based, and Acceptance Therapy.

ADAM CLEMENT, LCMFT

- Licensed Clinical Marriage and Family Therapist in Kansas
- Phone: [913-481-1968](tel:913-481-1968) – direct line
- Phone: [913-345-0033](tel:913-345-0033) – office
- Website: www.ajctherapyllc.com
- Email: adamclement6@gmail.com
- 8575 W. 110th St. Suite 218
Overland Park, KS 66210
- College age, young adult and middle aged men and women struggling with anxiety, sexual brokenness/addiction issues, and trauma. Counselor utilizes EMDR, Experiential and attachment based therapy.
- Family, couple, and individual therapy; specializes in marital therapy; experienced with depression, marital conflict, adolescents, addictions. Accepting tele-health clients.

DIANA LUNA CAMDEN, MS, LPC, BC-TMH, NCC

- Licensed Professional Counselor
- Telehealth for adults living in Missouri
- Phone: [913-777-9145](tel:913-777-9145)
- Email: counselor.diana@gmail.com
- Bilingual Spanish speaking counselor assisting adults for individual counseling. Areas of specialty: anxiety, depression, acculturation, time and stress management, relationship concerns and college aged populations with transition issues.

How to find Catholic Counselors in the area: <https://archkck.org/family/care-support/catholic-counselors/>

Or www.Catholictherapists.com

Catholic Mentors: <https://www.catholicpsych.com/contact>

Retreats

JPII Healing Center https://jpiihealingcenter.org/event_types/

Christ's Peace House of Prayer-personal and guided retreats

www.fullnessoflifecoaching.com

Apps

Hallow app: www.hallow.com has meditations to help people with various crosses and anxieties

Click to Pray: <https://clicktopray.org/campaigns/340> has Pope Francis monthly prayer intentions for those impacted by mental illness

Sanctuary Together Again: <https://sanctuarymentalhealth.org/together-again/> is a card game that encourages conversations about faith, mental health, and wellbeing. The game features a mix of lighthearted and contemplative questions, offering opportunities to reflect and connect with one another.

Films

Sanctuary course <https://sanctuarymentalhealth.org/catholics/>

Sanctuary course on suicide <https://sanctuarymentalhealth.org/when-a-loved-one-dies-by-suicide/>

Anxt

Breaking the silence

What I Wish People Knew Series <https://nami.org/Get-Involved/Awareness-Events/Mental-Illness-Awareness-Week>

Podcasts

Restore the Glory: www.restoretheglorypodcast.com “Dr. Bob Schuchts & Jake Khym, MA are Catholic therapists with over 50 years combined experience teaching and accompanying people into fuller life and freedom.”

The Being Human <https://www.catholicpsych.com/podcast> “In the Being Human podcast, Dr. Greg Bottaro offers a glimpse into a totally reinvented model of therapy. Come behind the scenes and experience Dr. Greg's vision for Catholic therapy as he introduces a revolutionary approach that is finally focused on what it means to be human.”

Sanctuary Mental Health <https://sanctuarymentalhealth.org/podcast/> “Can mental health challenges and faith co-exist? Join our host Sarah Kift, as she interviews theologians,

writers, leaders, and people living with mental health challenges. If you want inspiration, insight, and resources to equip your community to be a sanctuary for all people, at all stages of their mental health journeys, this is the podcast for you.”

Books

Anything off of these sites are great:

JPII Healing Center <https://jpiihealingcenter.org/store>

Catholic Psych <https://bookshop.catholicpsych.com/collections/all>

Association of Catholic Mental Health Ministers <https://catholicmhm.org/documents-and-books>

For caretakers: *Hope and Healing: A pastoral letter from the bishops of California on caring for those who suffer from Mental Illness*

Education/Trainings

Mental Health First Aid (Class Approximately 6 Hours) Free Virtual & In-person Mental Health First Aid Classes are available to those living &/or working in Missouri. For class signup see: <http://mhfamissouri.org/events/>

Sources of Strength (see Julie Connor under “Teens” as she teaches this program, too)

<https://sourcesofstrength.org/about/>

At Sources of Strength, our vision is To Empower a Well World. We provide exceptional training and curriculum for youth and adults, utilizing a strength-based and upstream approach to mental health promotion and prevention of adverse outcomes like suicide, violence, bullying, and substance misuse. Sources of Strength has a firm commitment to providing evidence-based programming that is responsive to local community context and needs.

Johnson County (Ks.) Mental Health also offers Mental Health First Aid and other Suicide Awareness Classes (Fee): [Mental Health First Aid](#)

NAMI Family-to-Family is a free 8-session educational program for family members, significant others, and friends of adults living with mental illness. It is a designated

evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition. The course is taught by trained family members once per week for 8 weeks. Each class lasts approximately 2.5 hours.

Encourage Hope and Help <https://encouragehopeandhelp> "Encourage Hope and Help is a suicide prevention website for youth in the Kansas City area. Through education and prevention efforts, we strive to reduce youth suicide".

Ask Listen Refer <https://www.asklistenrefer.org/> "Ask Listen Refer is a statewide online suicide prevention training program (approximately 15 Minutes) created for campuses throughout Missouri funded by the Missouri Dept. of Mental Health:

Nami Ask the Expert 3-part Series on Suicide Prevention was recorded & is now available on-line: <https://www.nami.org/Blogs/NAMI-s-Ask-the-Expert/2022/Suicide-Prevention-The-AFSP-The-JED-Foundation>

Prayers and liturgy

Ways to include Mental Health in the church services <https://catholicmhm.org/worship-and-liturgy-resources> or <https://catholicmhm.org/prayer-resources>

Resources by specific topics:

General Mental Health

Association of Catholic Mental Health Ministers

<https://catholicmhm.org>

"The Association of Catholic Mental Health Ministers (CMHM) is a Lay Association of the Christian Faithful whose members are called to be a healing presence in the lives of people with mental illness. Members of the CMHM see Christ in those who live with a mental illness. Members practice a ministry of service and presence; like the Good Samaritan (Luke 10:30-37), they do not look the other way or walk past those living with a mental illness but instead pour the oil and wine of the Gospel into their lives. Members walk with people living with a mental illness to help them find the support and services that they need.

We see persons living with a mental illness as unique individuals who are not defined by their illness. They have much to offer the Church and the community because living with an illness gives them unique insights into suffering, humility, compassion, friendship and

love. We work to eliminate the stigma and discrimination that people living with a mental illness encounter in the Church and in human society.”

Sanctuary Mental Health Ministries

<https://sanctuarymentalhealth.org/>

“We believe that caring for mental health and wellbeing is an important part of what it means to participate in Christ’s redemptive work. Jesus came to invite all people into relationship with God, and as his disciples we are called to love one another and help one another recognize God’s presence in every circumstance and experience, including the experience of mental health challenges. This is a call that requires not only profound compassion and hope, but also education and equipping. As our organization seeks to serve the Church and respond to this call, we are shaped by the following values.”

Pathways to Promise

<https://www.pathways2promise.org/>

Pathways to Promise collaborates with faith, spiritual, and non-spiritual communities to share resources that assess, educate and effect change to welcome, support, engage and include persons with mental illnesses and those who care for them.

The National Catholic Partnership on Disability

<https://ncpd.org/>

“Following the example of Jesus, The National Catholic Partnership on Disability works with dioceses, parishes, ministers, and laity to promote the full and meaningful participation of persons with disabilities in the life of the Church. *NCPD promotes this ever-evolving mission to renovate and sustain ministry to-and-with all people with disabilities and their families through the following initiatives:*“

The National Alliance for the Mentally Ill <https://www.nami.org/home>

“The National Alliance on Mental Illness (NAMI) is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation’s leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.”

JPII Healing Center <https://jpiihealingcenter.org/>

“To promote and inspire transformation in the heart of the Church, by healing and equipping God’s people for the New Evangelization. This mission is fulfilled in the very

heart of the Church, helping people activate the fullness of their sacramental graces, while transforming their lives.”

The Catholic Psych Team <https://www.catholicpsych.com/about-us> “Creating a new standard for mental health and wellness in the Catholic Church by 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.”

Dementia and Caretakers

The Hem of Christ <https://hemofchrist.org/>

“The Hem of Christ is a ministry of care that supports those living with dementia and their professional and family care partners, to re-discover and continue the practice of the faith, regardless of the stage of dementia one is living in, or the physical and financial limitations one might experience.”

Infertility/miscarriage/pregnancy loss/loss of any child

GRACE MULCAHY, LSCSW

- *Licensed Specialist Clinical Social Worker in Kansas*
- *Certified Perinatal Mental Health Therapist*
- *Website: www.gracetherapy.com*
- *Email: gracetherapy@gmail.com*
- *Phone: [913-370-7151](tel:913-370-7151)*
- *310 Commercial St. Atchison, KS 66002*
- *Specializing in perinatal mental health, working with women experiencing postpartum mood disorders, grief from miscarriage or child loss, and birth trauma. Trained in EMDR. Also providing individual therapy with children, adolescents and adults for trauma, grief and loss, anxiety, depression and sexual abuse.*

Red bird ministries <https://www.redbird.love/>

“Red Bird Ministries is a Catholic, pro-life/pro-family grief support ministry that focuses on bereaved families who have experienced child loss of any age and circumstance, including pregnancy loss through miscarriage and stillbirth, and after birth as an infant, child, adolescent, or adult. While we operate as Catholics our ministry serves anyone who has experienced the loss of a child.”

Fullness of life www.fullnessoflifecoaching.com

“Fullness of life is a fertility support ministry that focuses holding support groups for women going through infertility or miscarriage, as well as having annual retreats for women and couples carrying these crosses.”

Alexandria's house <https://www.alexandrashouse.com/>

Offers services to those who have lost a child or who have received a prenatal diagnosis. They offer counseling, burial arrangements and support groups for families.

Sexual Wounds, Gender Identity and Homosexuality

Desert Stream/Living Waters Ministries <https://www.desertstream.org/welcome>

“We provide help for Christians struggling with sexual and relational problems. Our help is based on the biblical foundation of compassion, integrity, and dependence on God. We seek to convey Jesus, “full of grace and truth,” (John 1:14) to broken ones seeking mercy.”

Journey to Bethany <https://www.journeytobethany.org/> “Serving those harmed by clergy sexual abuse through actions of healing and justice.”

Eden's Invitation <https://www.edeninvitation.com/> “Creating space to receive the whole person, grow systems of mutual support, and empower for creative discipleship”

Courage and Encourage Apostolate Courage <https://couragec.org/>

“Courage members are men and women who experience same-sex attractions and who have made a commitment to strive for chastity. They are inspired by the Gospel call to holiness and the Catholic Church’s beautiful teachings about the goodness and inherent purpose of human sexuality.

EnCourage members are parents, spouses, siblings and friends of people who identify as LGBTQ. They are looking for help to keep the faith and keep their family bonds. “

Addictions

The Calix Society <https://www.calixsociety.org/>

Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12-step program. Our first concern is to interest Catholics with these problems in the virtue of total abstinence. Our second stated purpose is to promote the spiritual development of our membership.

Living Waters (see sexual wounds above)

Abuse

Pax in Familia <https://paxinfamilia.org/> "Pax in Familia is an international Catholic organization dedicated to peace, and to the prevention of violence and abuse in Catholic and Christian families."

Children of Divorce

Life-Giving Wounds <https://www.lifegivingwounds.org/>

"Our mission is to help young adults and adults with divorced and separated parents give voice to their pain and find deep spiritual healing. We do this as a Catholic, peer-led ministry by providing unique means for Christ to transform their life-draining wounds into life-giving resources of faith, hope, love, and joy for themselves, their relationships, and the Church. We also seek to help them make and sustain a life-long gift of love in either the vocation of marriage or consecrated life."

Grief Support

Bereavement Support Group (a peer support group) which meets on the first Sunday of each month at 09:30 (between the 08:30 and 11:00 masses) in at St. Charles Borromeo in Borromeo West. We also offer individual support when needed. Please contact Marius Hubbell at 816-436-3880, home phone number 816-436-6344, or by email at mariush@hotmail.com.

Teens

Deanna Sack, LCSW, LCP

deanna@dacktherapy.com

913-980-2230

Specializes in working with adolescents

MELISSA CARRICO, LCSW

- Licensed Clinical Social Worker in Kansas
- Counseling for Women and Adolescent Girls
- Phone: [816-548-0038](tel:816-548-0038)
- Website: cwaag.com
- Helps clients with issues particularly challenging to women and adolescent girls including anxiety, depression, body image, stress, family and relationship issues; helps clients who are overwhelmed or stuck in life; offers hope, compassion, and professional expertise in a non-judgmental relaxing environment through a holistic approach.

Youth programs with Dr. Julie Connor(not a counselor, but an educator)

<https://drjulieconnor.com/>

Julie equips youth with skills to build positive relationships throughout their schools and communities as a peer leadership consultant and Sources of Strength trainer. She shows youth how to leverage their personal and leadership qualities to inspire others, work together to encourage help-seeking behaviors, and promote mental health awareness.

Suicide

988 is the new Suicide & Crisis telephone and text line: <https://988lifeline.org/>

When a Loved One Dies By Suicide

<https://sanctuarymentalhealth.org/when-a-loved-one-dies-by-suicide/>

Other:

Association of Catholic Mental Health Ministers resources by topic and language

<https://catholicmhm.org/resources-by-topic>

Seven self-care tips for college students from Mental Health First Aid:

https://www.mentalhealthfirstaid.org/2022/08/seven-self-care-tips-for-college-students/?mkt_tok=NzczLU1KRi0zNzkAAAGGiiJptAS3sPC4ETdNFg6IK0QKKmvEIk0E_qf_sRqgUnrhdH1nCyGaSce5jG-s64557cRiykx-9VV8jyJtClrxfY-judLgusNXFaaVHyjigqw

Spanish

DIANA LUNA CAMDEN, MS, LPC, BC-TMH, NCC

- Licensed Professional Counselor
- Telehealth for adults living in Missouri
- Phone: [913-777-9145](tel:913-777-9145)
- Email: counselor.diana@gmail.com
- Bilingual Spanish speaking counselor assisting adults for individual counseling. Areas of specialty: anxiety, depression, acculturation, time and stress management, relationship concerns and college aged populations with transition issues.

The Sanctuary Course para Catolicos

https://portal.sanctuarymentalhealth.org/es?_gl=1%2a1x53zhg%2a_ga%2aNzQwNjI4NTYwLjE2NzcyNiQ1NDc.%2a_ga_4FPH7J1LTS%2aMTY3Nzg3OTc0OS41LjAuMTY3Nzg3OTc1Ni41My4wLjA.

Wholehearted series <https://www.catholiccharitiesusa.org/our-vision-and-ministry/leadership-development-catholic-identity/psm-and-behavioral-health/>