

Counseling, Treatment, Hotlines

[Here](#) you can find a variety of resources (although not exhaustive) for hotlines, local counselors and treatment centers if you discern that is the right step for you. [Here](#) is one blogger's perspective in making that decision. You'll want to find one that works best for your particular situation, schedule, and insurance. We do not endorse any, but highly recommend that, while not necessary, finding one that shares a Christian worldview (such as [this group](#)) is helpful. There are also ways you can talk to a Catholic counselor over the phone through the [Catholic Counselors at Pastoral Solutions Institute](#) and also by contacting [Integritas Psychological Services, Inc.](#)

Death

Article: [Grieving During the Holidays](#)

Article: [Understanding the Grieving Process](#)

Article: [Supporting a Grieving Friend](#)

Articles: [Helping Children Grieve](#)

Books: Ave Maria Press

Blog: [Importance of Praying for the Dead](#)

[Catholics Come Home Resources](#)

[Good Mourning Ministry](#)

Depression & Suicide

Article: [15 Signs of Concealed Depression](#)

Article: [Suicidal People Don't Want to Die](#)

Book: [Catholic Guide to Depression](#)

Disordered Eating & Body Image

Blog: [Made in His Image](#)

Book: [Captivating](#)

Book: [Cravings](#)

Book: [Made to Crave](#)

Book: [The Catholic Table](#)

Book: [The Other Side of Beauty](#)

Book: [Theology of the Body for Beginners](#)

Book: [These Beautiful Bones](#)

Divorce

Book: [Mending the Heart](#)

Blog: [Catholics and Divorce](#)

Blog: [FemCatholic](#)

[Diocese of Peoria Tribunal](#)

[Divorced Catholic](#)

Podcast: [CSYSK on Divorce](#)

[Surviving Divorce](#)

Exiting Seminary or Religious Life

[Article: Discerning Out of Seminary](#)

[Leonie's Longing](#)

General Healing Resources

[Article: 5 Steps Toward Spiritual Healing](#)

[Article: Freedom & Peace](#)

[Article: Phases of Forgiveness](#)

[Blog: Accepting Our Brokenness](#)

[Blog: Healing of our Memory](#)

[Blog: Condemnation vs. Conviction](#)

[Blog: Made in His Image](#)

[Blog: On Messiness](#)

[Book: Abba's Heart](#)

[Book: Be Healed](#)

[Book: Be Transformed](#)

[Book: Boundaries](#)

[Book: Deliverance Prayers](#)

[Book: Forgiveness is a Choice](#)

[Book: From Grief to Grace](#)

[Book: Healing Promises](#)

[Book: It's OK to Start with You](#)

[Book: Life is Worth Living](#)

[Book: Loved As I Am](#)

[Book: Making Sense Out of Suffering](#)

[Book: Mother Angelica on Suffering and Burnout](#)

[Book: On the Other Side of Fear](#)

[Book: Peace of Soul](#)

[Book: Praying for Those with Addictions](#)

[Book: Remembering God's Mercy](#)

[Book: Searching For and Maintaining Peace](#)

[Book: Unbound](#)

[Book: Waiting With Purpose](#)

[Book: When You Suffer](#)

[Books: Ave Maria Press](#)

[John Paul II Healing Center Resources](#)

[Podcast: Abiding Together on Divine Mercy](#)

[Podcast: Abiding Together on Forgiveness](#)

[Podcast: Abiding Together on Healing](#)

[Podcast: Abiding Together on Hope](#)

[Podcast: Abiding Together on Pruning](#)

[Podcast: CSYSK on Confession](#)

[Podcast: CSYSK on Hope & Despair](#)

[Prayer: Litany of Trust](#)

[Retreats: John Paul II Healing Center](#)

[Song: Find You Here \(Ellie Holcomb\)](#)

[Song: Thy Will \(Hillary Scott & Family\)](#)

[Talk: Spirituality of the 12 Steps](#)

[Video: Healing Through Forgiveness](#)

[Women Made New](#)

Healing in the Church

[Article: How to Discuss Clerical Abuse with Kids](#)

[Book: Hurting in the Church](#)

[Book: Letter to a Suffering Church](#)

[Podcast: CSYSK on the Scandal](#)

[Prayer: Novena for the Abuse Crisis](#)

[Prayer: Rosary for Healing and Protection](#)

[Video: Bishop Barron Q & A](#)

Infertility

[Article: Infertility From a Man's Perspective](#)

[Article: We Said Yes Too](#)

[Article: What to Say and Not to Say](#)

[Article: Yes to Christ is No to IVF](#)

[Blog: Bearing the Cross of Infertility](#)

[Blog: Catholic Wife, Catholic Life](#)

[Blog: Longing for Motherhood](#)

[Blog: Supporting Friends](#)

[Blog: Why Not IVF](#)

[Blog: With a Little Grace](#)

[Book: The Infertility Companion](#)

[Books: Elizabeth Ministry](#) (Contact April Stark for the parish ministry)

[Conceiving Hope Resources](#)

[Article: Coping With Infertility](#)

[Creighton Model Instructor in Champaign](#)

[E-Book: Can NaPro help?](#)

[Prayer: Prayers & Scripture](#)

[Prayer: Bible Study](#)

Marriage Healing & Enrichment

[Article: Complete My Joy](#)

[Article: NFP From a Man's Perspective](#)

[Article: Recurring Arguments](#)

[Articles: Papal and Curial Documents](#)

[Bloom for Women Healing from Infidelity](#)

[Book: Called to Love](#)

[Book: Chosen and Cherished](#)

[Book: For Better Forever](#)

[Book: Forever Marriage Devotional](#)

[Book: Good News About Sex and Marriage](#)

[Book: Head & Heart](#)

[Book: Heal Your Marriage](#)

[Book: Heaven's Song](#)

[Book: Holy Sex](#)

[**Book:** Journey of Our Love](#)
[**Book:** Love and Respect](#)
[**Book:** Love and Responsibility](#)
[**Book:** Men, Women, and the Mystery of Love](#)
[**Book:** Praying For \(And With\) Your Spouse](#)
[**Book:** Restored After Porn](#)
[**Book:** The First Society](#)
[**Book:** Theology of the Body for Beginners](#)
[**Book:** Three to Get Married](#)
[**Book:** Witness to Love](#)
[Compass Catholic Financial Education](#)
[Happy Together](#)
[For Your Marriage](#)
[**Podcast:** Abiding Together on Marriage Restoration](#)
[**Prayer:** At Home Retreat](#)
[Theology of the Body Institute](#)
[USCCB Marriage Resources](#)

Miscarriage

[**Articles:** Coping with the Pain](#)
[**Article:** We Said Yes Too](#)
[**Blog:** Blessed is She](#)
[**Book:** After Miscarriage](#)
[**Book:** Grieving the Child I Never Knew](#)
[**Book:** Grieving Together](#)
[**Books:** Elizabeth Ministry \(Contact April Stark for the parish ministry\)](#)
[Catholic Miscarriage Support](#)
[Conceiving Hope Resources](#)
[Miscarriage Hurts Ministry](#)
[Morning Light Ministry](#)
[Our Lady of Guadalupe Shrine's Memorial to the Unborn](#)
[**Prayer:** Bible Study](#)

Post Abortion

[**Podcast:** Among the Lilies Part 1](#)
[**Podcast:** Among the Lilies Part 2](#)
[Project Rachel](#)
[**Retreats:** Rachel's Vineyard in Peoria](#)
[Rachel's Vineyard National Ministry](#)
[Sisters of Life Outreach](#)
[**Song:** Coming Home \(South by North, Tori Harris\)](#)

Recovering from Abuse

[**Article:** FOCUS](#)
[**Article:** Healing from Emotional Abuse](#)
[**Book:** My Peace I Give You](#)
[End Sexual Exploitation Resources](#)

[Safe Helpline Programs](#)

Same Sex Attraction

[Book:](#) [Called to Love](#)

[Book:](#) [Made For Love](#)

[Book:](#) [The Thrill of the Chaste](#)

[Book:](#) [Theology of the Body for Beginners](#)

[Book:](#) [Why I Don't Call Myself Gay](#)

[Blog:](#) [Avera Maria Santo](#)

[Blog:](#) [Chastity Project](#)

[Church Teachings Resources](#)

[Courage & EnCourage International](#)

[Courage International Resources](#)

[Eden Invitation](#)

[Podcast:](#) [Among the Lilies Interview](#)

[Theology of the Body Institute](#)

[Video:](#) [SEEK Talk](#)

Sexual Addictions

[Article:](#) [Create in Me a Clean Heart](#)

[Article:](#) [What is Addiction](#)

[Beggar's Daughter Resources](#)

[Book:](#) [Fill These Hearts](#)

[Book:](#) [The Love That Satisfies](#)

[Book:](#) [The Porn Myth](#)

[Book:](#) [Restored After Porn](#)

[Book:](#) [Theology of the Body for Beginners](#)

[Blog:](#) [Chastity Project](#)

[Covenant Eyes Accountability Software](#)

[Integrity Restored](#)

[Podcast:](#) [Way of the Wildflowers Interview](#)

[Reclaim Online Recovery Program](#)

[The Porn Effect](#)

Stress & Anxiety