MENTAL HEALTH & WELLNESS RESOURCE DIRECTORY

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MENTAL HEALTH & WELLNESS RESOURCE DIRECTORY

The Vicariate of Catholic Social Doctrine is working to animate Mental Health Ministry throughout the Diocese of Columbus. Mental Health Ministry is a growing field within the Catholic Church. It's designed to provide vital spiritual accompaniment by offering a ministry of presence for people who struggle with their mental wellness. To help overcome the stigma and discrimination that people living with a mental illness encounter in the Church and in human society.

A Mental Health Advisory Group, comprised of Catholic mental health professionals and clergy is working to establish priorities and make connections that support our families, clergy, parishes, and schools. One of our first priorities has been to build a directory of local, trusted, Catholic Mental Health professionals and resources for those who need help. This directory is also available and will be frequently updated on the Diocesan website. We are working to emphasize mental health professionals who align with the Church's teachings on anthropology and morality, ensuring a holistic approach that respects the dignity of the person and the role of faith.

For more information or to suggest additions and updates to the Directory, please contact:

Deacon Dave Bezusko
Senior Director - Vicariate of Catholic Social Doctrine
dbezusko@columbuscatholic.org
614-241-2540 ext. 1

Jack Justin Dreher
Mental Health Ministry Coordinator
jdreher@columbuscatholic.org
615-645-3651

International Association
Catholic Mental
Health Ministers

Scan the QR Code or visit https://columbuscatholic.org/mental-health-ministry to view the most updated version of this directory.

CRISIS HOTLINES / CENTERS

988 Suicide & Crisis Lifeline
Call 988
https://dbh.ohio.gov/get-help/crisis-systems/988-suicide-and-crisis-lifeline-in-ohio/welcome
Ohioans experiencing a mental health or addiction crisis, their family members, and friends can call, text, or chat the 988 Suicide & Crisis Lifeline to reach a trained specialist who can offer help and support. The easy-to-remember, three-digit number provides 24/7, free and confidential support to Ohioans in a behavioral health crisis. 988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress. That could be thoughts of suicide; mental health or substance use crisis; or any other kind of emotional distress. IT IS APPROPRIATE TO CALL 988 ON BEHALF OF SOMEONE ELSE FOR GUIDANCE ON HOW YOU MIGHT RESPOND.

Upper Room Crisis Hotline
1-888-808-8724
www.catholichotline.org
Available 6AM to 11PM weekdays. The Upper Room Hotline is a faith-based hotline in the Catholic Tradition.

Franklin County Crisis Center
614-222-3737
https://adamhfranklin.org/crisis-center/
Open 24/7, the center provides walk-in services and 23-hour observation in a safe, welcoming environment, no appointment or referral required. Open to any adult, age 18 and older, in Franklin County who is experiencing a behavioral health crisis, including mental health distress or substance use concerns.

Nationwide Children's Hospital Franklin County Youth Psychiatric Crisis Line
614-722-1800
https://www.nationwidechildrens.org/specialties/behavioral-health/crisis-services
For crisis situations that are not life-threatening, mental health and substance abuse crisis services are available for Franklin County, Ohio residents 24 hours a day, 365 days a year.

LOCAL CATHOLIC MENTAL HEALTH PROFESSIONALS

Professionals listed here have been vetted by the Diocese of Columbus Mental Health Advisory Group. In addition to completing an application, each professional has submitted a signed letter of recommendation from their Pastor and proof of Ohio License. Each professional certifies that they align with the Church's teachings on human anthropology and morality, ensuring a holistic approach that respects the dignity of the person and incorporates the role of faith in their clients' mental health and well-being.

This list is provided for informational purposes, to assist individuals making personal decisions based upon their needs. The Diocese of Columbus does not license, nor does the Diocese make any judgement about the quality of care given by any provider. Individuals should interview a provider, check his/her references carefully, and perform all necessary due diligence before seeking care from any provider.

If you would like to be listed in this directory, or you have any edits to suggest, please contact Deacon Dave Bezusko at the Diocese of Columbus at dbezusko@columbuscatholic.org. Frequent updates will be made, with the most recent version posted on the Diocesan website.

Melissa Ayotte, MA, LPAT, ATR-BC
Sanctuary Healing Arts, LLC
614-831-1379
https://find.catholictherapists.com/melissa-ayotte
3246 W. Henderson Rd., Columbus, 43220
Telehealth Option Available
Betrayal Trauma due to partner's compulsive sexual behavior, Trauma, Grief & Loss, Depression, Anxiety, Life Transitions, Serious Medical Diagnosis, Chronic Illness
Accepted Payment: Self-Pay, HSA / FSA, Sliding Scale based on ability to pay
Rates: $150 for 60-minute sessions

Marisa Cahall, Ph.D.
LifeStance Health, Inc.
614-456-2540
https://lifestance.com/provider/psychologist/oh/columbus/marisa-cahall/
1670 Fishinger Road, Suite 200, Upper Arlington, OH 43221
Telehealth Option Available - PSYPACT authorized into most U.S. states.
Specializes in: Anxiety, Depression, Grief, Stress Management, Midlife Transitions
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA, Medicaid, Medicare
Rates: Dependent upon contracted rate with insurance or self-pay.

Stephanie Coleman, LPCC
Spirit of Peace Clinical Counseling
614-442-7650
https://spiritofpeaceclinicalcounseling.com/
Bexley, Canal Winchester, New Albany
Telehealth Option Available
Specializes in: Abuse, ADHD, Adolescent/Teen Issues, Adult Issues, Alcohol & Substance Abuse, Anger, Anxiety, Attachment Issues, Behavioral Therapy, Bipolar Disorder, Blended Family Issues, Career Issues, Cognitive Behavioral

Therapy, Couples/Marital Counseling, Depression, Dialectical Behavioral Therapy, Divorce, Family Counseling, Grief and Loss, Human Trafficking, Infertility and Miscarriage, Life Transitions, Multi-cultural Issues, Obsessive Compulsive Disorder Parenting, Post Traumatic Stress Disorder, Psychosis, Relational Issues, Schizophrenia/Schizoaffective Disorder, Self Esteem/Worth/Identity, Social Skills/Withdrawal, Solution-focused Therapy, Spiritual Issues, Stress Management, Trauma/Abuse
Accepted Payment: Self-Pay, Health Insurance, HSA/FSA, Sliding Scale
Rates: Initial intake assessment: $175, sessions: $150

Grace Deegan, LPC
Spirit of Peace Clinical Counseling
614-442-7650 Ext. 22
https://spiritofpeaceclinicalcounseling.com
Delaware, Sunbury
Telehealth Option Available
Specializes in: Adolescent/Teen Issues, Anger, Anxiety, Depression, Grief and Loss, Life Transitions, Self-Esteem, Stress Management, and Women's Issues
Accepted Payment: Self-pay, Health Insurance, Sliding Scale based on ability to pay

Jack Justin Dreher, M.Ed., LPCC, LPC-MHSP, NCC
Catholic Counseling Group
615-645-3651
jackdreher@catholiccounselinggroup.com
Telehealth services throughout Ohio, Kentucky, and Tennessee. No in-person sessions are available.
Specializes in: Trauma-informed comprehensive adherent DBT as well as existential and psychodynamic therapy for individuals, couples, and families struggling with: Trauma, PTSD, Complex PTSD, grief and loss, depression, anxiety, obsessive-compulsive disorder (OCD), obsessive-compulsive personality disorder (OCPD), scrupulosity, existential, religious and spiritual concerns including religious and spiritual trauma, artistic and creative challenges, academic, career and vocational discernment, workaholism and perfectionism, financial trauma and concerns, substance misuse (alcohol and drugs), behavioral addictions and compulsive behaviors (excessive spending, technology use, gaming, etc.), chronic illness and pain, men's issues, sexual health concerns affecting men and women, out-of-control sexual behaviors (pornography usage, etc.), suicidality and self-harm, and relationship challenges involving a loved one with a personality or mood disorder.
Accepted Payment: Self-Pay, HSA/FSA, and sliding scale arrangements based on demonstrated financial need.
Rates: Individual, couples, and family sessions range from $100 to $250 per hour. Group sessions range from $50 to $100 per session. Superbills and support documentation provided to all clients so they can seek insurance reimbursement.

Stephen Duraney, LPCC-S, LICDC (OH) LPCC (CA)
Lumin Counseling
614-219-9564
https://lumin-therapy.com/
145 W Schrock Rd Westerville OH 43081
Telehealth Option Available
Specializes in: Trauma/EMDR, Identity/IFS, and Sexual Addiction/Pornography Use
Accepted Payment: Self-Pay, Health Insurance, HSA/FSA
Rates: $195

Maria Elliott, LPCC
Viribus Wellness & Counseling
614-681-0047
www.viribuswellness.com
6797 North High Street, Worthington, OH 43085
Specializes in: Women, Children, Adolescents, Families, Trauma, Life transitions, Discernment, Parts Work/IFS, EMDR, Anxiety, Depression.
Accepted Payment: Self Pay, HSA/FSA, Superbills provided
Rates: $200 first appointment; $150 each additional appointment.

Mikaela Fickes, MSW, LISW, ICST
Spirit of Peace Clinical Counseling
(614) 442-7650 ext. 25
https://spiritofpeaceclinicalcounseling.com/project/mikaela-fickes
Grove City
Telehealth Option Available
Specializes in: Adjustment Issues, Adolescent/Teen Issues, Anxiety, Attachment Issues, Behavioral Therapy, Children's Behavior, Cognitive Behavioral Therapy, Depression, Family Counseling, Grief and Loss, Play Therapy, Prepare/Enrich Facilitator, Self Esteem/Worth/Identity, Social Skills/Withdrawal, Solution-focused Therapy, Stress Management, Trauma/Abuse
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA

Maegan Flannery, LPCC
Spirit of Peace Clinical Counseling
614-442-7650 Ext. 16
www.spiritofpeaceclinicalcounseling.com
Telehealth Option Available
Specializes in: Anxiety, Depression, Grief, Cognitive Behavioral Therapy, Stress Management and Life Changes
Accepted Payment: Self-Pay, Health Insurance

Bradley K. Fox, Ph.D.
Fox Psychological Consultants LLC
513-449-0190
www.fpchope.com
Mount Vernon
Telehealth Option Available
Specializes in: Depression, Grief/Loss, Anxiety, Spiritual / Religious Concerns, Gender Identity Issues (Detransitioners, Regretters)
Accepted Payment: Self-Pay, Health Insurance, HSA/FSA, Sliding Scale
Rates: $150 / hour, Sliding scale available, Many insurances accepted

Clayton Frederick, PMHNP-BC
Central Ohio Mental Health
740-974-8162
www.centralohiomh.com
Telehealth Option Available
Specializes in: Depression, Anxiety, Trauma, Psychotic Disorders, Mood Disorders, Stress-Management, Alcohol Use Disorder, Men's issues
Accepted Payment: Self-Pay, Health Insurance
Rates: New Patient 60 minutes: $275, Follow Up 30 minutes: $150

Joseph Geig, LPCC-S, CCSAS
Spirit of Peace Clinical Counseling
614-442-7650 ext. 02
www.spiritofpeaceclinicalcounseling.com
Bexley, Canal Winchester, Gahanna, Grove City, Upper Arlington
Specializes in: Anxiety, Depression, Career Issues, Grief & Loss, Mood Disorders, Marriage & Family issues.
See website for more.
Accepted Payment: Self-Pay, Health Insurance, Sliding Scale (based on ability to pay)

Justin Hendricks, MD
Mirror Health Clinic, LLC
614-333-8674
www.mirror.health
Virtual Only in states: OH, PA, FL, WI, TX, CO
Specializes in: Adult 18-65 general outpatient psychiatry
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA. Includes Optum / United Healthcare, Aetna, Cigna, and some Anthem Blue Cross Blue Shield
Rates: $225 for first-hour initial appointment. $150 for a half-hour follow-up.

Krystal Hernandez-Kane, Ph.D.
Krystal Hernandez Kane, Psychologist LLC
614-964-4545
https://www.drkrystalhernandezkane.com/
670 Meridian Way, Ste 148 Westerville OH 43082
Telehealth Option Available
Specializes in: Therapy for adult individuals and couples. Includes Emotionally-Focused Therapy for couples. Anxiety, depression, major life transitions, trauma, grief/loss, perfectionism, self-worth, stress management, family of origin and attachment issues, religious/spiritual issues. PSYPACT approved.
Accepted Payments: Self-Pay, Health Insurance, HSA / FSA.

Deena Koehler, BSSW
Spirit of Peace Clinical Counseling
614-442-7650 ext. 19
https://spiritofpeaceclinicalcounseling.com
Delaware, Lancaster
Telehealth Option Available
Specializes in: Anxiety, Cognitive Behavioral Therapy, Depression, Dialectical Behavioral Therapy, Grief and Loss, Life Transitions, Solution-Focused Therapy, Stress Management
Accepted Payment: Self-Pay, Health Insurance, Sliding Scale (based on ability to pay)
Rates: $75 intake, $65 session.

Allen Lewis, MD
Sancta Familia Center for Integrative Medicine, LLC
614-259-3760
www.sanctafamiliacenter.com
7676 Smoke Rd. SW, Pataskala, OH 43062
Telehealth Option Available
Specializes in: General Mental and Physical Wellness; mood & behavior disorders; autism spectrum disorders; PANS/PANDAS
Accepted Payment: Self-Pay
Rates: Initial visit: $995; FU visit $495-595

Edward Luersman, MA, LPCC
Blessed Are They Counseling
380-222-2836
https://www.blessedaretheycounseling.com/
Delaware - Serves via Telehealth Option
Specializes in: Infertility, Pregnancy & Infant Loss, Grief & Loss, Faith-Integrated Therapy, Anxiety, OCD & Scrupulosity, Men's Issues, Depression, and Trauma.
Accepted Payment: Self-Pay, HSA/FSA.
Rates: $200 per 55-minute individual session. $250 per 55-minute couples' session (I only see couples seeking counseling for grief, infertility, or child loss).

Claudia Porebski, CT
Lumin Counseling
(614) 219-9564
https://lumin-therapy.com/
Columbus (Buckeye Catholic), Westerville,
Telehealth Option Available
Specializes in: Adults, Young Adults, Adolescents, Missionaries, Healthcare Workers/First Responders, Anxiety/Stress, Trauma/EMDR, Life Transitions, Relationship Struggles, Women's Issues
Accepted Payment: Self-Pay, HSA/FSA.
Rates: $85 / session

Molly Ramich, LISW
Lumin Counseling
614-285-4421
https://lumin-therapy.com/about/molly-ramich/
145 W Schrock Rd, Westerville, OH 43081
Telehealth Option Available
OCD, anxiety, depression, women's issues, relational issues, parenting challenges, adolescents
Accepted Payment: Self-Pay, Sliding Scale (based on ability to pay)
Rates: $175/session

Jennifer Rice, LISW-S
Lumin Counseling
614-233-1907
www.lumin-therapy.com
Telehealth Option Available
Specializes in: Trauma, grief and loss, anxiety & depression, relationships, couples, chronic illness
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA, Sliding Scale (based on ability to pay)
Rates: $175 per session; out of network for insurance

Jennifer Shonk, MA, LPCC-S
Spirit of Peace Clinical Counseling
614-442-7650 ext. 10
www.spiritofpeaceclinicalcounseling.com
600 Hill Rd N. Pickerington Ohio 43147
Telehealth Option Available
Specializes in: Trauma, EMDR trained, Perinatal Mental Health trained, ADHD in women
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA, Sliding Scale (based on ability to pay)
Rates: $175 1st session. $150/$125 follow up 60min/45 min sessions. Self pay- reduced rates available as needed. Most insurances accepted.

Ricky Shoop, LPC
Lumin Counseling
614-212-4593
www.lumin-therapy.com
Hilliard and Westerville
Telehealth Option Available
Trauma, Behavioral Addictions (Pornography, Social Media, Video Games), OCD (Scrupulosity), Anxiety, Depression, Family, Assertiveness, Boundaries, Relationship Issues and Couples Counseling.
Accepted Payment: Self-Pay, HSA / FSA, Sliding Scale (based on ability to pay)
Rates: $165 per session for individual/couples/family

Jennie Statczar, MA, LPCC
Spirit of Peace Clinical Counseling
614-442-7650 ext. 15
https://spiritofpeaceclinicalcounseling.com
1170 Old Henderson Road, Suite 100, Columbus, Ohio 43220
Telehealth Option Available
Specializes in: Academic Concerns, ADHD, Adjustment Issues, Adolescent/Teen Issues, Adult Issues, Anger, Anxiety, Attachment Issues, Autism Spectrum Disorder, Behavioral Therapy, Body Focused Repetitive Behaviors, Career Issues, Children's Behavior, Cognitive Behavioral Therapy, Depression, Giftedness, Grief and Loss, Life Transitions, Parenting, Prepare/Enrich Facilitator, Self Esteem/Worth/Identity, Social Skills, Women's Issues.
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA

Heidi Walter, LISW-S, LICDC
Spirit of Peace Clinical Counseling
614-442-7650
https://spiritofpeaceclinicalcounseling.com
94 N. Sandusky, Suite 201, Delaware, Ohio 43015
St. Mary Catholic Church, 251 N. Main St., Marion, Ohio, 43302
Telehealth Option Available
Specializes in: Infertility, Adoption/Foster Care, Addiction, Anxiety, Depression, OCD, Trauma
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA

Jennifer Yurkovich, LPMT
JAZY Music Therapy
937-266-0996
https://jazymusictherapy.com
3246 W Henderson Rd. Upper Arlington, OH 43220
Telehealth Option Available
Specializes in: Licensed Professional Music Therapy focusing on early childhood development, autism, emotional regulation, grief support, and dementia care
Accepted Payment: Self-Pay, Health Insurance, HSA / FSA.
Funding options available through Jon Peterson or Autism Scholarships, Insurance Reimbursement possible with Superbill, free Zoom consultation available at www.jazymusictherapy.com

LOCAL AND ONLINE CATHOLIC SUPPORT

If your group or organization would like to be listed in this directory or if you have any edits to suggest, please contact Deacon Dave Bezusko at the Diocese of Columbus at dbezusko@columbuscatholic.org.

MENTAL HEALTH GROUPS & RESOURCES

St. Joseph Cathedral, Columbus – St. Dymphna Hour of Prayer for Mental Health
A monthly exposition of the relic of St. Dymphna and devotional prayer hour, with litanies and prayers for intercession for those struggling with depression and family members who have survived the loss of a loved one. 2nd Wednesday of every month from 6:00 to 7:00 PM. (Follows a Holy Hour of Exposition of the Blessed Sacrament, that starts at 5PM.)

Start a Ministry at your Parish
The Vicariate of Catholic Social Doctrine is working to animate Mental Health Ministry throughout the Diocese of Columbus. If your parish would like to start a Mental Health Ministry, please contact Deacon Dave Bezusko at dbezusko@columbuscatholic.org.

Association of Catholic Mental Health Ministers
https://www.catholicmhm.org
An international ministry working to bring mental health ministry to every Catholic parish and community. Membership is free and the website includes copious resources for individual or parish use.

Franciscan University – In Focus – Overcoming Anxiety & Depression
https://franciscan.edu/resources/overcoming-anxiety-depression/
Free, 7-part video series offering compassionate guidance from Catholic spirituality and modern clinical psychology.

National Catholic Partnership on Disability
Mental Illness | NCPD - National Catholic Partnership on Disability
Resources and training for pastoral staffs and parish leaders. Information, referrals, and advice. Advocacy for persons with mental illness and their families to promote a just society and an end to stigma.

National Shrine of St. Dymphna, Massillon, Ohio
https://natlshrinestdymphna.org/site/
St. Dymphna is the Patron Saint of Mental Health. Make a pilgrimage to the National Shrine of St. Dymphna, located a short drive away in nearby Massillon.

Sanctuary Course for Catholics
https://sanctuarymentalhealth.org/catholics/
En Espanol: https://portal.sanctuarymentalhealth.org/es/the-catholic-sanctuary-course
Free 8-part video series designed for parish use to view and have small group discussion. Includes downloadable program and discussion guides. Also available for private viewing on the FORMED app.

United States Conference of Catholic Bishops
https://www.usccb.org/mental-health
The National Catholic Mental Health Campaign is 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.

Word on Fire – Bishop Robert Barron
Understanding the Mental Health Crisis
https://www.youtube.com/watch?v=6CKkC74jWjQ

PEDIATRIC BEHAVIORAL HEALTH

St. Vincent Family Services
https://svfsohio.org and https://svfsohio.org/servicios-hispanos-latine
614-252-0731
1490 E. Main St., Columbus, Ohio 43205
Services available in English and Spanish
Diocesan-sponsored charity, offering families a comprehensive, full-service range of youth behavioral health services for children ages 0-17, including day treatment, 24/7 residential care, individual and family counseling, and in-home and in-school care – all guided by our behavioral health professionals. We help treat: Acting Out / Fighting, ADHD, Adjustment Disorder, Anger / Aggression, Anxiety, Bipolar Disorder, Child Abuse / Neglect, Depression, Family Conflict and Divorce, Grief, OCD, Parent / Child Conflict, Self-Esteem, Sexual Abuse, and Trauma.

ADDICTION RECOVERY

Catholics in Recovery
https://catholicinrecovery.com
Healing for those seeking recovery from addiction and a deeper relationship with Jesus Christ and the Catholic Church. Local groups meeting in Catholic parishes include:

- St. Francis de Sales – Newark — Fridays at 7PM
- St. Patrick – Columbus — Wednesdays at 7:30 PM
- St. Peter – Columbus — Wednesdays at 8PM
- Online meetings — LINK for more information

OpenDoor Women's Recovery Alliance
https://www.opendoorwomensrecovery.org and info@opendoorwomensrecovery.org
614-327-3847
At the heart of OpenDoor is something every woman deserves: a community where she knows she belongs. OpenDoor surrounds women rebuilding their lives after treatment, incarceration, and exploitation with trusted friendships, shared experiences, and a caring community that fosters connection, opens new possibilities, and creates a lasting sense of belonging.

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

SCRUPULOSITY / OCD

Scrupulous Anonymous
https://scrupulousanonymous.org/
Guidance for individuals struggling with scrupulosity, a religious form of obsessive-compulsive disorder (OCD). It aims to help readers reframe their paralyzing feelings of guilt and anxiety by offering practical theological advice and emphasizing reliance on God's mercy.

MARRIAGE HELP

Restore
https://www.restorecatholicmarriage.com/group
Restore is an online, self-led marriage resource that gives you and your spouse the opportunity and the tools necessary to heal and restore your relationship.

Retrouvaille
https://helpourmarriage.org
Retrouvaille is a multi-phase peer ministry created to heal and renew marriages facing severe conflict or distress. The program begins with an intensive weekend retreat where couples learn healthy communication skills by hearing from leaders who successfully saved their own marriages. It then provides long-term stability through post-weekend sessions and ongoing support groups aimed at rebuilding intimacy and trust.

SmartLoving
https://smartloving.org/breakthrough
Help for spouses in distressed marriages. Grounded in the Theology of the Body, SmartLoving honors the unique strengths of men and women called to love and to be loved. SmartLoving draws from a wealth of research, theology, creativity and practical experience to provide a compelling and focused approach to building marriages and families that thrive in faith and in love.

HEALING FROM DIVORCE

Parish-Based Divorce Support Groups

- Basilica of St. Mary of the Assumption – Lancaster — Call 740-653-0997 for more information
- Our Lady of Perpetual Help – Grove City — LINK to more information
- St. Francis de Sales – Newark — LINK to more information
- St. Joan of Arc – Powell — LINK to more information
- St. Matthew – Gahanna — LINK to more information

Life Giving Wounds
https://lifegivingwounds.org
Catholic ministry to adult children of divorce or separation: College students, young adults, and adults. The focus is specific, peer-to-peer, spiritual, and Catholic, offering specific attention to how the wound of parental divorce, separation, or family brokenness is affecting a person's life.

Restored
https://restoredministry.com
Helping young adults from divorced or dysfunctional families. Heal the wounds from your broken family so you don't repeat your parents' story. If your parents divorced or you grew up in a dysfunctional family, you're not alone. Restored helps you heal those wounds and build strong, healthy relationships.

St. Raymond Nonnatus Foundation
https://www.nonnatus.org/for-the-divorced-and-separated
One-to-one pastoral support through free consultations with our Mercedarian friars. Whether you are struggling with the emotional and spiritual challenges of a separation, seeking guidance after a Catholic divorce, or have questions about the Catholic annulment process, our priests are available to listen with compassion and provide faithful pastoral guidance rooted in the teachings of the Catholic Church.

PREGNANCY AND POSTPARTUM SUPPORT

Be Not Afraid Ministries
https://www.benotafraid.net
Trains and mentors organizations to mobilize a network of life-affirming service providers capable of meeting the needs of parents across the U.S. The organization's online trainings are parent-centered, research-based, trauma-informed, and rooted in Catholic ethics, and its model of care is both replicable and highly valued by parents.

Heartbeats of Newark and Zanesville
740-349-7558 (Newark) and 740-450-5437 (Zanesville)
https://heartbeats.org
Helps women facing unexpected pregnancies with free pregnancy tests and ultrasounds performed by licensed medical professionals. Equips with information to empower to make important pregnancy decisions. Our professional client consultants and nurses answer any questions you may have about pregnancy, abortion, sexual health or adoption, providing medically accurate and up-to-date information in a confidential environment.

Mommies Matter
614-723-9308
https://mommiesmatter.org/get-support-1
Provides an extension of pregnancy care services by journeying with single mothers through their pregnancies, the birth of their child, and beyond. In 2018, Mommies Matter began offering extensive support services alongside the local pregnancy centers in Columbus, Ohio.

Mount Carmel Health Welcome Home Program
https://www.mountcarmelhealth.com/services/maternity/welcome-home-program
Nurses provide free at home visits or telehealth appointments to postpartum mothers to help establish healthy habits and provide postpartum depression screening.

Pregnancy Decision Health Centers
614-444-4411
https://www.pdhc.org/
Serves women and men who find themselves facing challenging pregnancies. Services include consultations, pregnancy tests, STI tests, ultrasounds, abortion pill reversal, clothing, supplies, and more.

- 5900 Cleveland Ave, Columbus
- 4111 W. Broad St., Columbus
- 22 E. 17th Ave., Columbus
- 3030 Columbus-Lancaster Rd., Lancaster

Women's Care Center
614-251-0200 – 935 E. Broad St., Columbus
614-235-3000 – 3273 E. Main St., Columbus
https://www.womenscarecenter.org/ohio
A safe and understanding environment where you can explore your options and receive confidential and free consultation, pregnancy testing, ultrasounds, education, and support for before, during, and beyond pregnancy through age 5. There is never a cost for any service. Bilingual services offered.

GRIEF SUPPORT

Seasons of Hope Bereavement Support Group
https://www.northhighdeanery.org/seasons-of-hope
Offers the bereaved an opportunity to come together to share in God's love. With the support of the faith community, we can give voice to our unique journeys of grief and find healing and spiritual growth. Seasons of Hope sessions help us explore mourning through scripture, prayer, reflection activities and faith sharing. 5-week sessions are held throughout the year.

Parish-Based Grief Support Groups

- Elizabeth Ann Seton Parish – Pickerington LINK to more information
- St. Brendan the Navigator – Hilliard LINK to more information
- St. Francis de Sales – Newark LINK to more information
- St. Joan of Arc – Powell LINK to more information
- St. Mary – Delaware LINK to more information
- St. Paul – Westerville LINK to more information

GriefShare
https://www.griefshare.org
A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way. Local groups meeting in Catholic parishes include:

- Immaculate Heart of the Virgin Mary – Canal Winchester LINK to more information
- Our Lady of Perpetual Help – Grove City LINK to more information
- St. Brigid of Kildare – Dublin LINK to more information
- St. Matthew – Gahanna LINK to more information

SacraMental Support Alliance, LLC
https://materdolorosa.online/
Powell, Westerville, Worthington, and online
A peer support traumatic loss ministry for women who have suffered the deep wound of losing a loved one to suicide or substance use. We bring before God all our human emotions and sufferings through their struggle and loss. In the presence of Christ and under the care of Our Blessed Mother, we open our hearts to heal.

Back in His Arms Again
https://backinhisarmsagain.com
Financial, educational, and emotional support to families who have suffered the loss of a child (from any gestation up to two years of age).

Red Bird Ministries
https://www.redbird.love
An organization that systematically guides individuals and couples through the complexity and trauma that happens with the loss of a child through miscarriage and stillbirth or as an infant, child, adolescent, or adult. We also serve families who have experienced the loss of a loved one to suicide. And siblings of loss aged 4-17 years old.

POST-ABORTION HEALING

Project Rachel
Phone: 614-696-6188
projectrachel@columbuscatholic.org
Post-abortion healing ministry. Provides a confidential, non-judgmental network of specially trained priests, spiritual directors, and licensed mental health professionals to help anyone—women, men, and family members—find peace, forgiveness, and emotional healing after an abortion.

Heartbeats of Newark and Zanesville
740-349-7558 (Newark) and 740-450-5437 (Zanesville)
https://heartbeats.org/services/after-abortion-support/
Offers free and confidential online support groups for those who are suffering from an abortion.

Pregnancy Decision Healthcare Centers
614-721-2100
https://www.abortionrecoveryinfo.org/

PORNOGRAPHY / PURSUIT OF CHASTITY

Angelic Warfare Confraternity
https://www.angelicwarfareconfraternity.org/
A spiritual community of Christ's faithful for the pursuit and promotion of the virtue of chastity. Men and women are enrolled in order to receive assistance from God in the chaste life, under the patronage of St. Thomas Aquinas & the Blessed Virgin Mary. Each member of the AWC wears either the cord or the medal of St. Thomas, and says daily prayers to receive the special graces that the Lord pours out through the Confraternity. The Confraternity is an apostolate of the Order of Preachers (Dominicans), and is directed by the friars of the Order. It has existed in various forms from the 15th century, and was officially established in 1727 by Pope Benedict XIII.

Integrity Restored
https://integrityrestored.com/
Helps restore the integrity of individuals, spouses, and families that have been affected by pornography and pornography addiction. Integrity Restored provides education, training, encouragement, and resources to break free from pornography, heal relationships, and to assist parents in preventing and responding to pornography exposure which is so devastating in the lives of our children. We are also a resource that trains and helps clergy in assisting families at the parish level, so that the domestic church truly becomes what it is, the human space in which we encounter Christ.

Magdala Ministries
https://www.magdalaministries.org
A place of honesty, hope, and healing for women of faith struggling with sexual addiction. We know that pornography and other sexual addictions aren't just a "guy problem." The need for women to be accompanied in the journey towards healing from addiction has gone sorely unmet, and that's why we're here.

United States Conference of Catholic Bishops
https://www.usccb.org/pureheart
Gives those who struggle with pornography hope that freedom from its grip is possible. It proclaims anew the abundant mercy and healing of God found in Jesus Christ and encourages all Catholics to work toward a culture of purity that upholds the dignity of every person and the sacredness of human sexuality.

SAME-SEX ATTRACTION / GENDER INCONGRUENCY

Connected Through Christ
Connected Through Christ (CTC) is a group for parents of children who are reporting gender incongruency and often suffering from gender dysphoria. CTC is firmly rooted in Christian anthropology and provides practical and spiritual support. Parents or other family Members meet to share and discuss experiences regarding their children who say that they are transgender, non-binary, etc., support each other through challenging times, and pray together.
Contact: Deacon Steve Petrill
ctc@columbuscatholic.org

Courage International
https://couragerc.org
Courage is an apostolate of the Roman Catholic Church to assist those with same-sex attractions (SSA). Endorsed by the Pontifical Council for the Family, Courage seeks to help persons with SSA develop an interior life of chastity and move beyond the confines of the homosexual identity to a more complete identity in Christ. Monthly Courage meetings provide members a place to share their concerns and struggles, to support one another and find support for themselves. Strict confidentiality is maintained.
Contact: Fr. Vince Nguyen
couragecolumbus@columbuscatholic.org

Encourage
https://couragerc.org/encourage/
EnCourage is an apostolate which provides pastoral care for families and friends of people who experience same-sex attractions and/or gender discordance. In many cases, their loved ones have adopted the LGBTQ label and may have moved away from actively practicing their faith. Monthly EnCourage meetings include Evening Prayer, prayers specifically from EnCourage, reading the "Five Goals of EnCourage," agreeing to a statement of confidentiality, and a short reflection by the chaplain. The heart of the meeting is the voluntary sharing by members.
Contact: Deacon Michael Kopczewski
encourage@columbuscatholic.org

Eden Invitation
https://www.edeninvitation.com/
Disciples with LGBTQ+ experiences, building community with others who desire a way of life in congruence with Christ and His Church.

ADDITIONAL CATHOLIC PROFESSIONAL GROUPS

Catholic Counselors
https://catholiccounselors.com/

Catholic Medical Association
www.cathmed.org

Catholic Psychotherapy Association
www.catholicpsychotherapy.org

Catholic Therapists
www.CatholicTherapists.com

Catholizare (en Espanol)
https://catholizare.com
Red de PsiciÓlogos CatÓlicos
A network of Catholic psychologists and consultors who offer professional mental health services, enriched by the Catholic faith. Their foundation in psychological sciences and Christian anthropology prepares them to offer support to the whole person without compromising the dignity of the human person, marriage and family. Services are provided en Espanol

MyCatholicDoctor
https://mycatholicdoctor.com
A virtual Catholic Hospital. MyCatholicDoctor makes Catholic healthcare accessible throughout the United States by using telehealth, a referral network of faithful healthcare professionals, and a unique financial model that aims to accommodate different healthcare payment methods. Guided by a shared commitment to uphold the sanctity of life, with a mission to provide life-affirming Catholic medical care to individuals and families. The clinicians unequivocally follow all the Ethical and Religious Directives of the United States Conference of Catholic Bishops, the Catechism of the Catholic Church, and the ethical policy statements of the Catholic Medical Association.

WATCH THE SANCTUARY COURSE FOR CATHOLICS!

Free 8-part video series for groups or individual viewing.
Available on the FORMED app and at https://sanctuarymentalhealth.org/catholics

The films elevate the voice of lived experience, emphasizing various aspects of the realities of living with mental health challenges. Mental health professionals, theologians, and church leaders contribute insights, helpful biblical integration, and ideas for community support.

OTHER SUPPORT GROUPS / COMMUNITY ORGANIZATIONS

LOCAL COUNTY NAMI CHAPTERS

The National Alliance on Mental Illness (NAMI) provides additional resources, information, and support groups.

NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness. Find a support group in your community or host a NAMI group at your parish and tap into additional mental health resources and materials by contacting your local chapter below.

Coshocton	https://www.facebook.com/nami6county	220-203-9781
Delaware	https://namimidohio.org	740-815-1767
Fairfield (Lancaster)	https://www.facebook.com/namifairfieldcountyohio	740-243-4933
Fayette (Washington Courthouse)	https://namisouthernohio.org	402-704-6264
Franklin (Columbus)	https://namifranklincounty.org	614-300-7532
Hardin (Kenton)		419-692-2480
Hocking (Logan)	https://namiathensohio.org	740-593-7424
Holmes (Millersburg)	https://www.namiwayneholmes.org	330-264-1590
Jackson	No local chapter	
Knox (Mt. Vernon)	No local chapter	
Licking (Newark)	No local chapter	
Madison (London)	https://namicgm.org	937-322-5600
Marion	https://namimcc.org	740-375-0796
Morrow (Mt. Gilead)	https://namimidohio.org	740-815-1767
Muskingum (Zanesville)	https://www.facebook.com/nami6county	220-203-9781
Perry (New Lexington)	https://www.facebook.com/nami6county	220-203-9781
Pickaway (Circleville)	https://namisouthernohio.org	402-704-6264
Pike (Waverly)	https://namisouthernohio.org	402-704-6264
Ross (Chillicothe)	https://namisouthernohio.org	402-704-6264
Scioto (Portsmouth)	No local chapter	
Tuscarawas (New Philadelphia)	https://www.facebook.com/NAMITuscCarrol	330-308-8604
Union (Marysville)	https://namimidohio.org	740-815-1767
Vinton (McArthur)	https://namiathensohio.org	740-593-7424

SUICIDE PREVENTION

Ohio Suicide Prevention Foundation
https://www.ohiospf.org/
Community-based programs and best-practice resources are specifically designed to improve mental health across the state, helping all of Ohio's communities reduce the risk of suicide and lessen its effects on family, friends, and neighbors. Work includes reducing the stigma of suicide, promoting evidence-based prevention strategies, and raising awareness about suicide's relationship to mental illness and substance use disorders, and other factors that contribute to suicide.

GAMBLING ADDICTION

Ohio for Responsible Gambling
https://ohio.gov/responsible-gambling
1-800-589-9966 or TEXT: 800GAM(800426)

LOCAL COUNTY GOVERNMENT BOARDS OF MENTAL HEALTH

Your local mental health board's website is a primary resource for locating government-funded providers, connect to crisis care, and get connected with support groups.

Coshocton	https://www.mhrs.org	740-454-8557
Delaware	https://dmmhrsb.org	740-368-1740
Fairfield (Lancaster)	https://www.fairfieldadamh.org	740-654-0829 x308
Fayette (Washington Courthouse)	https://pvadamh.org	740-335-7155
Franklin (Columbus)	https://adamhfranklin.org	614-224-1057
Hardin (Kenton)	https://www.wecarepeople.org	419-222-5120 Ext. 127
Hocking (Logan)	https://www.317board.org	740-593-3177
Holmes (Millersburg)	https://whmhrb.org	330-674-5772
Jackson	https://new.gjmboard.org	740-446-3022
Knox (Mt. Vernon)	https://www.mhrlk.org	740-522-1232
Licking (Newark)	https://www.mhrlk.org	740-522-1232
Madison (London)	https://www.mhrb.org	937-322-0648
Marion	https://www.mcadamh.com	740-387-8531
Morrow (Mt. Gilead)	https://dmmhrsb.org	740-368-1740
Muskingum (Zanesville)	https://www.mhrs.org	740-454-8557
Perry (New Lexington)	https://www.mhrs.org	740-454-8557
Pickaway (Circleville)	https://pvadamh.org	740-477-2579
Pike (Waverly)	https://pvadamh.org	740-947-2147
Ross (Chillicothe)	https://pvadamh.org	740-773-4357
Scioto (Portsmouth)	https://www.adamhsals.org	740-354-5648
Tuscarawas (New Philadelphia)	https://adamhtc.org	330-364-6488
Union (Marysville)	https://www.mhrbuc.org	937-642-1212
Vinton (McArthur)	https://www.317board.org	740-593-3177

12-STEP PROGRAMS

Alcoholics Anonymous
https://www.aa.org

Narcotics Anonymous
https://na.org/

START A MENTAL HEALTH MINISTRY IN YOUR PARISH!

Contact us for help, guidance, or questions. Or visit the International Association of Catholic Mental Health Ministers.

Deacon Dave Bezusko
Senior Director - Vicariate of Catholic Social Doctrine
dbezusko@columbuscatholic.org
614-241-2540 ext. 1

Jack Justin Dreher
Mental Health Ministry Coordinator
jdreher@columbuscatholic.org
615-645-3651

International Association
Catholic Mental
Health Ministers

https://www.catholicmhm.org/start-a-parish-ministry

DIOCESE of COLUMBUS

https://columbuscatholic.org/mental-health-ministry