

Mental Health Support

- **Promoting Mental Health International Association of Catholic Bioethics Statement Toward a Shared: Medical and Christian Ethical Framework**

Consensus statements that came out of the 7th International Colloquium of the International Association of Catholic Bioethics (Montreal, 2015). Everyone should be concerned about promoting mental health. This statement proposes a shared medical and Christian ethical framework for promoting mental health.

For full text **click here:** <https://iacb.ca/wp-content/uploads/2018/06/Montreal2015b.pdf>

- **World Mental Health Day- October 10th**

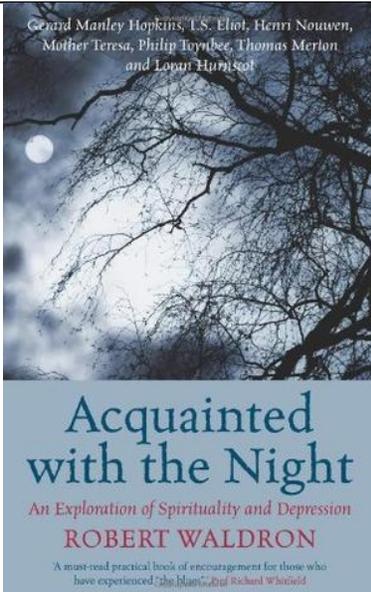
World Mental Health Day celebrates awareness for the global community in an empathetic way, with a unifying voice, helping those feel hopeful by empowering them to take action and to create lasting change.

In 2019, the World Federation for Mental Health (WFMH) has decided to make “suicide prevention” the main theme of World Mental Health Day.

For WFMH resources: (President’s Message, New Video, Tools and Tips, Social Media, Taking Action, Campaign materials and more) **click here:** <https://wfmh.global/world-mental-health-day-2019/>

Acquainted with The Night

by Robert Waldron

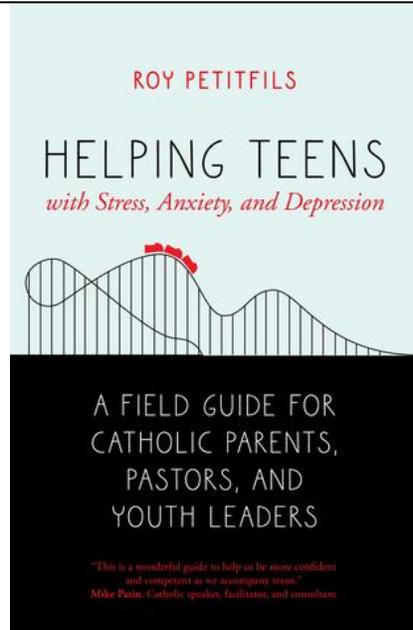


Depression is pandemic today; as the demands of modern life prove too much for many adults, it has also clawed its way into the minds and souls of our young people, so that it is not unusual to hear that teenagers, or even children, are taking anti-depressants, sometimes committing suicide. The aim of this book is to illustrate that depression is often a spiritual malaise that can be "treated" by spiritual measures. Award-winning author, Robert Waldron explores the common causes and symptoms of depression. Acquainted With The Night goes on to explore the scrutiny and expression famous Christians have given to their individual acquaintance and struggle with darkness, these include: Gerard Manley Hopkins, T.S. Eliot, Henri Nouwen, Philip Toynbee, Thomas Merton, Mother Teresa of Calcutta, and Loran Hurnscot.

Publication date: 2012-11-30 ISBN: 9780232529142

Helping Teens with Stress, Anxiety, and Depression

by Roy Petitfils



Do you struggle to know when or if it's appropriate to step in to help a teen who seems stressed, anxious, or depressed? Do you know the signs to look for to determine whether a teen is in distress? In *Helping Teens with Stress, Anxiety, and Depression*, Roy Petitfils—a Catholic author, speaker, and psychotherapist—offers his personal experience, advice, and faith to give parents, pastors, and youth leaders the knowledge, courage, and tools they need to step in, make a difference, and be the presence of Christ for teens in crisis.

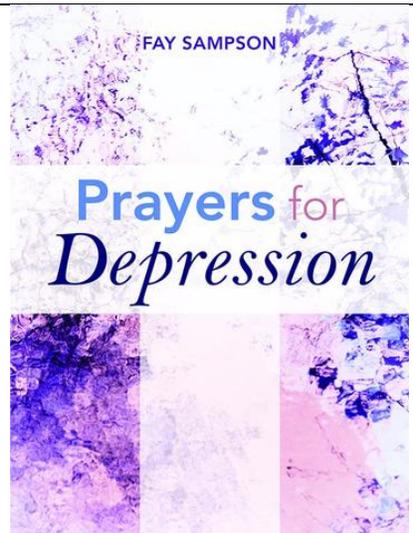
Publication date: 2019-03-08 ISBN: 9781594718892

To order the book:

<https://en.novalis.ca/products/helping-teens-with-stress-anxiety-and-depression>

Prayers for Depression

by Fay Sampson



Written beautifully, gently offering helpful advice, *Prayers for Depression* offers short passages of information, support and counsel for persons with depression, for carers, family, friends, and for the larger caring community. Each passage concludes with a suggested prayer from the heart, which readers can adapt, allowing for personal names to be introduced.

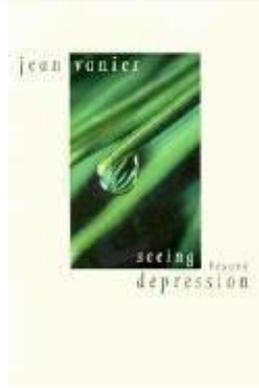
Publication date: 2018-09-01 ISBN: 9782896884414

To order the book:

<https://en.novalis.ca/products/prayers-for-depression>

Seeing Beyond Depression

by Jean Vanier



One of the great spiritual writers of our time explores how we can move out of the darkness of depression into the light.

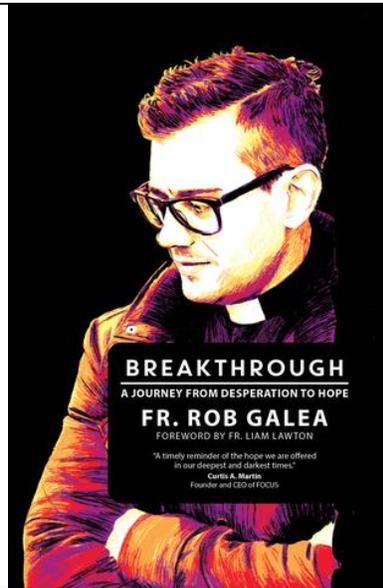
Publication date: 2005-12-03 ISBN: 9780809140572

To order the book:

<https://en.novalis.ca/products/seeing-beyond-depression>

Breakthrough: A Journey from Depression to Hope

by Fr Rob Galea



Are you disconnected from God? Do you feel that your life has no hope? As a teenager, Fr. Rob Galea's reaction to those painful feelings was addiction, violence, and destructive friendships. When the recording artist and former Australian X Factor contestant finally let God in, his life completely changed. In Breakthrough, Galea shares his journey from scared teenager to passionate priest and invites you to learn more about the Catholic faith so you, too, can find hope in Christ.

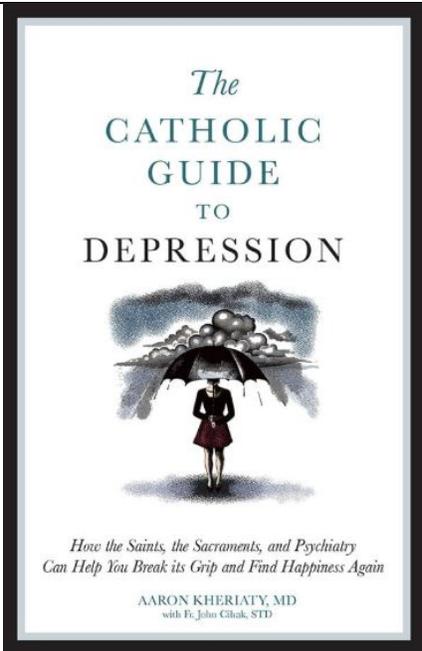
Publication date: 2018-02-16 ISBN: 9781594718373

To order the book:

<https://en.novalis.ca/products/breakthrough>

The Catholic Guide to Depression

by Aaron Kheriaty, MD



Countless Christians—including scores of saints—have suffered profound, pervasive sorrow that modern psychiatrists call “depression.” Then, as now, great faith and even fervent spiritual practices have generally failed to ease this wearying desolation of soul.

In these pages, Catholic psychiatrist Aaron Kheriaty reviews the effective ways that have recently been devised to deal with this grave and sometimes deadly affliction — ways that are not only consistent with the teachings of the Church, but even rooted in many of those teachings.

Extensive clinical experience treating patients with depression has shown Dr. Kheriaty that the confessional can’t cure neuroses, nor can the couch forgive sin. Healing comes only when we integrate the legitimate discoveries of modern psychology and pharmacology with spiritual direction and the Sacraments, giving particular attention to the wisdom of the Church Fathers and the saints.

Here, with the expert help of Dr. Kheriaty, you’ll learn how to distinguish depression from similar looking but fundamentally different mental states such as guilt, sloth, the darkness of sin, and the sublime desolation called “dark night of the soul” that is, in fact, a privileged spiritual trial sent to good souls as a special gift from God.

You’ll come to know how to identify the various types of depression and come to understand the interplay of their often manifold causes, biological, psychological, behavioral, cultural, and, yes, moral.

Then you’ll learn about exciting breakthroughs in pharmacological and other medical treatments, the benefits and limitations of psychotherapy, the critical place that spiritual direction must have in your healing, and the vital role that hope — Christian hope — can play in driving out depression.

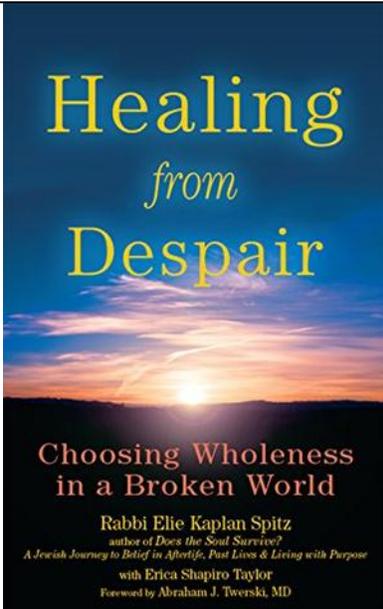
Publication date: 2012-10-25 ISBN: 9781933184760

To order the book:

<https://www.amazon.ca/Catholic-Guide-Depression-Sacraments-Psychiatry/dp/1933184760>

Healing from Despair: Choosing Wholeness in a Broken World

by Rabbi Elie Kaplan Spitz, Erica Shapiro Taylor, Erica Shapiro Taylor



The suffering that brings you to despair and even desperation can—with healing—become a source of hope, purpose and blessing.

Are you: Feeling anxious? Feeling depressed because of the loss of health, a relationship or a job? Grieving the loss of a loved one? Grieving loss by a suicide? Feeling hopeless? Concerned about a friend who has suicidal thoughts?

This wise and helpful guide explores the nature of personal suffering and brokenness and the potential for personal crisis as a source of strength and renewal instead of despair and death. Examining the personal journeys of biblical and historical figures such as Moses, Maimonides, Abraham Lincoln and Martin Buber—as well as the author's own personal experience with despair—it looks at brokenness as an inescapable element of the human condition. It traces the path of suffering from despair to depression to desperation to the turning point—healing—when first-hand knowledge of suffering can be transformed into blessing.

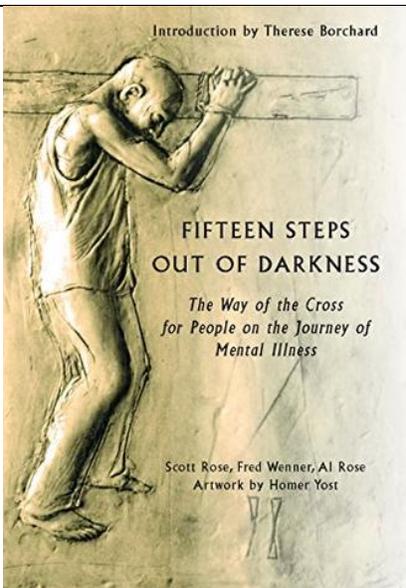
Publication date: 2010-09-22 ISBN: 9781580234368

To order the book:

<https://en.novalis.ca/products/healing-from-despair-paperback>

Fifteen Steps Out of Darkness: The Way of the Cross for People on the Journey of Mental Illness

by Scott Rose, Fred Wenner, Al Rose



Profound meditations on the passion of Jesus for the more than 350 million people suffering from depression and other mental illnesses and those who love and care for them.

The personal stories and insights on the Stations of the Cross are accompanied by 18 full-color illustrations of great sculptures that portray Jesus' journey to the cross and his resurrection from the dead.

The book combines personal stories with timeless spiritual wisdom. It is a book to inspire, encourage, and reassure all those who suffer from mental illness and also their loved ones.

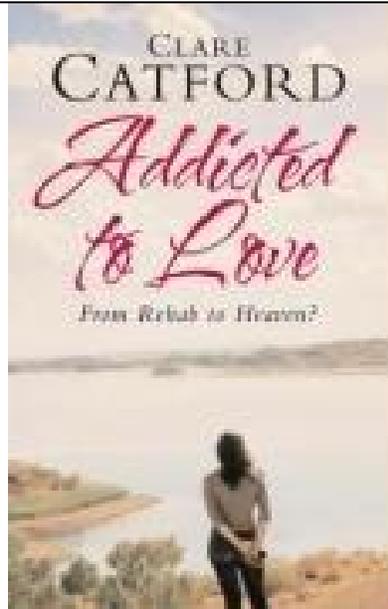
Publication date: 2016-03-01 ISBN: 9781626981829

To order the book:

<https://en.novalis.ca/products/fifteen-steps-out-of-darkness>

Addicted to Love: From Rehab to Heaven

by Clare Catford



If you know what it's like to be unable to stop drinking, taking drugs, eating, working, shopping or obsessing over a relationship, the idea of addiction will need no explanation. Clare Catford, a broadcast journalist who has spent twenty years presenting and reporting for the UK's leading television and radio networks, describes her own struggles with love addiction and depression and chronicles how she has begun to find healing and release by re-evaluating and rebuilding her Christian faith. This book is written for those who need compassion, not judgement. Recognising powerlessness, and allowing God into that pain is, I believe, a way of achieving that end. My journey has been one of painful self-discovery, and a very gradual awakening to the fact that there really is an all-powerful and loving God who wants to help me arrest my addictive disease.' Addicted to Love is essential reading for anyone who has struggled with addiction of any kind.

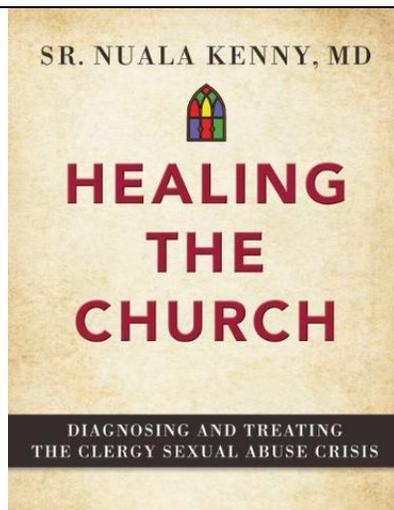
Publication date: 2008-03-01 ISBN: 9780232527285

To order the book:

<https://en.novalis.ca/products/addicted-to-love-from-rehab-to-heaven>

Healing the Church: Diagnosing and Treating the Clergy Sexual Abuse Scandal

by Sr. Nuala Kenny, MD



A unique and practical resource for all Catholics – lay and clergy alike – that offers a way of hope into a healthier Church.

A renowned physician, scholar and religious sister, Sr. Kenny tackles the sexual abuse crisis in the Canadian Catholic Church head-on, looking for both the cause and the cure. Using a model she knows well – the process of medical diagnosis – Kenny is able to provide a process for purifying, renewing, and strengthening the Church. She walks us through the process of acknowledging the tremendous pain the scandal caused to victims to healing the wounds of victims to preventing further suffering, and gives us ideas for sustaining a healthy and strong Church.

Healing the Church is an outstanding resource for not only clergy and church leaders, but also for all Catholics seeking to heal the wounds of the Church. With questions for individual and group reflection, this book is not only informative, but transformative as well.

Publication date: 2012-08-01 ISBN: 9782896464708

To order the book:

<https://en.novalis.ca/products/healing-the-church>

