

Mental Health Resources

Catholic Charities Counselors:

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Catholic Psychotherapy Directory: <https://catholicpsychotherapy.org/directory>

Resources:

Diagnostic and Statistical Manual of Mental Disorders
<https://www.psychiatry.org/psychiatrists/practice/dsm>

Book: "Prescriptions and Descriptions," by Mike Emlet
<https://www.ccef.org/book/descriptions-and-prescriptions-a-biblical-perspective-on-psychiatric-diagnoses-and-medications/>

Book: "Saints, Sinners, and Sufferers: Loving Others as God Loves Us" by Mike Emler
<https://www.ccef.org/book/saints-sufferers-and-sinners-loving-others-as-god-loves-us/>

Book: "Bold Love," by Dan Allender
https://www.christianbook.com/bold-love-dan-allender/9780891097037/pd/97031?en=google&event=SHOP&kw=books-0-20%7C97031&p=1179710&utm_source=google&dv=c&qclid=CjwKCAiAsNKQBhAPEiwAB-I5zf35E94g5A4cWyzESf3qFTdFjJjEgtQCJPxffSoS6OzbbsmwNp7-NxoC FJAQAvD_BwE

Book: "Boundaries: When to say yes, how to say no and take control of your life" By Henry Cloud and John Townsend
https://www.lifeway.com/en/product/boundaries-P006165803?ef_id=CjwKCAiAsNKQBhAPEiwAB-I5zRLwRCpF-sbGc2Ws5mm14WRXjx6Anqea7rTDBqWhtEUy4mssSsotLxoCHnIQAvD_BwE:G:s&s_kwcid=AL!4443!3!423401721009!p!!g!!boundaries%20john%20townsend!8852748717!96583618206&qclid=CjwKCAiAsNKQBhAPEiwAB-I5zRLwRCpF-sbGc2Ws5mm14WRXjx6Anqea7rTDBqWhtEUy4mssSsotLxoCHnIQAvD_BwE

Pope Paul VI institute:
<https://naprotechnology.com/depression/>

Gender Dysphoria

Laura Perry Testimony: <https://www.youtube.com/watch?v=EVTYhfWr9u0>

Walt Heyer (Founder of Walt Heyer Ministries): <https://waltheyer.com/>