

Spiritual Resources for Addiction or Mental Health Concerns- Last edited 4/15/24

*If there is an immediate risk of harm to yourself or another person, please call 911 now. **As of Saturday, July 16, 2022, every person in every community nationwide can dial "988" to reach trained crisis counselors who can help in a mental health, substance use or suicide crisis.***

Faith-based Resources

Monica's Moms at Saint Bernadette Parish- If you would like more information about this mothers' group for prayer and support for those suffering from addiction, please contact Catrina at **716-648-4957**

St. Michael's Group at Saint Bernadette's Parish is a community of mothers dealing with drug/alcohol addiction in their families. Contact Joanne at **716-866-1621** or jmliwi@aol.com

Weekday Masses at Saint Bernadette- M,W,F. at 11:30 a.m. and T and Th at 7 a.m. Weekday Masses provide a quieter atmosphere and are less crowded than weekend Masses. Our sensory room, in the back of the church provides a quieter, smaller environment and rocking chairs.

Sparks of Hope Recovery Support Center (www.sparksofhopewny.org) **107 Main Street, Hamburg.** Sparks of Hope, a ministry of Hamburg United Methodist Church and the Southtowns Faith Community, is a faith-based, volunteer operated recovery support center. Services include: peer recovery coaching for both the person with the addiction and their families/support network and several support groups. For more information see website or call **716-649-2010**.

National Catholic Partnership on Disability <https://ncpd.org> offers many resources for parishes, parents, individuals and church communities including a section with spiritual, educational and supportive materials for those with mental illness.

The Catholic Institute for Mental Health Ministry Prayers and Reflections
<https://www.sandiego.edu/soles/catholic-institute-mental-health/resources.php>

Click on "prayers and reflections" to find the following prayers:

- Reflections on Our Lady of Lourdes and saints associated with healing.
- A prayer to St. Dymphna, patron saint of those suffering from anxiety or other mental health concerns
- A beautiful meditation on the Joyful Mysteries of the Rosary for Those with a Mental Illness.

Society of the Little Flower <https://www.littleflower.org>

People have also reported receiving spiritual comfort through prayer for their loved ones through the intercession of Saint Thérèse of Lisieux. Find prayer section under the menu button.

NAMI (National Alliance on Mental Illness) Faithnet (www.nami.org/NAMIFaithnet)

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.

Community Resources

Alzheimer's Association WNY Chapter (www.alz.org/wny) The WNY chapter has a wide range of programs to help families and caregivers of people with Alzheimer's disease. Contact them at **716-626-0600 extension 312** or our helpline is staffed 24/7 at **800-272-3900**. You may also contact by email at program.wny@alz.org

Buffalo Area Alcoholics Anonymous <https://buffaloaany.org/> This website will assist in locating AA meetings throughout the Buffalo area and suburbs.

Catholic Charities(<https://ccwny.org>) **716-856-4494** Catholic Charities offers counseling and medication management services for individuals to address mental/behavioral needs. Services are available in person or through telehealth. See website or call for more information.

Crisis Services (www.crisisservices.org) offers the following hotlines:

24 Hour Crisis Hotline, Buffalo and Erie County **716-834-3131**

Anyone of any age who is experiencing a personal, emotional or mental health crisis can call 24 hours a day.

24 Hour Addiction Hotline, Buffalo and Erie County **716-831-7007**

Professionals are standing by to link people to substance abuse treatment services.

Kids' Helpline 716-834-1144

This service offers immediate response and information on a variety of issues related to youth and their families.

National Suicide Prevention Lifeline 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the 988 Suicide & Crisis Lifeline), and is now active across the United States. When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing Lifeline network.

Erie County Anti-Stigma Coalition (<https://letstalkstigma.org/>) Originally founded by sixteen organizations, this coalition was formed to stop the stigma surrounding mental health. They work to spread the message that people dealing with mental health challenges are not alone, help is available and recovery possible. Contact through the website.

Monsignor Carr Clinic (www.ccwny.org/services/monsignor-carr-clinics)

Operating through Catholic Charities, Monsignor Carr Clinics are NYS licensed mental health outpatient centers located in Erie County offering comprehensive psychiatric and social work services to the community. Treatment is available for children ages 5 and up, adolescents and adults. A sliding scale fee arrangement is available for individuals who do not have insurance. Call **716-835-9745 for information or to be connected with services.**

Mental Health Services at Catholic Health

(www.chsbuffalo.org/services/mental-health-counseling)

Counseling services include individual psychotherapy, group therapy, psychological testing, evaluations and referrals. For more information, call **716-706-2112**

Mental Health Advocates of WNY (<http://mhawny.org>)- This organization offers help in navigating the mental healthcare system and offers links to treatment and other support services. Contact them at **716-886-1242.**

NAMI: National Alliance on Mental Illness, Buffalo & Erie County

(www.namibuffalony.org)- Families helping families challenged by mental illness. This group offers support groups, education and advocacy opportunities. A confidential helpline is available at **716-226-6264, option 1** to help you with specific needs for your situation.

Recovery Options Made Easy (<https://recoveryoptionsny.org>)

The Recovery Options team is composed of 95% peers, with the main office in Gowanda, NY, and five satellite locations. Services cover over twenty counties, over 350 apartment sites and peer services ranging from youth programs and respite services to supported housing and employment opportunities. Beginners or you who are continuing your journey of mental health recovery and advocacy, can lean on the experiences of your peers at Recovery Options with a variety of services that support you every step of the way.

WNY Narcotics Anonymous <https://www.nawny.org/> Narcotics Anonymous is a nonprofit fellowship or a society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. There are no dues or fees. Check out website to find a meeting near you.

National Resources

Dementia Careblazers- Caregiving Organization of the Year (2022)

(www.careblazers.com) The Careblazers

YouTube channel has short videos that address many issues to aid family members while caring for a person with dementia."Dr. Natali's careblazer dementia videos have provided me with a wealth of information that I desperately needed to understand what's going on with my husband. She talks about every subject you can imagine. This knowledge has helped me feel empowered and I've been able to just take a deep breath and feel like "I can do this". - states Valja from Arizona

Mental Health America (<https://mhanational.org>) Founded in 1909, MHA is the nation's leading national non-profit dedicated to the promotion of mental health, well-being and condition prevention. MHA advances the mental health and well being of all people living in the United States through public education, research, advocacy, public policy and direct services. See the website for more information.

National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. (www.nimh.nih.gov) Find numerous resources on a variety of mental health topics on their website.

Substance Abuse and Mental Health Services Administration (www.samhsa.gov) - The mission of this agency is to reduce the impact of substance abuse and mental illness on America's communities. Links to treatment and education are provided. A national helpline for treatment referral and information is available 24/7 at **1-800-662-HELP (4357)**