

Mental Health Ministry Trainings – All Free!

- **Association of Catholic Mental Health Ministers – Learning Center**
[Association of Catholic Mental Health Ministers | Catholic Mental Health Ministry Learning Center \(catholicmhm.org\)](#)
 - Introduction to Catholic Mental Health Ministry
 - A seven-part series that outlines mental health ministry. Each part contains a video and a textbook reading. Videos range from 17-28 min, and the readings are typically listed as two chapters at a time taken from *Catholic Mental Health Ministry: Guidelines for Implementation* edited by Wendell J Callahan and Priscilla Martinez.
 - What is Catholic Mental Health Ministry
 - A seven-part series that explains the specifics of mental health ministry. Each part contains a video and a journal prompt. The videos range from 3-8 min.
 - Accompanying Those Who Mourn
 - A six-part series that teaches how to minister to those who are grieving. Each section contains a video and a textbook reading. The videos range from 5-20 min, and the readings are taken from *Understanding Your Grief* by Dr. Alan Wolfelt (this book may need to be purchased since it is not included as a pdf). There are also a couple of multiple-choice concept checks to test understanding of the material.
 - When a Loved One Dies by Suicide
 - A nine-part series based on the book, *When A Loved One Dies By Suicide: Comfort, Hope, and Healing for Grieving Catholics*. Each part includes a video, journal prompt, prayer, and additional resources. The videos range from 5-15 min.
- **Association of Catholic Mental Health Ministers – Recorded Webinars**
[Association of Catholic Mental Health Ministers | CMHM Webinars & Newsletters \(catholicmhm.org\)](#)
 - Cultivating Hope through Mental Health Ministry (1hr)
 - Building a Volunteer-Friendly Mental Health Ministry (1hr)
 - Supporting Marriages & Families in Mental Health (1hr)
 - Mental Health Ministry and Youth (1hr)
 - Mental Health Professionals and Organizations Resource List (1hr)
 - Church as a Healing Community (1hr)
 - Recruit and Retain Volunteers (1hr 5min)
 - Spiritual Support Groups (1hr)
 - A Dialogue Focused on Accompaniment (1hr)
 - Self-Care for Mental Health Ministers (30min)
 - A Pastoral Response to Suicide (48min)

- Starting a Parish-Based Mental Health Ministry (1hr)
- Dementia and Mental Health Ministry (53min)
- Companionship and Mental Health Ministry (30min)
- Using a 5-Night Series to Cultivate a Mental Health Conversation (1hr)
- Mental Health Ministry is Pro-Life (1hr)
- Principles of Mental Health Ministry (53min)
- **Mental Health First Aid**
[Mental Health First Aid](#)
 - A certified, evidence-based training that teaches how to identify and address mental health symptoms
 - Full-day in-person training (9am-5pm) with two hours of online prep-work
- **National Catholic Partnership on Disability**
[Together for Mental Health: Awareness and Action for a Culture of Acceptance | NCPD - National Catholic Partnership on Disability](#)
 - Hope: A Guide for Faith Leaders to Prevent Youth Suicide (28-page pdf)
 - Together for Mental Health: Awareness and Action for a Culture of Acceptance (30min video)
- **QPR Suicide Prevention**
[QPR Institute | Practical and Proven Suicide Prevention Training QPR Institute \(en-US\)](#)
 - Individual and group trainings on suicide prevention (Diocese can cover cost)
 - Training is typically 60-90 minutes with virtual an/or in-person options
- **Revive**
[Mental Health in the Parish](#)
 - Six sections with a couple of videos per section (around 5-10 min)
- **Sanctuary Course for Catholics**
[The Sanctuary Course for Catholics - Sanctuary Mental Health Ministries](#)
 - Seven video sessions (each about 20 min)
 - Course book (facilitator guide and participant guide)
 - Audiobook option w/transcripts
- **Sliconnect**
[Resiliency - Sliconnect](#)
 - Videos on resiliency in times of crisis (videos range from 5 min - 1hr)
 - Brief articles on mental health topics
 - Downloadable pdfs on spirituality and mental health
 - Video training series on various mental health topics (videos range from 5 min - 1hr)
- **Whole Hearted**
[Whole Hearted Participant Journal for Adults - Catholic Charities USA](#)
 - A way to learn about trauma, reflect on trauma responses, and explore restorative practices for working through trauma

- Facilitator guide and participant journal
- 4 sessions (45 min each if leading a group but can go at own pace if done individually)