

St. Ignatius Parish Mental Health Spiritual Care Resource List

The mental health resources provided by St. Ignatius Parish are for informational purposes only and are not intended as medical advice, diagnosis, or treatment. These suggestions do not replace professional medical care or consultation with qualified healthcare providers. St. Ignatius Parish does not endorse or guarantee the accuracy, completeness, or effectiveness of any external resources, websites, or services listed. For medical referrals, mental health treatment, or urgent mental health concerns, please consult your primary care physician, contact your health insurance plan, or call 988 (Suicide & Crisis Lifeline) for immediate assistance. If you are experiencing a mental health emergency, please call 911 or go to your nearest emergency room.

Support Groups and Self-Care

- LifeTeen.com (Catholic youth/parent)
- Sharing Parents (miscarriage)
<https://sharingparents.org>
- Together We Heal (miscarriage)
<https://www.togetherwehealcommunity.org/loss-through-miscarriage>
- River City Christian Church (divorce)
<https://riverscitychristian.org/divorce-care>
- AA (Alcoholics Anonymous) and NA (Narcotics Anonymous)
Search online for available meetings
- Al-anon (for families and friends of alcoholics)
<https://sacramento-al-anon.org>
- The Gabriel Project (Sacramento Diocese) (pregnancy)
<https://www.scd.org/family-and-faith-formation/gabriel-project>
- Sacramento Life Center (pregnancy)
<https://saclife.org>
- Mary House (pregnancy)
<https://sacloaves.org/wp-content/uploads/2020/09/maryhouse.jpg>