



St Dymphna Novena

May 6 - May 15

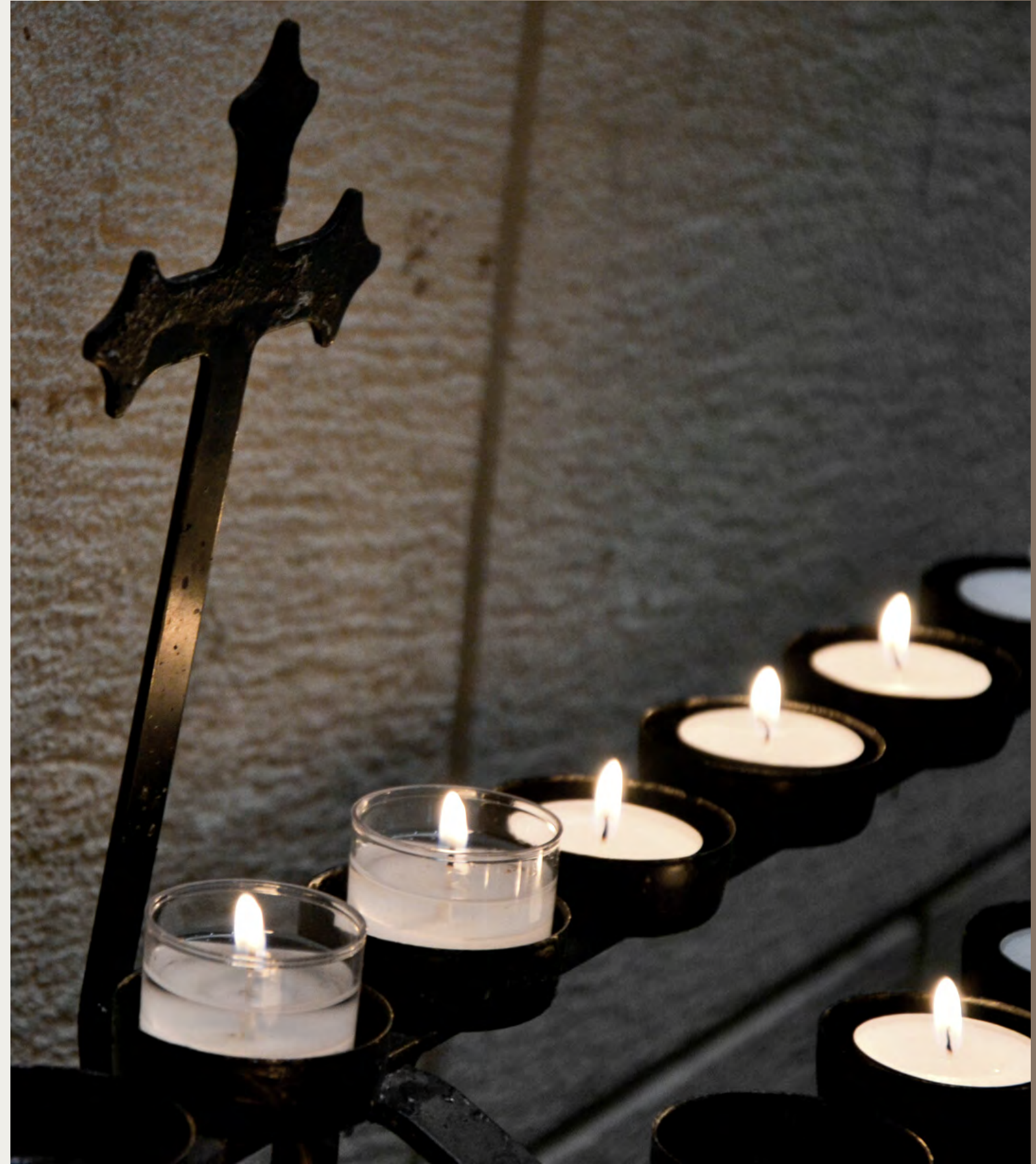


Commission on
Mental Illness

For nine days, join in praying the St. Dymphna novena for someone you may know who is affected by mental illness and for our community's special intentions.

St. Dymphna is the patroness of those who suffer from mental affliction. Her feast day is May 15th.

[Learn more about the life of St. Dymphna here.](#)



MAY 6

**For those who suffer from
mental illnesses**



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O God, We humbly beseech You through Your servant, St. Dymphna, who sealed with her blood the love she bore You, to grant relief to those who struggle from mental afflictions and nervous disorders, especially

St. Dymphna, martyr of purity, pray for us.

St. Dymphna, patroness of those who suffer from mental affliction, pray for us.

St. Dymphna, beloved child of Jesus and Mary, pray for us.

Our Father... Hail Mary... Glory Be....

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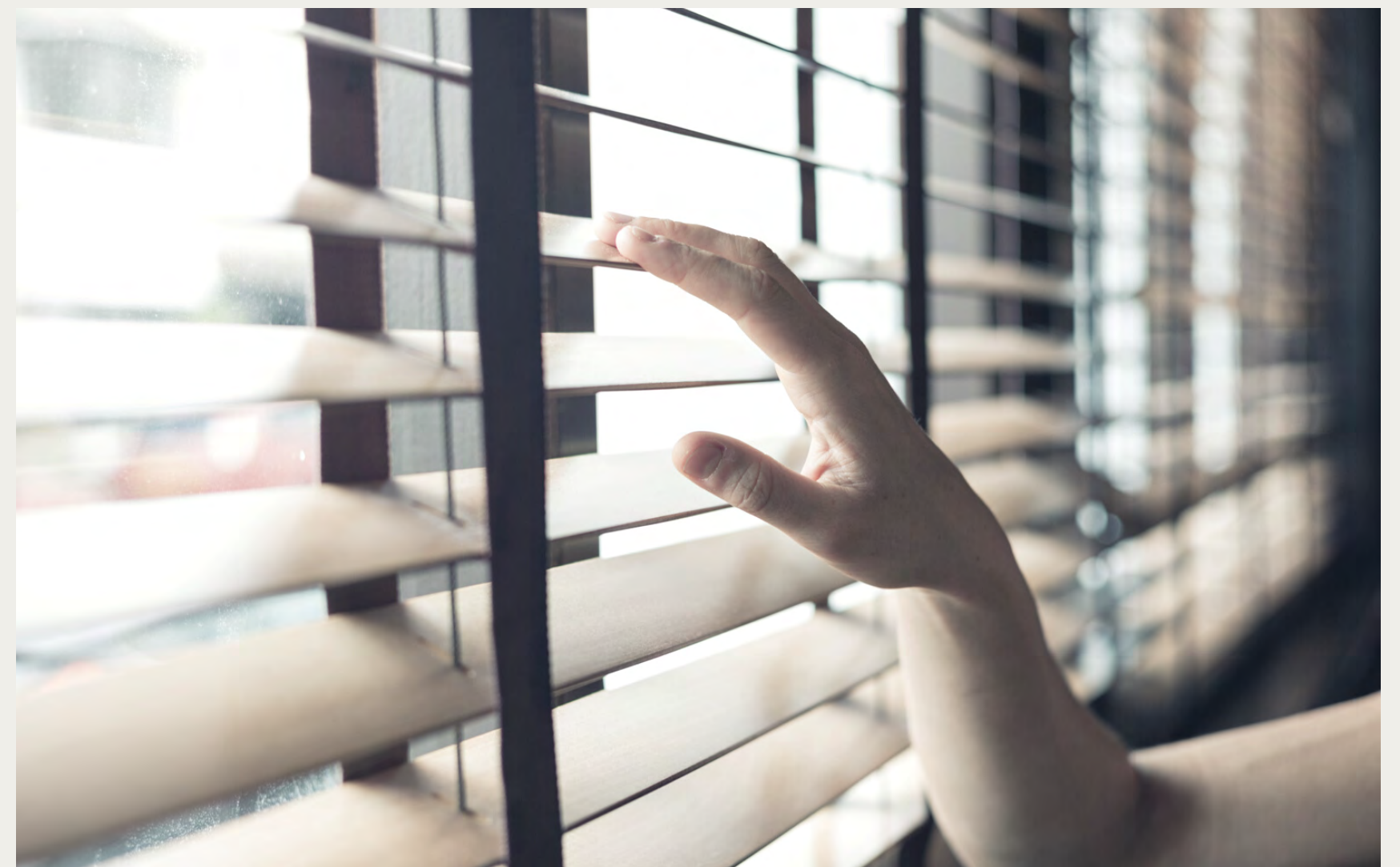
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MAY 7

**For those who suffer from
depression and anxiety**



MAY 8

For those with addictions
and mood disorders



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MAY 9

**For those experiencing
profound loneliness
and isolation**



MAY 10

For those who feel trapped
in mental anguish



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MAY 11

**For those who experience
thoughts of self-harm**



MAY 12

For providers who offer
mental, spiritual,
psychological, and physical
healthcare to individuals
with mental illness



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MAY 13

**For family members
and friends of those
with mental illness**



MAY 14

For workers who promote
and support community
efforts to aid those with
mental illness



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MAY 15

For faith communities to be welcoming spaces for those with mental illness to encounter and experience the hope and healing of Christ





Final Prayer

We ask you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant patience in suffering, hope in despair, strength in trial, companionship in loneliness to all those whom we pray. Please fill them with consolation and grant them the healing of our Prince of Peace. Amen.

Where can you find help?

Our Mental Health Ministry Website

For resources, support, and educational information

www.stjamesah.org/mentalhealthresources/



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If you or a loved one is experiencing a mental health emergency or feel unsafe:

1. Call 911: Say it is a mental health emergency
2. Request a crisis intervention officer

Suicide & Mental Health Lifeline: 988

Crisis Text Line: Text HELLO to: 741741:
Trained crisis counselors respond

Veterans Crisis Line: 800-273-8255 option 1
or confidential chat: text 838255

Illinois Warm Line: MF 8am-8pm: 866-359-7953:
Mental health peer support for you & families

Illinois CARES Line (24 hr): 800-345-9049:
Mental health referrals for children, youth & families

National Alliance on Mental Illness (NAMI) HelpLine:
MF 9am - 9pm: 1-800-950-6264 or info@nami.org or
nami.org for education & support information.

Resources



Commission on
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Let's always remember:



"Whoever suffers mental illness always bears God's image and likeness, and has an inalienable right to be considered a person and treated as such"

-St. Pope John Paul II