

St Dymphna Novena

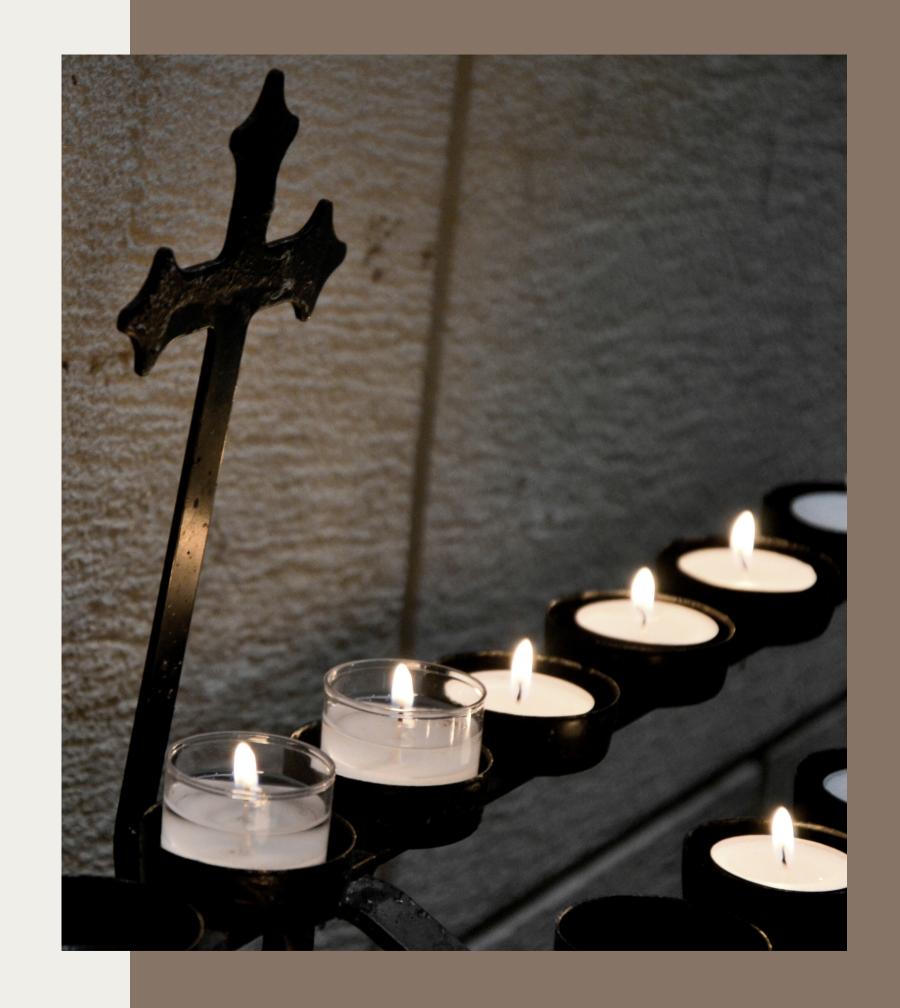
May 6 - May 15



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.



For those who suffer from mental illnesses

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.



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

MAY 7

For those who suffer from depression and anxiety



For those with addictions and mood disorders

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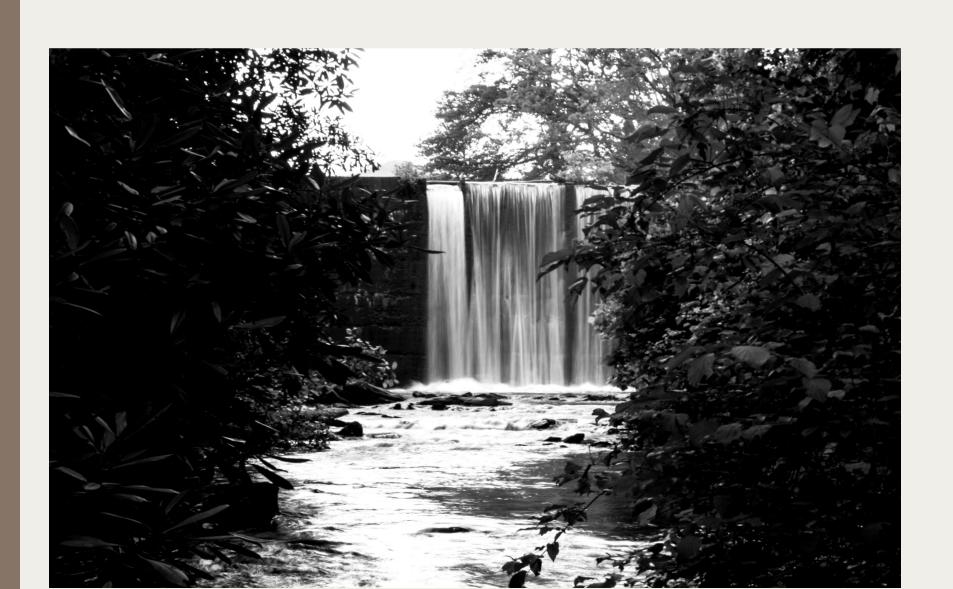
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MAY 9

For those experiencing profound loneliness and isolation



For those who feel trapped in mental anguish

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MAY 11

For those who experience thoughts of self-harm



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



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

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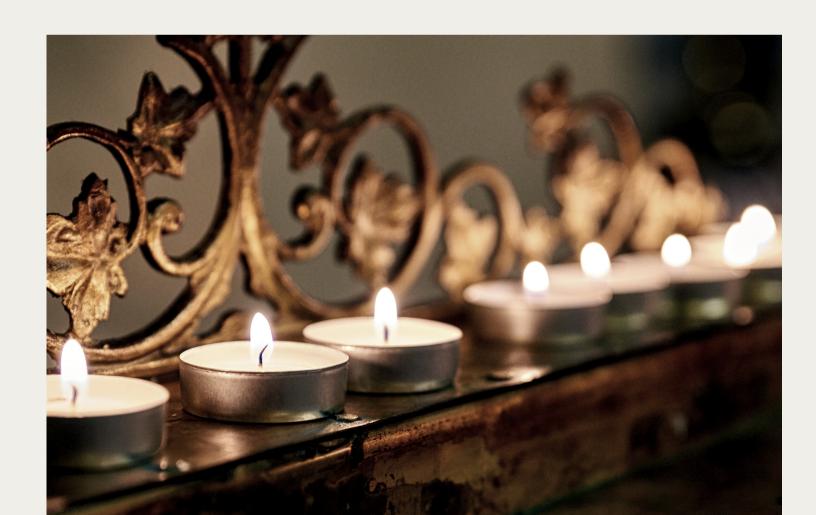
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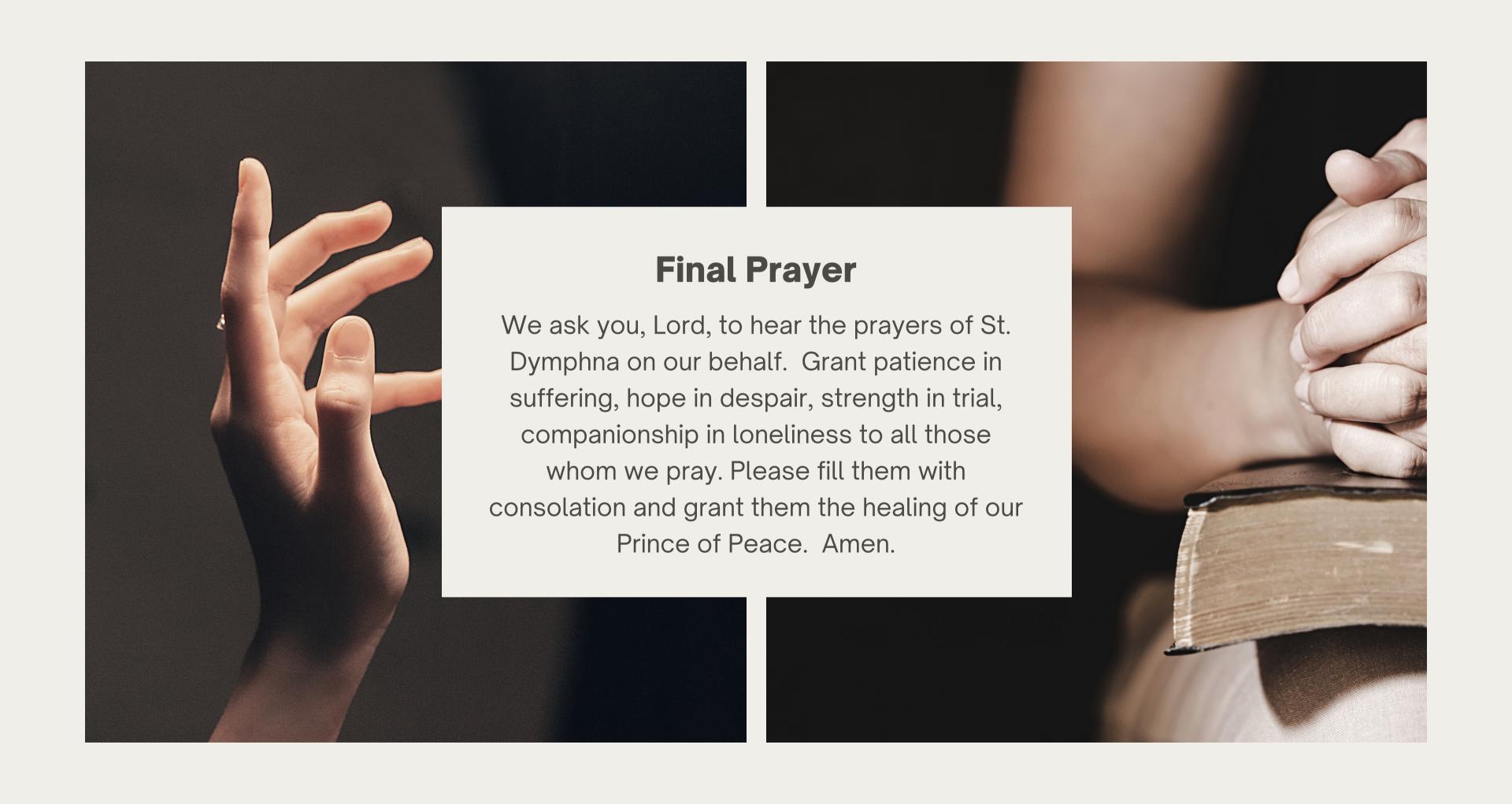
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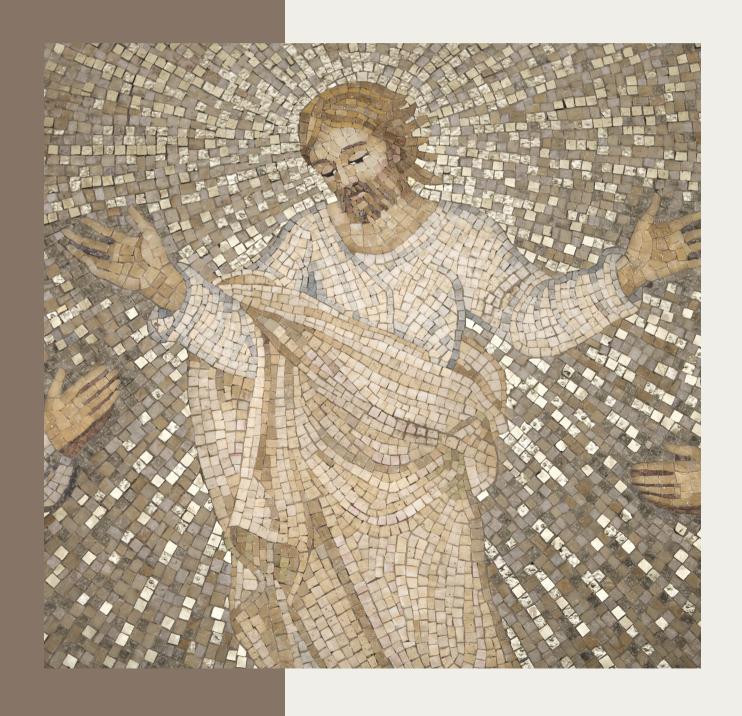
MAY 15

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





Let's always remember:



"Whomever 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

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

National Suicide Prevention Lifeline: 1-800-273-8255

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

