



# 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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# 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

[olwparish.org](http://olwparish.org).



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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](mailto:info@nami.org) or  
[nami.org](https://www.nami.org) for education & support information.

# Resources



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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