





Commission on Mental Illness

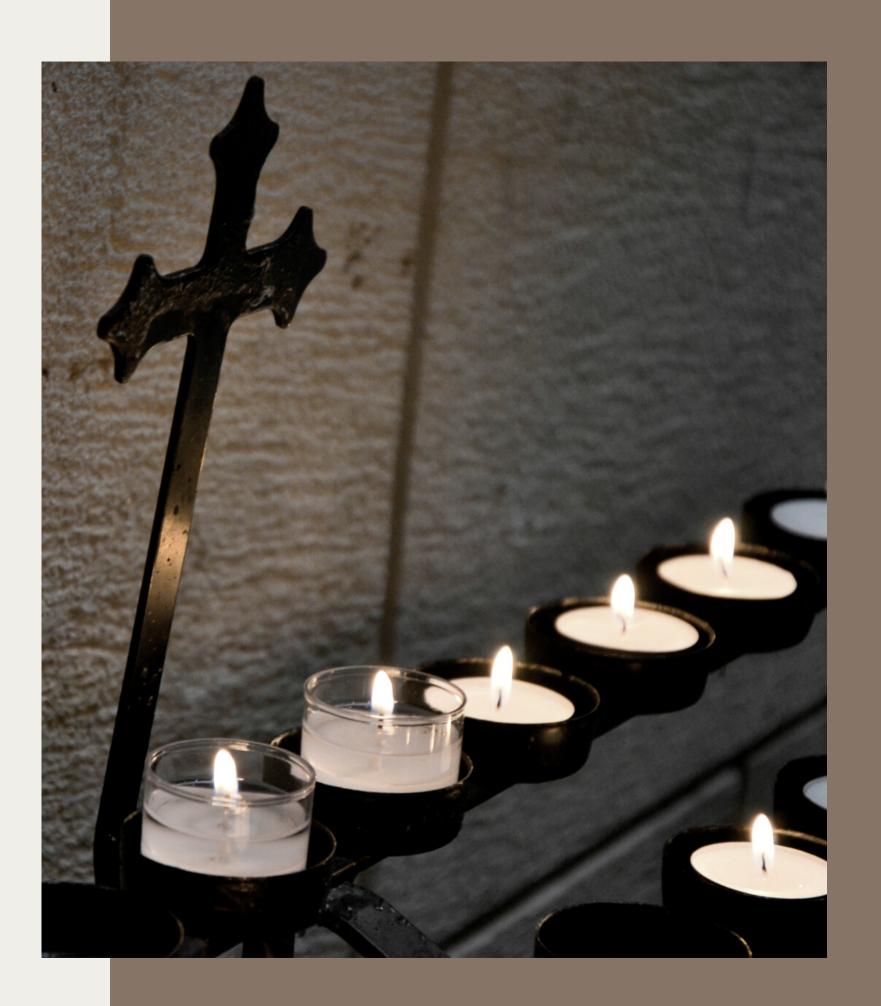
St Dymphna Novena

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.

<u>Learn more about the life of St.</u> <u>Dymphna here.</u>



For those who suffer from mental illnesses



Commission on Mental Illness 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.

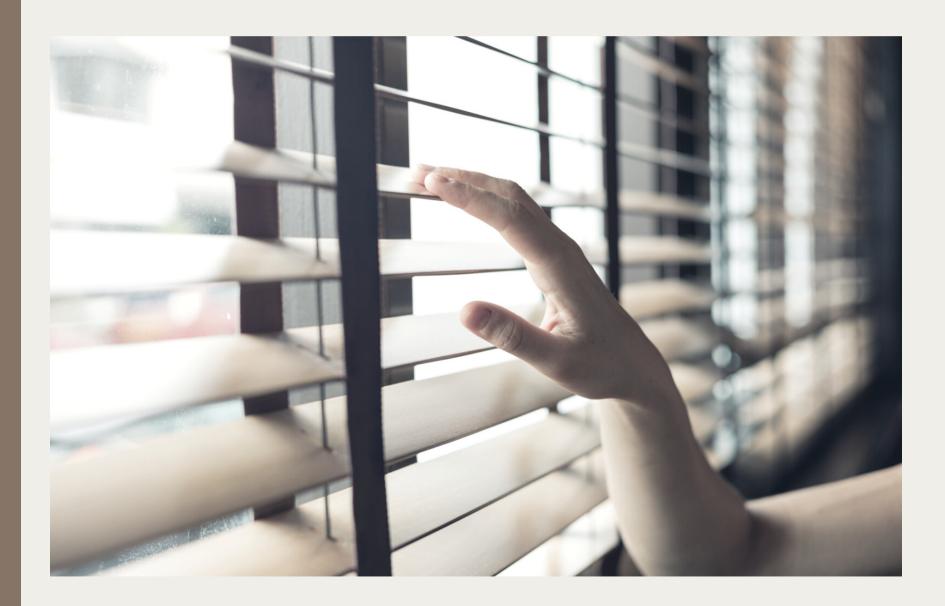
Our Father... Hail Mary... Glory Be....

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

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



INAY 7 For those who suffer from depression and anxiety

For those with addictions and mood disorders

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 _____.

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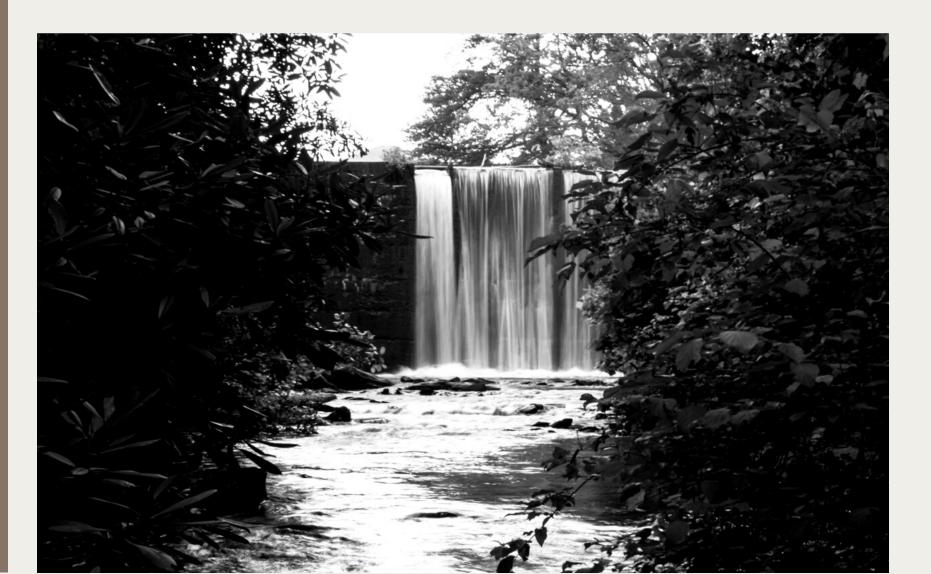


St. Dymphna, martyr of purity, pray for us.

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



MAY 9 For those experiencing profound loneliness and isolation

For those who feel trapped in mental anguish

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 _____.

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



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



INALY 11 For those who experience thoughts of self-harm

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

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



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

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



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 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.

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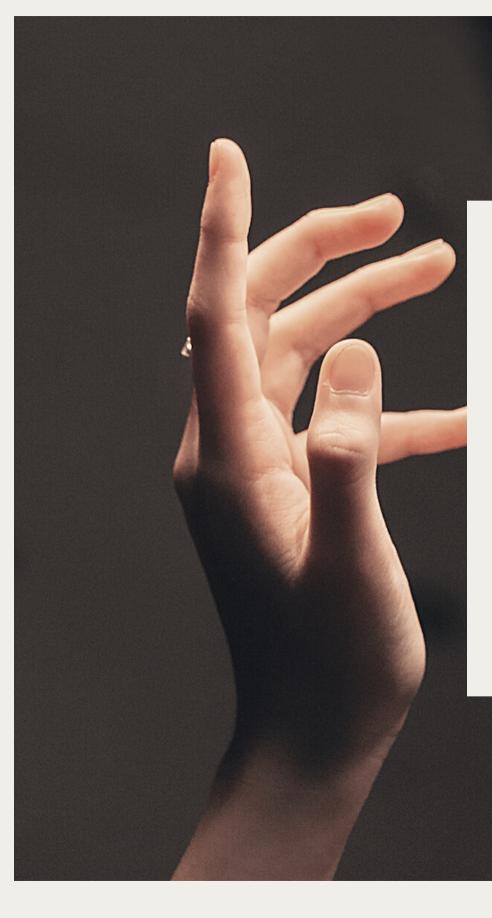
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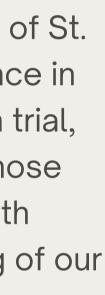
MAY 15

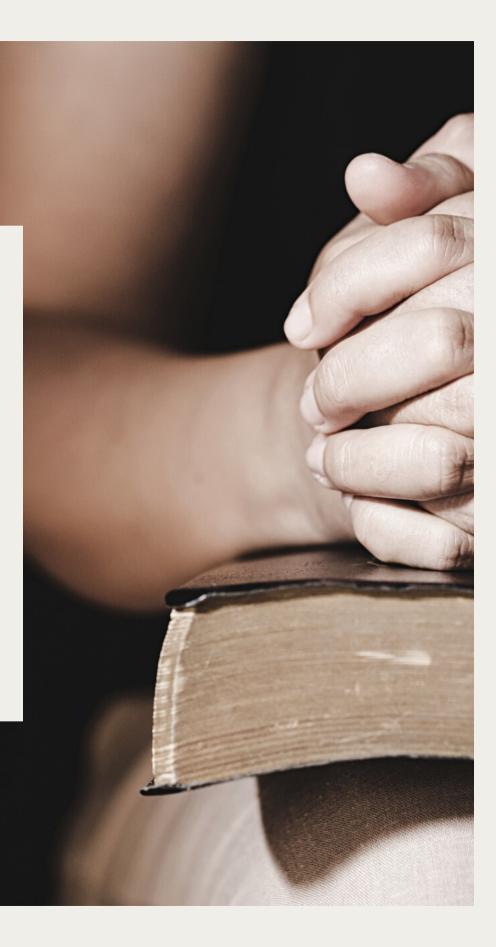
For faith communities to be welcoming spaces for those with mental illness to encounter and experience the hope and healing of Christ



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

<u>olwparish.org.</u>



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

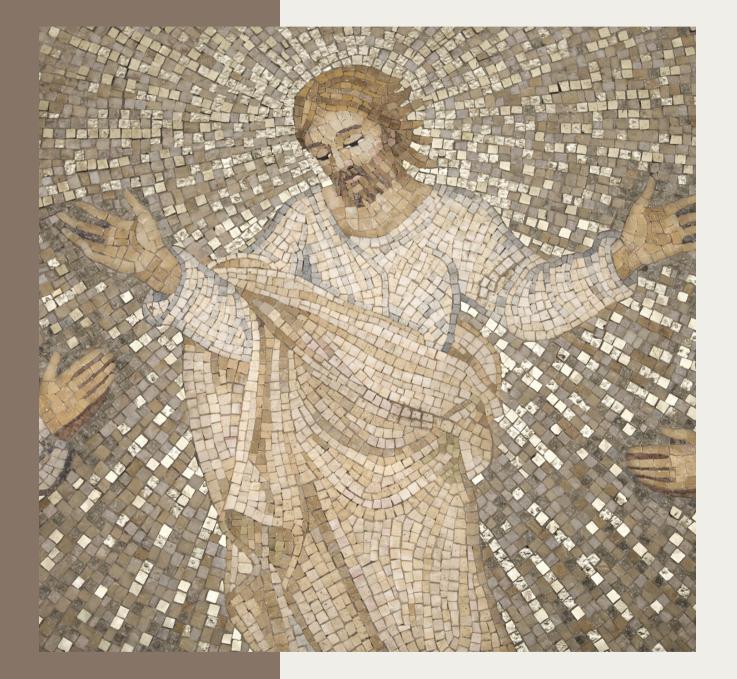
Illinois Warm Line: MF 8am-8pm: 866-359-7953: Mental health peer support for you & families

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 <u>info@nami.org</u> or <u>nami.org</u> for education & support information.

Resources





"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"

Let's always remember:

-St. Pope John Paul II