**Prayers for Mental Health Awareness**

Prayer to St. Dymphna

(From National Catholic Partnership on Disability) <https://ncpd.org/resource-type/prayer>

Lord, we pray for those who have a mental illness.

Help us to understand that the way that we talk about people with a mental illness

Affects the people themselves and how we treat the illness.

So often people who have a mental illness are known as their illness:

People say that “she is bipolar” or :he is schizophrenic”;

When we talk about mental illness we should not use that phrase.

People who have cancer are not cancer;

Those with heart disease are not heart disease.

Let us always remember that people with mental illness are not the illness ---

They are beautiful creations of God.

There is so much fear, ignorance and hurtful attitudes

That the people who suffer from mental illness needlessly suffer further.

Help us to support and be compassionate to those with a mental illness,

Every bit as much as we support those who suffer from any other illness.

Grant courage to those for whom we pray and fill them with hope.

If it is according to Your Divine Will,

Grant them the recovery and cure they desire.

Help them to remember You love them;

They are never alone.

*Saint Dymphna, Patron of those with a Mental Illness, pray for us.*

**Prayers of the Faithful for Mental Health Awareness**

(From National Catholic Partnership on Disability) <https://ncpd.org/resource-type/prayer>

For all persons who face discrimination and stigma due to mental illness, that they will find welcome and inclusion as branches of Jesus’ vine.

Let us pray to the Lord.

For all persons who themselves or within their families live with mental and emotional crises, that the joy and love of Jesus may bring them comfort.

Let us pray to the Lord.

For all persons who live with mental health concerns, that the Church and public agencies will act with justice to ensure the availability of necessary supportive services to aid in their recovery.

Let us pray to the Lord.

For all who provide services for persons whose lives are affected by mental illness – social workers, counselors, mental health professionals, pastoral caregivers – that they will bear witness to God’s spirit of love.

Let us pray to the Lord.

***(Spanish Version):***

Para todos que enfrentan a la discriminación y al estigma debidos a enfermedades mentales, que encuentren una bienvenida e inclusión como racimos de la vid de Jesús, Roguemos al Señor.

Para todos los hombres, mujeres y niños – y en este día especialmente para las madres quienes solas o dentro de sus familias se ocupan de crisis mentales y emocionales, que la alegría y el amor de Jesús les dé consuelo,
Roguemos al Señor.

Para todos los que luchan con aflicciones de salud mental, que la Iglesia y las agencias públicas actúen con justicia para asegurar la disponibilidad de servicios necesarios para apoyarles en el camino a la recuperación,
Roguemos al Señor.

Para todos los que proveen servicios a las personas cuyas vidas están afectadas por aflicciones mentales –trabajadores sociales, consejeros, profesionales de cuidado de la salud mental, cuidadores espirituales –que den testimonio al espíritu de amor que viene de Dios,
Roguemos al Señor.

Prayer to St. John of God

(From National Catholic Partnership on Disability) <https://ncpd.org/resource-type/prayer>

Lord, we pray for those who have a mental illness.

There is so much fear, ignorance and hurtful attitudes

That the people who suffer from mental illness needlessly suffer further.

Help us support and be compassionate to those with a mental illness

Every bit as much as we support those who suffer from any other illness.

Let us always remember that people with a mental illness are not the illness---

They are beautiful creations of God.

St. John of God,

You understand and witnessed the difficulties of living with a mental illness.

You lived in the darkness but found hope.

You wrote:

“When you feel depressed, have recourse to the Passion of Jesus Christ, our Lord,

And his precious wounds, and you will feel great consolation.”

Grant courage to those for whom we pray and fill them with hope.

If it is according to Your Divine Will,

Grant them the recovery and cure they desire.

Help them to remember You love them;

They are never alone.

*Saint John of God, Patron of those with a Mental Illness, pray for us.*