

Novena for Mental Health

October 10th - 18th



Day 1 – Oct 10- Removing Stigmas

Good St. Dymphna, great wonder worker in every affliction of mind and body, we humbly implore your powerful intercession with Jesus through Mary, for the health of the sick. St. Dymphna, patroness of persons with mental health conditions, always look out for those men and women, for their healing and recovery, and for an end to stigma and indifference in society. Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Dymphna, pray for us!

Day 2 – Oct 11- Families

Lord Jesus, may our families draw ever closer to you and to one another. We lift up all families, particularly those with members facing mental health challenges. May family members help remove the stigma surrounding mental health challenges, both within their families and in their communities. Comfort, hold, lead to safety, and heal families affected by every form of trauma, mental health challenge, and mental illness. You know every family's specific situation, wounds and needs, and you can restore and make all things new. Lord, pour your grace into their hearts, minds, souls, and bodies, filling them with light and peace amid their suffering. Help all families, unite their suffering to your Passion and Death, mindful of the resurrection to new life to come. Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

Holy Family, pray for us.

Day 3 – Oct 12- Mental Health Ministries

Lord, we pray that our brothers and sisters who suffer from mental illness and mental health challenges, and those who support them, are never alone or discriminated against, but instead are welcomed and supported in the Church. We pray that mental health ministry becomes an integral ministry in the Church, and that every Catholic parish and community might have access to mental health ministries. We pray that mental health ministries will help build communities of warmth and affection where those who face mental health challenges will, in the words of Pope Francis, “ find support & a light that opens them to life .”

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. John of God, pray for us.

Day 4 – Oct 13- Childhood

Jesus, you chose to enter this world as a child, and as an adult, you said “[l]et the children come to me” (Mt 19:14). Your infinite beauty is so clear in the face of every child. Yet we do not always know how to love and care for children the way they deserve. Teach us to love children more deeply and to respect their journey of growth, always modeling Christ’s peace to them. We pray particularly for children coping with mental illness and mental health challenges, and we resolve to work ever harder for systems that support children and help them thrive. Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Thérèse of Lisieux, pray for us.

Day 5 – Oct 14- Youth & Young Adults

Jesus, We pray that, through your holy presence and through us, you might give youth and young adults peace and hope today, as they may face isolation, pressure, loneliness, and marginalization, all of which can affect their mental health and wellness. Help us, we pray, to encounter and accompany the young people in our lives. Give us the courage to advocate for their well-being and respond with pastoral urgency to their needs and concerns. We make this prayer in the name of Jesus Christ, our Lord and Savior, “himself eternally young [who] wants to give us hearts that are ever young” (Christus Vivit, no. 13). Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Kateri Tekakwitha, pray for us.

Day 6 – Oct 15- Universal Dignity of every person

Most gracious and loving God, help me to understand better the sin of injustice. Help me to examine my own biases and prejudices first. I pray for humility and generosity of spirit to recognize that we are all wonderfully made. I pray to live as St. Martin de Porres – he challenges me to rise above my ego, and to live the two main principles of your commandments: love of God and love of neighbor. In Jesus' name, I profess the inherent dignity of every person.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Martin de Porres, pray for us.

Day 7 – Oct 16- Poverty & Mental Health

Embracing Father, You grace each of us with equal measure in your love. Let us learn to love our neighbors more deeply, so that we can create peaceful and just communities. Inspire us to use our creative energies to build the structures we need to overcome the obstacles of intolerance and indifference. May Jesus provide us the example needed and send the Spirit to warm our hearts for the journey. Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Teresa of Calcutta, pray for us.

Day 8 – Oct 17- Suicide Awareness

Ever loving God, we commend to your mercy all who are contemplating suicide this day. Bring someone or something to intervene. We pray for our community leaders and officials to come to an understanding of the need for laws, policies, and funding for effective mental health care and suicide prevention programs. We pray for all who have died by suicide. May Mother Mary carry them into the loving arms of her son Jesus, asking him to grant them complete joy, without the pain of heart and mind that led to suicide.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

Servant of God Dorothy Day, pray for us.

Day 9 - Oct 18- Grief

Jesus, grief is part of the human experience. Even you wept at the death of Lazarus, your friend. Yet, even in the darkest moments, you taught us that our grief will become joy when your victory comes to fulfillment in us. Help us, we pray, not to lose hope in you when we grieve, but to continue to live the

Kingdom of heaven by our love and service to each other. We make this prayer in your name, O Lord.
Amen.

(Please mention your special intention for yourself and others...)

Our Father...Hail Mary.

St. Jane Frances de Chantal, pray for us.

Conclusion - St. Luke

We conclude our Novena for Mental Health on October 18, the Feast Day of St. Luke the Evangelist. Tradition holds that Luke was a doctor and a companion of St. Paul; it was Luke who was called the “beloved physician” in Colossians 4:14.

Let us recall Luke’s attentiveness to the mission the Lord gives his Apostles and later his disciples: “he sent them to proclaim the kingdom of God and to heal” (Lk 9:2). This is our mission today. Let us follow the Divine Physician’s call: to proclaim our faith and hope in the Kingdom of God that is present right now. Let us offer our prayer and actions in service of healing, accompanying, and advocating for all people living with mental illness and facing mental health challenges.

St. Luke, pray for us!

Jesus, the Divine Physician, have mercy on us!