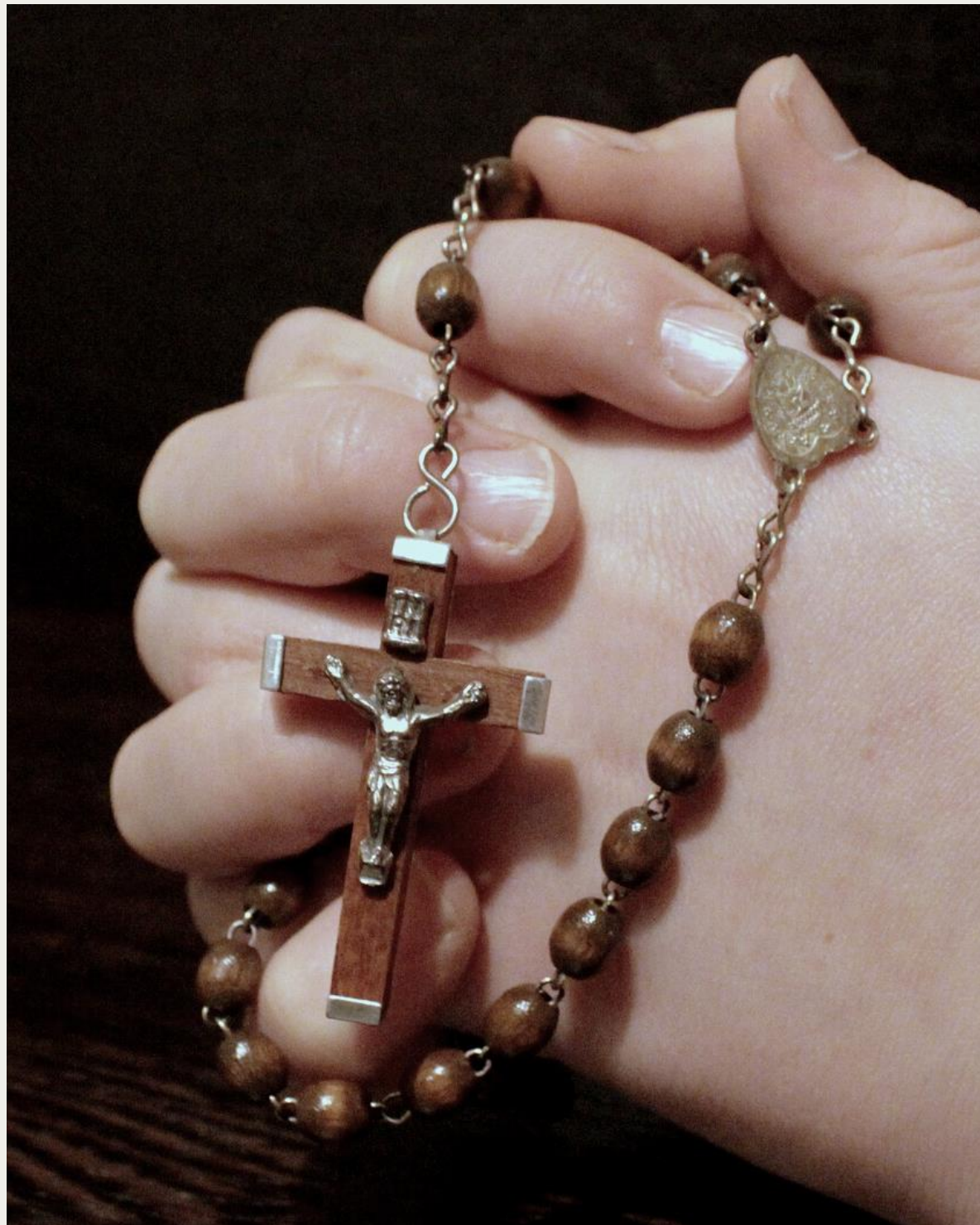


# St. Dymphna Novena



Archdiocese of  
Los Angeles



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 on May 15.

[Learn more about the life of St. Dymphna here.](#)



# DAY 1

For those who suffer  
from 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 suffer from mental afflictions and nervous disorders, especially

**(name of the afflicted person).**

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

St. Dymphna, patroness of those who suffer 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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# DAY 2

**For those who suffer from  
depression and anxiety**



# DAY 3

## For those with addictions and mood disorders

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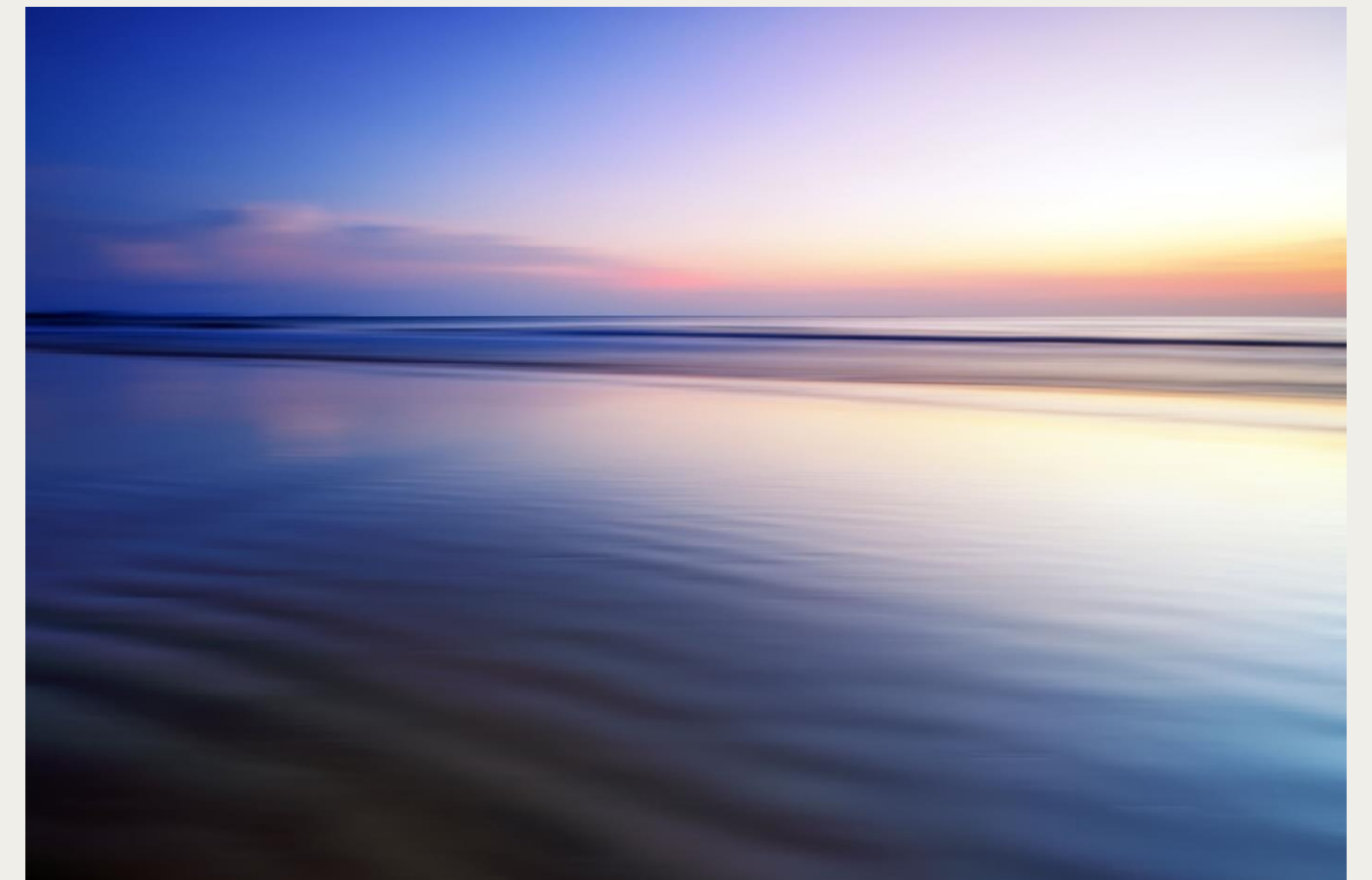
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# DAY 4

**For those experiencing  
profound loneliness and  
isolation**



# DAY 5

**For those who feel  
trapped in mental anguish**

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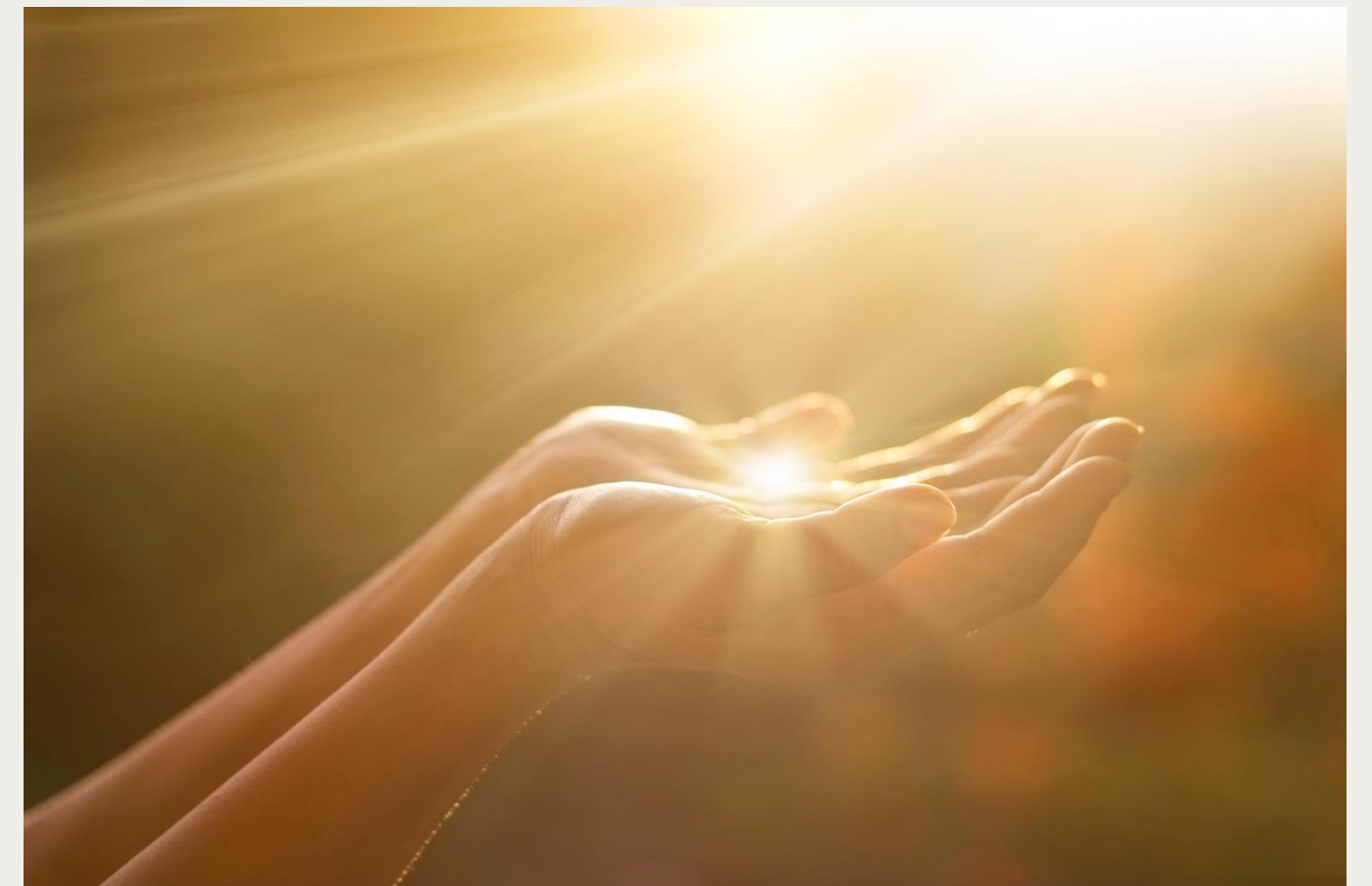
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# DAY 6

**For those who experience  
thoughts of self-harm**





# DAY 7

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

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# DAY 8

**For family members and  
friends of those with mental  
illness**



# DAY 9

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

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# CONCLUDING 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, and companionship in loneliness to all those for whom we pray. Please fill them with consolation and grant them the healing of Jesus Christ, our Prince of Peace. Amen.



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



# Resources

- [Hope and Healing: A Pastoral Letter from the Bishops of California on Mental Illness](#)
- [LA Catholics: Mental Health Resources](#)
- [National Catholic Partnership on Disability: Pastoral Response to Persons with Mental Illness](#)
- [Association of Catholic Mental Health Ministers: Los Angeles Chapter](#)
- [Los Angeles County Department of Mental Health](#)



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