

Prayers: St Dymphna - Pray for Us

Here we have two prayers to bring to God our intentions for those with mental health needs, their families and carers. The first implores the intercession of St Dymphna - the patron saint of those with mental or nervous disorders or mental illness.

Prayer to Saint Dymphna for help

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need.

(Mention it.)

Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(Pray one *Our Father*, one *Hail Mary* and one *Glory Be*.)

Saint Dymphna, Virgin and Martyr, pray for us.

Prayer to Our Lady of Mental Peace

Mother of tranquillity, Mother of hope,
Our Lady of Mental Peace,
we reach out to you for what is needful in our weakness.
Teach a searching heart that God's Love is unchanging,
that human love begins and grows by touching God's Love.
Let your gentle peace be always with us and
help us to bring this same peace into the lives of others.

Our Lady of Mental Peace - Pray for us.