

Good Saint Dymphna,
compassionate intercessor for every difficulty
and struggle with mental health,
I humbly request
your powerful intercession
to Jesus in my present need. (Mention it here)

I praise and bless the Lord
for giving you to us as patron
for those who struggle
with mental health.

I firmly hope that through your kind intercession
He will restore my lost serenity
and peace of mind.

May He speak to my heart and reassure me:

“My peace I give you.
Let not your heart be troubled
nor let it be afraid.”

Pray for me, dear St. Dymphna,
that my turmoil may cease,
and that I may again know serenity
and personal peace. Amen.

Access support: Call 988, Text 988 or
Chat 988lifeline.org/chat

*Saint
Dymphna*



Diocese of
SAINT CLOUD

HEART OF MERCY • VOICE OF HOPE • HANDS OF JUSTICE

www.stcdio.org/mental-health-ministry