

Struggling with Anxiety or Depression? Turn to Saint Dymphna, Patron of the Mentally Afflicted.

https://www.churchpop.com/saint-dymphna-patron-saint-anxiety-depression/?fbclid=IwT01FWAR1kc9leHRuA2FlbQlxMABzcnRjBmFwcF9pZAwzNTA2ODU1MzE3MjgAAR4m4wO9mcHW72LP651ZWaOpxq8Zb4BwhRHDl8ktlOJBWPWwmwo1FOz-hLYklig_aem_3Ff2LWtsTCcdM4x4YpOJ4g

Are you or is someone you know suffering from mental distress or a nervous disorder? Then Saint Dymphna is the saint for you!

By Jacqueline Burkepile. May 15, 2026.

Saint Dymphna is the patron saint of those suffering from mental, emotional, or nervous disorders. She is the perfect saint to turn to if you feel sad or distressed.

According to tradition, Saint Dymphna was a seventh-century princess and daughter of a pagan king in Ireland. After her mother died when she was 14, her father's mental health deteriorated. He hoped to remarry, but seeing Dymphna reminded him of his wife.

He intended to marry Dymphna, but she fled to Geel, Belgium, with her confessor, Saint Gerebernus. One year later, when she was only 15 years old, her father found her. When she refused to marry him, he killed her. After her death, many miracles occurred through her intercession. Today, St. Dymphna is invoked not only for severe mental illness but also for anxiety, depression, trauma, neurological conditions, and emotional distress of all kinds. She is also a powerful patron for victims of abuse, those struggling with purity, and caregivers.

During times of hardship, let us turn to this powerful saint, asking her for peace in distress.

Prayer to Saint Dymphna For the Sorrowful, the Distressed, and the Mentally Afflicted.

Saint Dymphna, young and steadfast,
you knew terror in your own home
and grief that words could not carry.

When darkness pressed close,
you did not abandon Christ;
when the world failed you,
you held to Him still.

Stand now beside every soul
whose mind will not rest,
whose heart aches beneath a weight no one else can see,
whose nights are long and whose mornings come heavy.

Ask the Lord Jesus,
the gentle Physician of every wound,
to quiet what storms within them
and to send His peace where their own strength has ended.

I place before you now this particular need...
(mention your intention here)
...trusting that you who knew sorrow will carry it with me to Christ.

For the sad, obtain consolation.
For the anxious, obtain stillness.
For the broken, obtain healing in God's own time.
For those who feel forsaken, obtain the certainty that they are not.

Holy martyr of Gheel,
lamp in the long night of suffering,
pray for us, and lead us safely home
to the Heart of Christ. Amen.

Saint Dymphna, pray for us!