



***Meetings are 2nd and 4th  
Thursdays of each month  
7:00 – 8:30pm***

**2nd Thursday:  
Meeting will focus on group and  
individual discussion with prayer**

**4th Thursday:  
Continued support along with an  
educational or information  
session**

**For more information call:  
847.658.7625**

**Behavioral Health Crisis: call 988**

**If life, limb or property are in danger: call 911**



*“For I, Yahweh, your  
God, I grasp you by  
your right hand; I tell  
you, Do not be afraid,  
I shall help you.”  
Isaiah 41:13*

*“For just as the sufferings  
of Christ overflow into our  
lives; so too does the  
encouragement we receive  
through Christ”  
2 Corinthians 1:5*

*“I can do all things  
through Him who  
strengthens me”  
Philippians 4:13*



## *St. Dymphna Mental Health Ministry*

*Saint Dymphna Patron Saint  
of Mental Health, the world  
is filled with stress that brings  
mental challenges.*

*Pray for me to have faith,  
patience and the knowledge  
needed to cope with hardship  
and obstacles*

*Join us in sharing God’s  
blessings through prayer  
education and support ...  
Honoring the path given to  
us by  
St. Dymphna*

## Goals of OUR MINISTRY

- ◆ Provide comfort during mental health challenges or mental illnesses
  - ◆ Depression
  - ◆ Anxiety
  - ◆ Bi-Polar Illness
  - ◆ Panic Attacks
  - ◆ Suicidal thoughts
  - ◆ Psychosis
  - ◆ Self Harm
  - ◆ Addiction
  - ◆ Care-taking
  - ◆ Loss
  - ◆ Any challenges keeping you from experiencing God's peace!
- ◆ Encourage prayer as an important activity in mental health self-care
- ◆ Facilitate connecting with others to promote mental wellness
- ◆ Distribute resources to connect to care, support, treatment

*You are not alone*

*Like St. Dymphna...*

*We are here for you*

## *The Story of St. Dymphna*

Dymphna was born in Ireland sometime in the seventh century to a pagan father and devout Christian mother. When she was fourteen, she consecrated herself to Christ and took a vow of chastity. Soon afterward, her mother died and her father - who had loved his wife deeply - began to suffer a rapid deterioration of his mental stability. So unsettled was Dymphna's father, Damon, that the King's counselors suggested he remarry.

Though he was still grieving for his wife, he agreed to remarry if a woman as beautiful as she could be found. Damon sent messengers throughout his town and other lands to find a woman of noble birth who resembled his wife and would be willing to marry him, but when none could be found, his evil advisors whispered sinful suggestions to marry his own daughter. So twisted were Damon's thoughts that he recognized only his wife when he looked upon Dymphna, and so he consented to the arrangement.

When she heard of her father's misguided plot, Dymphna fled her castle with her confessor, a priest named Gerebran, two trusted servants. The group sailed toward what is now called Belgium, and hid in the town of Geel. Though it becomes uncertain what exactly happened next, the best-known version claims the group settled in Geel, where Dymphna built a hospital for the poor and sick, but in using her wealth, her father was able to discover her location. When Damon found his daughter was in Belgium, he trav-

eled to Geel and captured them. Dymphna refused to return with her father, so she and Gerebran were killed.

When she died, Dymphna was only fifteen-years-old. Dymphna received the crown of martyrdom around the year 620 and became known as the "Lily of Éire. The priest who had helped Dymphna was also sainted, and his remains were moved to Xanten, Germany. In 1349, a church honoring St. Dymphna was built in Geel, and by 1480, so many pilgrims were arriving in need of treatment for mental illness, that the church was expanded. The expanded sanctuary was eventually overflowing again, leaving the townspeople to accept them into their homes, which began a tradition of care for the mentally ill that continues to this day.

Many miracles have been proven to take place at her shrine in the church erected in her honor, and her remains were placed in a silver reliquary in the church. Some of her remains can also be found at the Shrine to Saint Dymphna at St. Mary's Catholic Church in Massillon, Ohio and St. Dymphna's Special School can be found in Ballina, County Mayo, Republic of Ireland.

Saint Dymphna is the patroness of those suffering nervous and mental afflictions as well as victims of incest. Traditionally, Saint Dymphna is often portrayed with a crown on her head, dressed in royal robes, and holding a sword. She is also often shown holding a lamp, while some holy cards feature her wearing green and white, holding a book and white lilies.

*Join Us! We look forward to walking together  
to a healthier tomorrow!*