



Saint Kateri Tekakwitha

Novena for Mental Health: Youth and Young Adults



Prayer for the Mental Health of Youth and Young Adults

Jesus,

We pray that, through your holy presence and through us, you might give youth and young adults peace and hope today, as they may face isolation, pressure, loneliness, and marginalization, all of which can affect their mental health and wellness.

Help us, we pray, to encounter and accompany the young people in our lives.

Give us the courage to advocate for their well-being and respond with pastoral urgency to their needs and concerns.

We make this prayer in the name of Jesus Christ, our Lord and Savior, “himself eternally young [who] wants to give us hearts that are ever young” (Christus Vivit, no. 13). Amen.

St. Kateri Tekakwitha, pray for us.



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