

# FROM A PARENT TO THEIR CHILD STRUGGLING WITH MENTAL HEALTH

We believe Jewish prayers and rituals can help to strengthen our mental well-being, resilience and recovery in the same way [middot](#), or Jewish values, can promote them. Faith is an important part of healing for many, and Jewish thinkers and leaders historically have brought the two together.

When someone is ill or recovering from illness or an accident, we often recite a mi sheberach to wish them a [refuah sheleimah](#), or a “full recovery.” We have expanded this prayer for those who are struggling with mental health in different variations of mi sheberachs.

*May you know you are never a burden. You are always a blessing.*

*May you never doubt my love for you and hope for you to live your life to the fullest.*

*May you know your diagnosis is not your identity.*

*May you never think your illness is your fault or that if you were stronger or more resilient, then you would not have this health challenge.*

*May you have the strength to ask for help when you need it and believe you have the strength to fight your battles.*

*May you come to understand that friends who faded away during your struggle still care but don't know what to say or do to show their support.*

*May you learn new skills, recognize and build on your strengths, and benefit from medication and nutrition to improve your mental health.*

*May I show you the love and support you need at the right time and with an open heart.*

*May I be more patient, less demanding, and more accepting of where you are in the moment.*

*May you live to be an example of hope for others who struggle.*

*May we help others to think more deeply about supporting with kindness and dignity families like ours that struggle with mental health.*

*May Hashem bring you a complete and speedy healing, happiness, and blessings.*