

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.

Following an **aliyah**, or being called to the **Torah**, Birkat HaGomel is commonly said after one has recovered from serious illness and can also be recited in gratitude for finishing a dangerous journey. Given that the journey towards recovery is non-linear and there may be times where mental wellness has felt out of reach, we believe that the Birkat HaGomel can be recited in a number of different circumstances. The recitation can follow a relapse, psychiatric hospitalization, or some other mental health milestone when one feels confident in their wellness once more.

Birkat HaGomel for Mental Health

By Devin Shmueli

Blessed are You, Holy Creator, who has created each one of us, intentionally, so that we are not alone. Blessed are You, Source of Rest, who has commanded us to keep Shabbat, to practice self-care and healthy boundaries, while we care for one another.

Blessed are You, Source of Wisdom, guide us to seek help when we need it, assist others to see us when we need holy, sacred chesed (loving-kindness).

Blessed are You, Divine Source of Life, whose love and mercy is with each one of us always, especially when we walk through dark valleys and as we climb the mountains of euphoria.

Blessed are You, Source of Peace, who helps us to choose life and remains present to us when thoughts of death are insurmountable.

May we each know that, together with all of creation, you have called us unconditionally Good.

May we each move from strength to strength, finding comfort in the company we keep, to wake up renewed for each new day.

And, may the Holy One, who continues to bless us when we wake up and lie down, continue to light the path of life for those who feel unsafe. Amen!.

If you offer your own version of a Birkat HaGomel prayer or another prayer for healing, and are open to sharing it as a communal resource, please email a copy to info@thebluedovefoundation.org.