

MI SHEBERACH FOR 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.

Mi Sheberach for Mental Health

May the One who blessed our ancestors —
Who named us Israel (Yisrael), those who “struggle,”
Bless and heal those among us who struggle with mental well-being.

May they acknowledge their own strength and resilience in persevering,
May they treat themselves with forgiveness and patience,
May they find others who share their experiences, so they know they are not alone,
May they find help, compassion and resources when they are able to reach out for them,
May they find others willing to reach out first when they cannot,
And may they find inclusive and welcoming communities that will uplift and celebrate them.

May the Holy One grant us the strength and resilience to support our loved ones,
May we find the patience and forgiveness we need for ourselves and others,
May we find solidarity and support from other caregivers,
May we find the capacity to listen without judgement and with the intention to help when asked,
May we find the ability to notice when others are struggling and reach out to them first,
And may we create communities that accept, uplift and celebrate those among us who are struggling.

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