

Prayers for mental health and wellbeing for students and staff

Bible verse. Romans 15:13

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Pray with thanksgiving, remembering God's goodness and faithfulness in answering in the past.

Please bring the following needs to God in prayer

Many students are facing mental health issues and there is a recognised crisis in young people's mental health. One in six children aged 5 to 16 were identified as having a probable mental health problem in July 2021, a huge increase from one in nine in 2017. That is five children in every classroom. * The pressure to achieve good exam results is high. Added to this some students have fallen behind in their studies during the pandemic. With the rise in the use of social media by young people they experience a lot of pressure from peers. There is also a lot of bullying on social media. Many children and young people are also affected by the cost-of-living crisis.

Prayer pointers

- Pray for teachers and other staff to recognise mental health issues among students and be resourced to help and support them.
- Pray for peace and hope for students facing all sorts of pressures.
- Pray for resilience for students.
- Pray for schools to be places of welcome and kindness showing care for all people.
- Pray for head teachers as they manage the wellbeing of staff and students.

A Prayer

Thank you, Father, that you sent your Holy Spirit to be our comfort, guide and counsellor. Please come and comfort our young people and students in our schools who are facing all sorts of pressures and challenges. Help them to reach out for help and support in times of need. Please help them to seek comfort in you. Heavenly Father help them to be resilient and strong in the face of difficulties. Please help staff to recognise mental health issues among students and be resourced to help and support them. Heavenly Father help head teachers to create a school culture that is warm and welcoming and shows care for all people. May Christian staff be light bearers for You; coming alongside those who are living in the shadow of pain, fear, loneliness or any other trouble.

Amen

Young person's prayer

Dear God, I pray for everyone in my school who has anxiety and finds it hard to get out of bed each day. Teachers don't understand how hard it can be to come to school sometimes. Thinking about being around people all day, having to go to lessons I don't like, and the pressure to act the way I'm told to makes me feel so overwhelmed and I know lots of other people feel like that too. Please help us to come to school and not to worry so much. And please help teachers and other people at school to understand what it's like to feel this way. Amen

*Young Minds <https://www.youngminds.org.uk/about-us/media-centre/mental-health-statistics/>