

Dua for Depression

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ،
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ

“O Allah, I hope for Your mercy. Do not leave me to myself even for the blinking of an eye (i.e. a moment). Correct all of my affairs for me. There is none worthy of worship but You.”

(Abu Dawud 4/324, Ahmad 5/42. Al-Albani graded it as good in Sahih Abu Dawud 3/959.)

It was reported that Asmaa' bint 'Umays (may Allah be pleased with her) said: The Messenger of Allah (peace and blessings of Allah be upon him) said to me: “Shall I not teach you some words to say when you feel distressed, Depression and Worries?”

اللَّهُ اللَّهُ رَبِّ لَا أُشْرِكُ بِهِ شَيْئاً

Allah, Allah, my Lord, I do not associate anything with Him.