

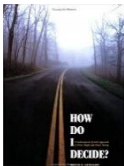

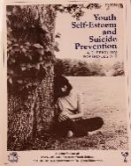


	<p>Address, Richard F., ed. <i>Caring for the Soul: R'fuat HaNefesh: A Mental Health Resource and Study Guide</i>. New York: UAHC Press, 2003.</p> <p>Created as a response to the need to raise awareness of and reduce the stigma within congregations regarding individuals and families who are dealing with mental health issues. This study guide is meant to be used by lay and professional leadership within congregations to create a variety of educational programs. It includes a selection of relevant sacred texts, traditional and modern readings for use in services and support groups, sample sermons, services and programs, background information on mental illnesses, related Reform responsa and URJ resolutions, and other resources for congregations and individuals.</p>
	<p>Alper, Janice and Joel Lurie Grishaver. <i>Mah La'asot: What Should I Do?: A Book of Ethical Problems and Jewish Responses</i>. Los Angeles: Torah Aura, 2010.</p> <p>A book of ethical puzzles and Jewish responses (for Grades 5-8). Students confront a series of moral dilemmas and encounter core Jewish values, such as <i>Tzar Ba'alei Hayyim</i> and <i>Pikuah Nefesh</i>. In the process, they address the legal principles surrounding questions of abortion, suicide, AIDS, euthanasia, use of animals in medical research and more.</p>
	<p>Cytron, Barry D. and Earl Schwartz. "Suicide: Ending Life" in <i>When Life Is in the Balance: חיים בין השמשות: Life and Death Decisions In Light of the Jewish Tradition</i>. New York: United Synagogue of Conservative Judaism, 1986.</p> <p>More than a theoretical discussion of life-and-death issues, this volume is designed to help evaluate alternatives when confronted with some of the most difficult decisions about living and dying. It is also based upon the premise that Jewish tradition—along with wisdom from other cultures—has much to offer at such times. Each chapter includes opening stories that set the essential questions of the chapter's theme, explanatory words about the ethical problem, classical Jewish sources, and a definition of terms.</p>
	<p>Gittelsohn, Roland B. <i>How Do I Decide?: A Contemporary Jewish Approach to What's Right and What's Wrong</i>. West Orange, NJ: Behrman House, 1989.</p> <p>This accessible volume uses both personal experience and case studies to address such contemporary issues as substance abuse, suicide, premarital sex, aging, divorce, AIDS, and intermarriage. The Torah, Talmud, and other traditional authorities, along with contemporary Jewish commentators, provide examples to stimulate discussion of each issue. Students discover how our Jewish heritage can help us strengthen family relationships and fulfill our communal responsibilities.</p>

	<p>Gordon, Sol. <i>When Living Hurts: A What-to-Do Book for Yourself or Someone You Care About Who Feels Discouraged, Sad, Lonely, Hopeless, Angry or Frustrated, Unhappy, Bored, Depressed, Suicidal (3rd ed.)</i>. New York: URJ Press, 2004.</p> <p>This insightful, direct book is written for young people who are in trouble or for those who wish to help those in trouble. It identifies early warning signs of suicide, suggests how to get help for different kinds of problems, and offers ways to cope creatively with anxiety, anger frustration, sadness, loneliness or depression.</p>
	<p>Mack, Ellen and Ronnie Brockman. <i>Youth Self-Esteem and Suicide Prevention: A Curriculum for Grades 7-10</i>. New York: Union of American Hebrew Congregations Reform Curriculum Resource Center, 1992?.</p> <p>The goal of this curriculum is to give young people the knowledge that they are people of worth and that life has great meaning. Workshop lessons for both students and parents include topics such as self, friendship, knowing yourself, and helping a friend.</p>
	<p>Mencher, Edythe Held with Yael Shmilovitz and Michael Howald. <i>Resilience of the Soul: Developing Emotional and Spiritual Resilience in Adolescents and Their Families</i>. New York: URJ Press, 2007.</p> <p><i>A program and resource guide for congregations based on the Kedushat HaGuf Program.</i> Grounded in Jewish text and tradition that draws upon the wisdom of clergy, Jewish educators, pediatricians, mental health professionals, youth workers, lay leaders, and young people, themselves, this book provides essential information for Jewish communities responding to the realities of depression, eating disorder, binge drinking, substance abuse, and self-inflicted violence among teenagers. The guide includes questionnaires; needs surveys; sample programs; discussion/training guides for staff, teens, and parents; text study; best practices; related poetry, prayers, and meditations; suggestions; and referral and resource guides.</p>
	<p>Olitzky, Kerry M. and Joel Lurie Grishaver. <i>Body Ethics: Suicide</i>. Los Angeles: Torah Aura, 2001.</p> <p><i>Body Ethics</i> lessons (for Grades 8-12) are designed to address from a Jewish perspective the issues teens confront. Teenage suicide is an unfortunate reality. It often functions as a virus, a first suicide triggering another. This lesson not only makes a strong statement about the Jewish value of “choosing life” but provides an opportunity for the kind of conversation that can often build the connections needed to build a web of protection. The eight-page lesson and <i>Body Ethics Teacher’s Guide</i> are available for purchase as downloads from https://www.torahaura.com/products/ethics-suicide.</p>