



Mental Health Resources

“*Mishnah, Pirkei Avot 2:4* tells us "Do not separate yourself from the community," and yet often families dealing with these challenges isolate because they don't feel invited to engage with their community over these issues. It is the responsibility of our leadership to create a culture where addiction and mental illness are not taboo subjects.”

Marla Kaufman, Founder, *Jewish Addiction Awareness Network*
[Jews Are Not Immune: Exploring Addiction and Mental Health](#)

Learn about common mental health conditions, the signs of suicidal ideation, and crisis resources

[The National Institute of Mental Health \(NIMH\)](#)

Lead federal agency for research on mental disorders, offers basic information on mental disorders and the latest mental health research.

[The Jed Foundation's Mental Health Resource Center](#)

Provides information about common emotional health issues and offers teens and young adults resources for successful transition to adulthood

[No Shame on U](#)

Dedicated to eliminating the stigma associated with mental health conditions and raising awareness

[National Suicide Prevention Lifeline](#)

National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week

[Suicide.org](#)

Comprehensive list of international suicide hotlines; links to Suicide Survivors Forum

[Jewish Awareness and Addiction Network](#)

Comprehensive resource website - available fall, 2018

Listen to the stories of people with mental health conditions or who have tried to die by suicide to learn more about signs and how to help

[End Mental Health Stigma](#)

No Shame on U's short video (RT: 1:55 min) destigmatizing mental health issues and explaining how to get help

[Stories of Hope and Recovery](#)

First-person videos curated by Suicide Prevention Lifeline



Mental Health Resources

www.projecturok.org #MyYoungerSelf

Actors, Olympians, authors, comedians, businesspeople, and influencers share messages of hope and strength to their younger selves about growing up with a mental health or learning disorder. Contributors include: Mayim Bialik, Mark Ruffalo, and Gabrielle Union.

Thirteen Reasons Why: Website with video and discussion guide

Netflix's *Thirteen Reasons Why* (13RY) is a popular series based on the book by Jay Asher. Before engaging students in discussion around the book and/or TV show, consider reading the JED Foundation's article, [Netflix 13 Reasons Why: What Viewers Should Consider](#).

Suicide the Ripple Effect *

(90 minutes) Story of Kevin Hines who attempted to take his life by jumping from the Golden Gate Bridge and survived.

Beyond Silence Documentary produced and introduced by Demi Lovato *

(30 minutes) *From the website:* "...The film provides a glimpse into their [3 different people] lives and their diagnoses—which include bipolar disorder, schizophrenia, depression and anxiety—ultimately weaving together a story about how speaking up is key to living well."

* In the greater Chicago area, [No Shame On U](#) is available to host screenings for teens and adults.

Respond as a Jewish leader to mental health and suicide

Here.Now. <https://www.facebook.com/ProjectHereNow/>

A teen-driven Jewish movement to provide support, build connections, increase wellbeing and resilience, and reduce stigma around mental health.

Jews are Not Immune: Exploring Addiction and Mental Health

Reply All: Conversations as Content

Judaism and Suicide

My Jewish Learning

Jews Must Take the Mental Illness Out of the Shadows

Stephen Fried

Visiting Mourners When the Death is a Suicide

Elijah's Journey

Bringing Mental Health Awareness to the Jewish Community (Podcast)

Efrem Epstein, Founder, Elijah's Journey



Mental Health Resources

Share resources by printing and displaying these posters in your teachers' meeting space, hallways, youth lounge, restrooms, and age-appropriate classrooms

JTeach.org Text/Chat/Call Sheet

This 8.5x11 poster features contact information for helplines that are staffed 24/7 with trained crisis workers who can provide crisis counselling and mental health resources.

No Shame On U Fact Sheet

Facts and statistics on common mental health conditions as well as crisis information

No Shame On U Teen Fact Sheet

Facts and statistics on common mental health conditions for teens as well as crisis information

Help Prevent Suicide; Everyone Can Learn

Explains the LEARN acronym for recognizing and responding to someone who may be thinking about taking their own life

Mental Health Infographics & Fact Sheets

National Alliance on Mental Illness's concise information on mental health topics