



## Jewish Professionals Guide to

# MENTAL HEALTH AND WELLNESS

Contact a member of the CJP team at [info@cjp.org](mailto:info@cjp.org) to learn more about connecting with these organizations and bringing resources and trainings to your community.

## CRISIS INTERVENTION

- ALWAYS Call 911 when unsure of what to do or whom to call.
- **National Suicide Prevention Hotline:** 988 (24/7 call, text and chat)
- **Crisis Text Line:** Text "GO" to 741-741
- **Boston Area Rape Crisis Center:** 899-841-8371
- **National Domestic Violence Hotline:** 1-800-662-HELP (4357)
- **The Trevor Project:** 1-866-488-7836

## RESOURCE DIRECTORY

For more info and direct links to these and other resources, as well as a suggested reading list, visit >> [jbtns.link/mhwguide](http://jbtns.link/mhwguide)



**BaMidbar:** Clinical and education programming, professional development.



**Hillel International:** Connecting college students to essential mental health resources and support.



**BBYO Center for Adolescent Wellness:** Best practices in adolescent health and wellness for youth-serving organizations.



**JewishBoston.com:** Find resources, support groups, programs and more in Boston's Jewish community.



**BeWell:** Resources for parents, caregivers, and Jewish professionals.



**Jewish Family & Children's Service of Greater Boston:** Helping individuals and families build a strong foundation for resilience and well-being across the lifespan.



**The Blue Dove Foundation:** Working with organizations and communities to address mental illness and addiction.



**Jewish Teen Education & Engagement Funder Collaborative at Jewish Federations of North America**



**HereNow:** Providing support & reducing stigma around mental health by and for Jewish teens.



**Keshet:** Equipping Jewish organizations with the skills and knowledge to build LGBTQ-affirming communities.

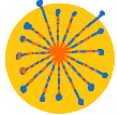
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# Jewish Professionals Guide to Mental Health and Wellness

## DIRECTORY CONTINUED

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**MGH Clay Center for Young Healthy Minds:** Supporting and promoting the mental, emotional, and behavioral well-being of young people.



**No Shame on U:** Dedicated to eliminating the stigma associated with mental health conditions.



**Moving Traditions:** Combining positive psychology with Jewish values, we partner with Jewish institutions to engage Jewish teens, families, and communities.



**OneTable:** Providing the resources young adults need to unplug and quiet the thoughts in their mind.



**Mental Health First Aid:** Skills-based training course that teaches participants about mental health and substance-use issues.



**Ruderman Synagogue Inclusion Project at CJP:** Creating communities where people of all abilities are valued equally and participate fully.



**Multi-Service Eating Disorders Association:** Supporting eating disorder recovery in New England.



**The Search Institute:** Research that promotes positive youth development and advances equity.



**National Alliance of Mental Health:** Grassroots self help, support and advocacy organization of individuals with mental disorders and their families.



**Springtide Research Institute:** Making mental-health friendly spaces the standard for Gen Z.



**Newton-Wellesley Hospital Resilience Project:** Promote the mental health and well-being of adolescents.



**Substance Abuse and Mental Health Services Administration:** Reducing the impact of substance abuse and mental illness on America's communities.

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