



**Mental Health Resources
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If you or someone you know is struggling with mental illness, please know that you are not alone. You can always reach out to a family member, friend, teacher, school counselor, or clergy member. In addition, below are some major national hotlines, crisis resources, and Jewish community programs. Please note that these lists are NOT exhaustive.

National Hotlines and Crisis Resources

In addition to phone hotlines, many of the resources also offer a text or chat option – visit the websites for more information. Some resources offer 24/7 crisis support, while others provide information and referrals in non-crisis situations.

Emergency Medical Services: 911

If the situation is potentially life-threatening, call 911 for immediate emergency assistance in the United States and Canada.

National Suicide Prevention Lifeline: 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Recently, the Federal Communications Commission (FCC) recommended that 988 be designated as a national crisis hotline. Although the FCC plans to implement this number within the next 18 months, 988 is not currently active.

<https://suicidepreventionlifeline.org/>

National Domestic Violence Hotline: 1-800-799-7233

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

<https://www.thehotline.org/>

National Sexual Assault Hotline: 1-800-656-4673

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Free crisis chat support is available online 24/7.

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

SAMHSA National Helpline: 1-800-633-4357

The Substance Abuse and Mental Health Services Administration National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>

National Alliance on Mental Illness Crisis Text Line: Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

<https://www.nami.org/Find-Support>

National Alliance on Mental Illness Helpline: 1-800-950-6264

The NAMI HelpLine can be reached Monday through Friday, 10 am–6 pm, ET. The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Note: the NAMI HelpLine is not a hot line, crisis line or suicide prevention line.

<https://www.nami.org/Find-Support>

Trevor Project TrevorLifeline: 1-866-488-7386

The Trevor Project provides a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline.

<https://www.thetrevorproject.org/>

Crisis Services Canada: 1-833-456-4566

Crisis Services Canada offers a national suicide prevention hotline available 24/7.

<https://www.crisisservicescanada.ca/en/>

Jewish Resources

Local Jewish Social Services Agency

Some Jewish communities have a local Jewish social service agency (i.e. Jewish Family Services or Jewish Family and Children’s Services) which may offer mental health services. Contact your local agency for more information.

Local Jewish Federation

Your local Jewish Federation may know about Jewish mental health services in your area. Find your local federation at <https://jewishfederations.org/federation-finder>.

Refuat Hanefesh

The mission of Refuat Hanefesh is to create a Jewish community that is more aware, respectful, and empathetic to people living with mental illness. Refuat Hanefesh offers a variety of webpages, blog posts, and other resources.

<https://www.refuathanefesh.org/>

Additional Local Jewish Mental Health Resources

- List compiled by the Blue Dove Foundation: <https://thebluedovefoundation.org/local-jewish-mental-health-resources/>
- List compiled by OKClarity: <https://okclarity.com/jewish-mental-health-resources/>