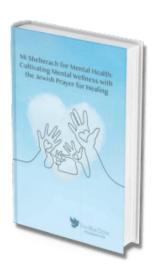




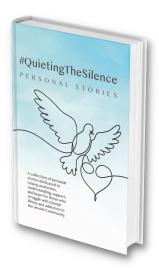
Resources for Those
Struggling with Suicidal
Thoughts, and those Who
Love Them

ADDITIONAL RESOURCES

The Blue Dove Foundation has a variety of resources and publications available to help bring Judaism and mental wellness to your life and community, including publications:









Mental Wellness and Jewish holiday resources:



The Blue Dove Foundation also is thrilled to offer a number of incredible workshops to help bring mental health and wellness to your community, utilizing both medically backed information and resources, and relevant and impactful Jewish sources. This gives the materials a sense of practical significance and spiritual depth.

This resource is designed to educate individuals, but not replace treatment. If you are struggling, please contact a medical professional.

©July 10, 2022 The Blue Dove Foundation All Rights Reserved