

**Hamas launches terror attack in Israel;**

Israel responds with bombing Gaza.

U.S. suicide rates reach all-time high.

**Economic uncertainty reigns in 2023.**

**Nowhere is safe in Gaza:** *South Africa accuses Israel of genocide.*

**RECESSION** hits much of the world.

**Teen depression rose sharply.**

People in their 20s aren't supposed to be this unhappy.

**FEAR AND ANGUISH** amid a rise in anti-Semitism.

**GUNMAN KILLS 19 in Lewiston, Maine, shooting spree.**

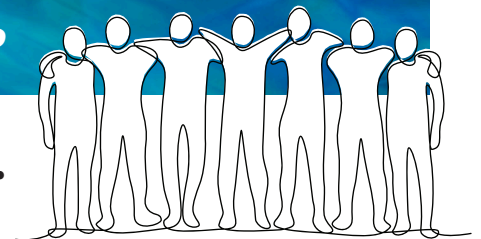
Russia's war in Ukraine grinds on.

*How can we help one another in times like these?*

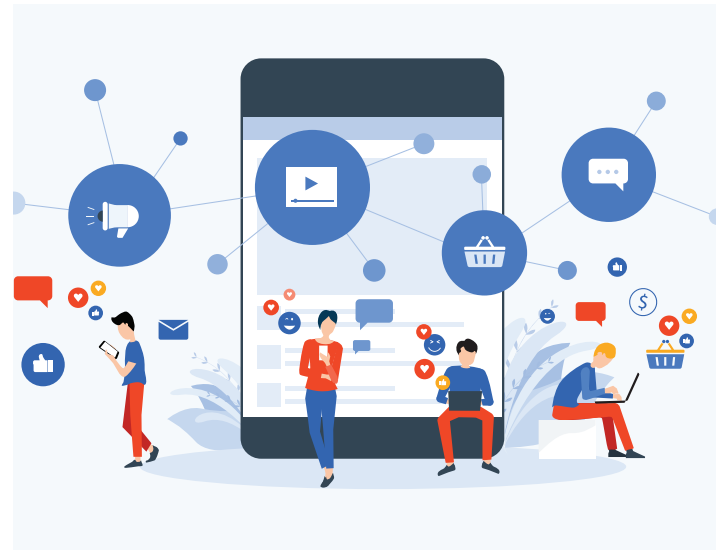


The Blue Dove  
FOUNDATION

**The power of community for healing ...**



We empower our community by providing educational tools and resources about mental illnesses and addictions.



## Blue Dove Engagement 2023

143	National partnerships
4,340	Virtual attendees
2,330	In-person attendees
26,417	Resource downloads
334,641	Social media reach
18,474	Social media interactions
104,251	Website page views
9,250	Average views per month

A sampling of Blue Dove resources produced in 2023 ...

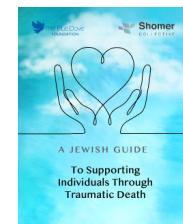
### The #QuietingTheSilence Haggadah

Created to help individuals use the themes and motifs of Passover traditions to examine their internal stories of slavery and experience true freedom.



### A Jewish Guide to Support Individuals Through Traumatic Death

Developed to help those in mourning find a way to support themselves after a traumatic death — or a death out of time.



### Every Life Counts

Expanded with a second section, "Resources for those struggling with suicide thoughts and those who love them."



## Wellness Resources for the Situation in Israel

### New Workshops **Mental Health and Caring for Yourself** **Community Action Planning**

The Blue Dove Foundation wants to inspire people to become educated, courageous and confident in offering hope and support to those who struggle with their mental well-being and addiction. Our workshops bring the many aspects of mental health and wellness to your community.

Learn more about our workshops and see which one best fits your community's or organization's needs.

## 2023: Events in the news have taken a huge toll on our mental health.

**Climate change. Inflation. War. Anti-Semitism. Anxiety. Depression. Overdoses. Suicides.**

These were just some of the biggest stories over the past year. If 2022 saw an upsurge in crises, it was merely a preview. Since the beginning of 2023, the news media have bombarded us with horrific stories and images that seem to have gotten worse. In January alone, gun violence killed more than 2,500 Americans. In October, Hamas killed 1,200 Israeli citizens and kidnapped 240. The attack led to the deaths of more than 22,000 Palestinians, at least 500 Israeli Defense Force soldiers and 57 police officers. (By the start of 2024, those numbers had surged.) No wonder the levels of stress and anxiety have continued to soar.

As one headline put it: 2023 — *The year that just couldn't catch a break.*

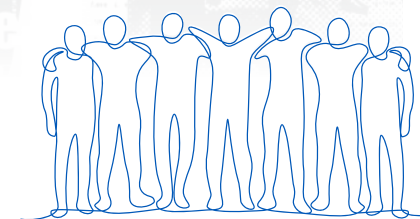
The attack on Israel in particular — and the continued fighting — left an impact that can't be overstated. Mixed and conflicting views have added to a general, ongoing sadness. Regardless of where one stands, Jews around the world are facing the biggest catastrophe since the Holocaust. If ever there was an appropriate time to address the connection between our mental health and our faith, this is it.

**So how can we help one another in times like these? The Blue Dove Foundation has some suggestions.**

First, take a break from social media and the news. Connect with your community. Reach out for help if you need it. You can find more resources and strategies on our [website](https://thebluedovefoundation.org). We'd like to highlight one we recently created that we feel is apropos right now: [A Jewish Guide to Supporting Individuals through Traumatic Death](https://thebluedovefoundation.org/resources/a-jewish-guide-to-supporting-individuals-through-traumatic-death). Although not written specifically for this tragedy, it responds to the needs born from it.

We at Blue Dove follow the Jewish *middah*, or value, of *kol Yisrael arevim zeh la zeh* — all Jews are responsible for one another. It's a Talmudic phrase most often used as a call to action. A symbol of the responsibility we should feel for the well-being of others. It is also a sign of unity and strength, and it reminds us we are never truly alone in our struggles.

**The power to heal comes from our community.**



Please consider supporting our mission.

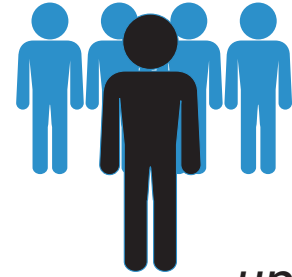






## Why Our Work is So Important

Almost  
**800 million people worldwide**  
suffer from mental health disorders.

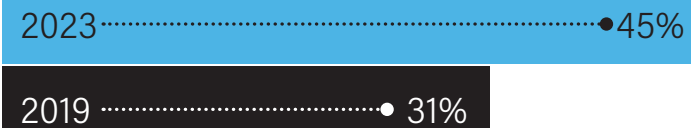


Roughly  
**26% of Americans**  
ages 18 and older — about **1 in 4** — were  
diagnosed with a mental disorder,  
**up from 1 in 5 the year before.**

*Johns Hopkins Medicine*



**45% of U.S. adults** ages 35-44  
and  
**50% of U.S. adults** ages 18-34  
were diagnosed with a mental  
illness in 2023.



*American Psychological Association – Stress in America 2023*



In the United States, **12.3 million adults**  
**seriously thought about suicide.**  
**3.5 million adults** made a plan.

Globally, **suicide accounted for 1 in 100 deaths,**  
with roughly 20 attempts for each death.

*Figures come from the World Health Organization and the U.S. Surgeon General*



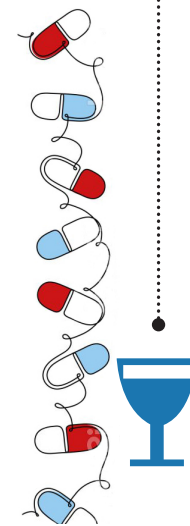
**Anxiety is the most common mental disorder**  
in the United States, affecting 43 million adults.

Anxiety disorders affect nearly one-third of adolescents  
**between the ages of 13 and 18.** There are **4.5 million children**  
in the United States diagnosed and living with anxiety.

An estimated **31% of all adults will experience an**  
**anxiety disorder** at some point in their life.

**6 million adults have panic disorders.**

*Mental Health America, Johns Hopkins Medicine, World Health Organization, American Psychological Association.*



**More than 111,000 died from a drug**  
**overdose** between April 2022 and April 2023.

At least **70% involved fentanyl**  
and other synthetic opioids.

An estimated **385 Americans die every**  
**day from excessive alcohol use**

*Source: CDC 2021*



**The constant stress of discrimination**  
can have long-term physical health  
effects over time, such as inflammation, an  
increased heart rate, higher cortisol levels,  
decreased immune function and higher  
blood pressure.



*New York State Office of Mental Health*

**2,031 antisemitic incidents occurred between**  
**October 7 and December 7,** compared with  
465 the year before.

1,411 of those were **linked to the fighting in**  
**Israel and Gaza;** 400 of those occurred on  
college and university campuses.

*Anti-Defamation League*



## The Blue Dove Foundation Resource Library

Explore the connections between Judaism and mental health at the Blue Dove Foundation's Resource Library.



Scan the QR code for articles, downloadable activity sheets, videos, podcasts and more about Jewish holidays and concepts, and the ways Judaism addresses mental illness.

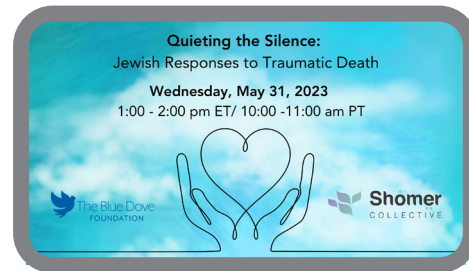


A sampling of Blue Dove webinars produced in 2023:



### [#QuietingTheSilence: Voices of Resilience](#)

Hosted a Mental Health Awareness Month program in partnership with the Wellness Institute and BeWell in May.



### [#QuietingTheSilence: Jewish Responses to Traumatic Death](#)

Organized a Mental Health Awareness Month program with the Shomer collective in May, highlighting our new resource guides.



### [#QuietingTheSilence: An Open Conversation About Suicide](#)

Hosted a program for National Suicide Prevention Month in September.



## Collaborations throughout 2023

*We have partnered with these organizations and so many more!*



ARIELLE ZORGER  
*designs*



The Arthur M. Blank Foundation | The Breman Foundation  
The Hirsch Legacy Fund | The Kinschner Family Foundation | The Marcus Foundation  
The Weinstein Foundation | The Zalik Foundation





## The power of community for healing ...

The Blue Dove Foundation was created to spark conversation and provide educational resources about mental illness and addiction within the Jewish and greater communities.

We appreciate all our partners who provide financial support, contribute to our content and collaborate on programming each year.

As we continue to grow, we look forward to deepening those partnerships and expanding into new ones.

### CONNECT WITH US

[thebluedovefoundation.org](http://thebluedovefoundation.org)



@bluedovefoundation  
@thebluedovefoundation  
#QuietingTheSilence

[info@thebluedovefoundation.org](mailto:info@thebluedovefoundation.org)

**(404) 490-2391**

### SUPPORT OUR WORK

DONATE ONLINE AT  
[thebluedovefoundation.org/donate](http://thebluedovefoundation.org/donate)

SCAN QR CODE



**BY MAIL**

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# The Blue Dove FOUNDATION

Transforming the way the Jewish community understands and responds to mental health and addictions