

THE YEAR IN REVIEW: **2024**

The Blue Dove FOUNDATION



Building resilience and hope.





Mental Health in America: The Situation Today

Roughly

970 million people worldwide (1 in 8) live with a mental health disorder,



a significant increase from previous years,

according to the World Health Organization (WHO). *Mental health issues are becoming more common globally.*

The most recent American Psychological Association figures showed

50% of U.S. adults 18-34

and

43% of U.S. adults 35-44

reported experiencing a mental illness.

Anxiety is the most common mental health disorder.

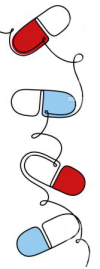


43% of adults reported feeling anxious in May 2024, **up from 37% the year before.**

107,543 people died from drug overdoses

in the United States in 2023—the first annual decrease in drug overdose deaths since 2018, thanks in large part to naloxone and other life-saving medications that reverse opioid overdoses becoming more accessible and affordable.

CDC's National Center for Health Statistics



More than

700,000 people die by suicide every year,

making it **one of the leading causes of death globally.**

Young people are particularly vulnerable; it is the second leading cause of death among 15- to 29-year-olds.

94% of adults surveyed think suicide can be prevented.

American Foundation for Suicide Prevention (AFSP)

48% of adults with children under the age of 18 reported that on most days, their stress is completely overwhelming.

42% are so stressed they feel numb.

41% are so stressed they can't function.

American Psychological Association



Navigating Turbulent Times in 2024



Profound challenges marked this past year for the Jewish community.

While 2023 could be measured by the mental health impact of national and global headlines, 2024 saw even deeper struggles. The October 7th attack by Hamas on Israel left scars that are still raw, and divisions continue to grow over the war's impact. Rising antisemitism on college campuses, in the halls of Congress, and around the world has further shaken our community, alongside a surge in anxiety and depression over the 2024 election. Yet despite these grim realities, ***there is hope***. Unlike so many communities divided over politics and opinions, we found a way to coalesce in the face of adversity.

With a renewed resilience, the Jewish community has grown stronger and more connected.

Surveys show Jews feel a fresh sense of togetherness with an increased willingness to listen and engage with one another. This ability to maintain unity amid contention reflects a deeply Jewish value and one of the Blue Dove Foundation's core principles: ***chesed u'gevurah***—balancing loving-kindness with discernment. Respect, openness, and dialogue are vital for healing and fostering mental wellness and resilience.

As Brad Stulberg, a mental health expert, reminds us, resilience is built on community, self-compassion, small routines that support mental health, and the ability to hold space for both sadness and hope. Resilience and hope are foundational to mental wellness. Blue Dove has always understood the roles both play in overcoming the emotional tolls global events take on individuals and communities. When Covid led to an epidemic of anxiety and depression, and an increase in suicides, we produced workshops and materials on mental illness. Following Hamas's assault, we acted swiftly to provide critical mental health resources to support those grappling with trauma and loss. We launched a digital hub to share mental wellness resources across the Jewish community. During the election, we developed guides to manage anxiety and facilitate difficult but necessary conversations. ***Through workshops, educational materials, and community engagement, we have offered hope in a time of uncertainty.***

As we look to 2025, your support ensures we can continue this vital work, building resilience and fostering hope in the face of ongoing challenges. Together, we can strengthen our community and nurture mental wellness for a better tomorrow.





The Blue Dove Foundation 2024

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



170 National partnerships

2,200 Virtual attendees

2,350+ In-person attendees

34,000+ Resource downloads

279,100+ ... Social media reach

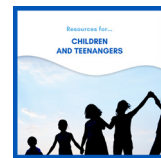
41,600+ Website page views

350+ People trained to use Narcan

A sampling of Blue Dove resources produced in 2024 ...

Commemorating October 7: Creating Space During the Chaggim (High Holidays)

Webinar where we explored the ways to create space and resources to support our community members and Jewish professional staff during the High Holidays. Panel featured speakers from JCCA, BBYO, JFNA, and JCS.



Every Life Counts—Resources for Children and Teens

Expanded the Blue Dove Foundations's suicide prevention toolkit to include resources for children and teens.



The Campaign to Manage Election Anxiety

Partnered with Civic Spirit to address the uncertainty, stress, and conflict that contribute to election anxiety and offer constructive ideas you can apply to your life, family, school, and community.



HaDerech: A Guide to Mental Health Crises

A guide for families struggling with a mental health crisis to support them in navigating challenges as they arise and helping them create a path forward.



Hineni—8 Ways to Support Your Trans Teen

Expanded the LGBTQ+ resources offered in our library for youth, families, and adults. This is one of our new resources.



The Mental Health Hanukkah Journal

Includes eight essential prompts to help readers reflect on their year—on what brought them light and what dimmed their light—as they add more light to their menorahs this season.



Collaborations Throughout 2024

We partnered with these organizations and so many more!



Thank you to the following foundations for your support:

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



Join us in building a stronger, healthier, resilient Jewish community.

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#QuietingTheSilence

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The Blue Dove FOUNDATION

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