



# ANTISEMITISM'S IMPACT ON MENTAL HEALTH

## JEWISH MENTAL HEALTH VALUE: KOL YISRAEL AREVIM ZEH LA ZEH ALL JEWS ARE RESPONSIBLE FOR ONE ANOTHER

We are interconnected and must be invested in the mental wellness and overall well-being of others. We must be willing and prepared to help one another because we all benefit.

As we witness this rise in antisemitism and discrimination, it is our responsibility to support one another both in the Jewish community and in the larger community, as well as to find ways to support ourselves.



### IMPACT ON MENTAL AND PHYSICAL HEALTH:



Antisemitism and discrimination take a toll on both our mental and physical health. Our mental and physical health are deeply intertwined, so when one is under stress the other is impacted.

#### Antisemitism and discrimination can impact your **mental health** by:

Decreasing someone's sense of safety and security, which can lead to increased fear, anxiety, depression, chronic stress, and cause or retrigger trauma

#### Antisemitism and discrimination can impact your **physical health** by:

Causing high blood pressure, decreased immunity, and increased heart rate. All of these impact how productive and present we are during the day and can impact our sleep too.





# ANTISEMITISM'S IMPACT ON MENTAL HEALTH & SUPPORTING YOURSELF

## HOW TO SUPPORT YOURSELF

Acknowledge that however you had been feeling in response to the rise in antisemitism is okay. There is no right or wrong way to feel. If you have been struggling or having a more challenging time, here are some things you can do...



### REFLECT

Reflect on what you have been feeling and put a name to your emotions. Naming your feelings or emotions can give you an insight into what you have been feeling and why. *What emotions have been coming up for you? Where are you when you are experiencing these emotions (at home, at school, at work, in extracurriculars, etc.)? What emotion or feeling has been the loudest?*

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### IDENTIFY YOUR SUPPORT SYSTEM

Now that you have spent some time thinking about what emotions have been coming up and where, think about your support system. Who can you turn to talk and share how you have been feeling? Create a “Web of Support.” *Think about - friends, family, teachers, coaches, youth directors, clergy/rabbis, etc.*

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# ANTISEMITISM'S IMPACT ON MENTAL HEALTH SUPPORTING YOURSELF

## NEXT STEPS

Now spend some time thinking about what you can do next.

## LEARN MORE

Seek out more information and learn more about antisemitism. Identify viable sources such as the Anti-Defamation League (ADL) and the American Jewish Committee (AJC).

## ACTIVISM

Think about ways you can get involved locally or on a national level.

## MORE SUPPORT

If you continue to struggle, please seek professional mental health support. It is okay to need additional support!



**If you or someone you know is in crisis, there is always help available.**

- **988 - Suicide and Crisis Lifeline** - Call or text 988 for 24/7, free and confidential support. 988 is the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.
- **Crisis Text line - Text HOME to 741 741** - Free 24/7 support at your fingertips. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

**Remember, the Blue Dove Foundation** is here to support you with our Jewish mental health resources at [thebluedovefoundation.org/resources](https://thebluedovefoundation.org/resources).