

כל ישראל ערבים זה בזה | 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 ourselves and of others. We must be willing and prepared to help one another, because we all benefit.

5.6 mil

children were diagnosed with anxiety and 2.4 million with depression in 2020. (National Survey of Children's Health)

2nd

Suicide is the 2nd leading cause of death among people aged 10-14. (NAMI)



1 in 6 youths (6-17) in the U.S. experiences a mental health disorder each year. (NAMI)

**"IF I AM NOT FOR MYSELF, WHO WILL BE FOR ME?"**  
- HILLEL, THE ETHICS OF OUR FATHERS

## THINGS YOU CAN DO TO TAKE CARE OF YOURSELF

- Establish healthy boundaries.
- Learn your limits to avoid burnout.
- Identify self-care that works for you.
- Seek professional mental health care help.
- Share With a friend.
- Identify your support network.
- Take time to learn about your mental health needs.
- Get more comfortable talking about mental health with the people in your life.
- Ask yourself what else can you do to take care of yourself.



The Blue Dove Foundation - Transforming the way the Jewish community understands and responds to mental illness and addictions. Check out their resources at [thebluedovefoundation.org/resources](https://thebluedovefoundation.org/resources) | @thebluedovefoundation

If you or someone you know is in need of immediate help, text or call 988, the Suicide & Crisis Lifeline, available 24/7.