SOURCES & FURTHER READING ON JUDAISM, MENTAL HEALTH, AND SUICIDE

ROBERTA SABBATH, SUICIDE AND COMPASSION IN JUDAIC WRITINGS

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) ON REDUCING STIGMA

ELIJAH’S JOURNEY: JEWISH RESPONSE TO SUICIDE

MY JEWISH LEARNING ON SUICIDE IN JEWISH TRADITION

NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION

SUICIDE PREVENTION RESOURCE CENTER

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

ON WAYS TO USE LESS STIGMATIZING LANGUAGE AROUND MENTAL HEALTH

NEW AND ADAPTED JEWISH RITUALS AND PRAYERS

GRIEF SUPPORT AND RESOURCES

CDC - SUICIDE RATES BY STATE

CDC - SUICIDE FACTS SHEET

CDC - SUICIDE DATA STATISTICS

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