



Transforming the way THE JEWISH COMMUNITY responds to MENTAL HEALTH & SUBSTANCE ABUSE

The topic of mental health and substance abuse is one that is often not discussed in the Jewish community.

It's time to stop suffering silently.

The Blue Dove Foundation is working towards:

- ♦ Advancing the conversation
- ♦ Eradicating the stigma & shame
- ♦ Overcoming the financial barriers to seeking treatment

Get Involved:

- ♦ Amplify our work by sharing with your community
- ♦ Host an educational program
- ♦ Join a committee
- ♦ Share your story, thoughts and insights

NATIONAL RESOURCES

Al-Anon for Families of Alcoholics	1-800-344-2666 - www.al-anon.org
Alcohol and Drug Helpline	1-800-821-4357 - www.aa.com
National Alliance on Mental Illness (NAMI)	1.800.950.NAMI (6264) www.nami.org
National Center for Elder Abuse	1-855-500-3537 - www.ncea.acl.gov
National Domestic Violence Hotline	1-800-799-SAFE - www.thehotline.org
National Drug Helpline	1-888-623-3239 - www.drughelpline.org
National Eating Disorders Association	1-800-931-2237 nationaleatingdisorders.org
National Sexual Assault Hotline	1-800-656-4673 - www.rain.org
Veterans Crisis Line	1-800-273-8255 - www.veteran Crisisline.net

"Whoever saves a life, saves the world."

- TEACHINGS OF THE TALMUD

