

JEWISH TEEN MENTAL HEALTH RESOURCES

Here. Now.



myjewishlearning.com/here-now

Facebook, Instagram and Twitter - @ProjectHereNow

Download the Here. Now. app in the app store for additional support.

A teen-led online and in-person initiative promoting mental health, well-being, and resilience through innovative content and creativity.

BBYO's Center for Adolescent Wellness



bbyo.org/about-us/safety,-wellness-inclusion/bbyo-center-for-adolescent-wellness

Provides services in the areas of policy development, consultation and support, and training and education.

Elijah's Journey



Elijahsjourney.net

A Facebook community centered on bringing awareness and support to depression and suicide.



Keshetonline.org

Facebook, Instagram and Twitter - @KeshetGLBT

JewsKeshet works for the full equality of all LGBTQJews and our families in Jewish life. The group creates spaces in which all queer Jewish youths feel seen and valued in addition to other work outside of teens.

Eshel



Hotline number: 724.374. 3501

Eshelonline.org

Facebook - @EshelJewsInstagram and Twitter - @Eshel

OnlineNonprofit organization that focuses on creating community and acceptance for lesbian, gay, bisexual, and transgender Jews and their families in Orthodox communities.

JEWISH TEEN MENTAL HEALTH RESOURCES

LINKS



Wereinitttogether.org

Instagram - @Links_Shloemies

ClubLinks, a project of Mishkan Yecheskel, supports children and teens who have lost one or both parents by connecting them with peers and mentors who have been through the same experience. Programs include a yearly Shabbaton, a 24-hour hotline, targeted publications for each division, Yom Tov programs, mentoring, trips, and more. The organization provides additional support beyond these programs.

Shalom Task Force



Confidential Hotline: 718.337.3700

Toll Free 888.883.2323

Shalomtaskforce.org

Instagram- @shalomtaskforceFacebook - @ShalomTaskForceSTFTwitter - @shalomtaskThe mission of Shalom Task Force.

(STF) is to combat and prevent domestic violence and foster healthy and safe relationships and families. STF focuses its work in the Jewish community, to help those who might not have access to traditional services and need culturally sensitive programming. The group believes everyone has the right to be safe in their relationship and family.

GENERAL TEEN MENTAL HEALTH RESOURCES

Crisis Text Line



Text HOME to 741741
crisistextline.org/texting-in

Provides access to free, round-the-clock support and information via a medium people already use and trust: text.

National Eating Disorders Association (NEDA) Helpline



800.931.2237
nationaleatingdisorders.org

Supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.

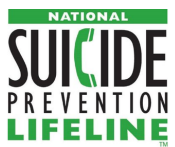
K2Talk: NAMI



800.273.TALK (8255)
ok2talk.org/about

A safe, moderated online community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle, or hope.

Suicide Prevention Lifeline



800.799.SAFE (7233)
thehotline.org (chat also available)

A free, 24-hour confidential service for survivors, victims, and those affected by domestic violence, intimate partner violence, and relationship abuse

Trevor Project



866.488.7386
thetrevorproject.org

The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Substance Abuse and Mental Health Services Administration Referral Helpline (SAMHSA)



800.662.HELP (4357)

SAMHSA also has a Behavioral Health Treatment Locator on its website that can be searched by location: <https://findtreatment.samhsa.gov>