

LIST OF RESOURCES¹

UJA Federation’s Shabbat of Wholeness, Holiness, and Wellness: Responding to the Mental-Health Needs of Our Congregants

<http://www.ujafedny.org/shabbat-of-wholeness>

Find sermons on mental illness, related text studies, as well as other resources and information about the UJA Federation’s mental health initiative:

“The goal of this special Shabbat [was] to demonstrate ways in which Jewish congregations and tradition can increase participation, a sense of belonging, hope, and strength — and reduce stigma, isolation, and despair — among people living with anxiety disorders, depression, mental illness, substance abuse, and other forms of emotional and spiritual distress.”

Mental Health GPS (Guiding Parents through Services)

<http://www.ujafedny.org/mental-health-gps/>

Mental Health GPS is a free service sponsored by UJA-Federation of New York for families who have concerns about the mental health needs of their child or adolescent (through college-age). It is intended to help families navigate the mental-health system and provides access to family resource specialists located at mental-health agencies throughout the New York area.

UJA Federation of New York’s J11 Information and Referral Center

<http://www.ujafedny.org/find-help/>

1 877- UJA- NYJ11 (**1-877-852-6951**)

¹ If you are in need of emergency medical or psychiatric attention, call 911 or go to the nearest emergency room. For suicide prevention please call the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

Network of Care

<http://www.nycnetworkofcare.org>

Directory of mental health resources, with links to local, state and federal programs and agencies.

LIFENET

1-800-LIFENET

Free, 24-hour, confidential, multi-lingual, mental health and substance abuse information, referral, and crisis prevention hotline staffed by trained behavioral health professionals.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The American Foundation for Suicide Prevention (AFSP)

www.afsp.org

AFSP is an organization “dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.”

The Jed Foundation

www.jedfoundation.org

An organization devoted to raising mental health awareness and preventing suicide and reducing emotional distress among college students.

The Trevor Project

www.trevorproject.org

The Trevor Project's mission is "to end suicide among LGBT youth by providing life-saving and life-affirming resources including a nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone."

If you are considering suicide or need help, you may call the Trevor Project: 866-4-U-TREVOR (866-488-7386).

National Alliance on Mental Illness

<http://www.nami.org/>

Comprehensive information and resources on mental illness.

The National Alliance on Mental Illness of New York City (NAMI-NYC Metro)

<http://www.naminycmetro.org/>

NAMI-NYC Metro is a support, education, and advocacy organization for the mental health community that serves families and individuals whose lives are affected by mental illness. It offers a variety of free programs, services and support groups.

The NAMI-NYC Metro Helpline

Information, support, referrals, and resources on mental illnesses, including how to navigate New York City's mental health system. Calls are confidential and answered by trained family members or mental health consumers.

Telephone: 212.684.3264

E-mail: helpline@naminyc.org

Hours: M - Th: 12:00 - 7:00pm, Fridays: 12:00 - 6:00 pm

NAMI-New York State

<http://www.naminys.org/>

Information, referrals and educational resources on mental illness.

NAMI-NYS 's Helpline (1-800-950-3228)

NAMI Faith Net

http://www.nami.org/MSTemplate.cfm?Section=FaithNet_NAMI1&Site=FaithNet_NAMI&Template=/MSTemplate.cfm?Section=FaithNet_NAMI1&Site=FaithNet_NAMI&Template=/TaggedPage/TaggedPageDisplay.cfm&TPLID=66&ContentID=33925µsiteID=176

“NAMI FaithNet is a network composed of members and friends of NAMI (National Alliance on Mental Illness). It was established for the purposes of (1) facilitating the development within the Faith Community of a non-threatening, supportive environment for those with serious mental illness and their families, (2) pointing out the value of one’s spirituality in the recovery process from mental illness and the need for spiritual strength for those who are caretakers, (3) educating clergy and congregations concerning the biologic basis and characteristics of mental illness, and (4) encouraging advocacy of the Faith Community to bring about hope and help for all who are affected by mental illness.”

JACS (Jewish Alcoholics, Chemically Dependent Persons, and Significant Others)

<http://www.jbfcs.org/jacs>

135 West 50th Street, 6th Floor · New York, NY 10020
Phone: (212) 632-4600

JACS is dedicated to:

“Encouraging and assisting Jewish alcoholics, chemically dependent persons and their families, friends and associates to explore recovery in a nurturing Jewish environment;

Promoting knowledge and understanding of the disease of alcoholism and chemical dependency as it involves the Jewish community; and

Acting as a resource center and information clearinghouse on the effects of alcoholism and drug dependency on Jewish family life.”

Weekly Meeting: Explore Jewish Spirituality through the 12 steps. Every Monday: 6:15-7:15 p.m. JACS Office, 135 West 50th Street, 6th Floor. Contact Marilyn P. (212) 255-3712.

Alcoholics Anonymous

www.aa.org

For more information or to find a meeting:

[Intergroup Association](#)

307 Seventh Avenue
2nd Floor
New York, NEW YORK 10001
Phone: (212)647-1680
Site: www.nyintergroup.org
Email: generalinformation@nyintergroup.org

Narcotics Anonymous

<http://www.na.org/>

NYC AI-Anon

<http://www.nycalanon.org/>

“AI-Anon and Alateen Family Groups hold weekly meetings for the relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve problems associated with the family disease of alcoholism. We believe the disease affects all members of the family, and that changed attitudes can aid recovery.”

For more information or to find a meeting:

The Greater NY AI-Anon Family Intergroup, Inc.
4 W. 43rd, Suite 617 (5/6)
New York, NY 10036
Telephone: 212.941.0094 Fax: 212.941.6119
e-mail: nycalanon@verizon.net

National Eating Disorders Association (NEDA)

<http://www.nationaleatingdisorders.org/>

SPARKS: Serving Pre & Post-natal Women and Families With Awareness, Relief, Knowledge and Support for post-partum depression and related issues

<http://www.sparkscenter.org/>

It Gets Better Project

<http://www.itgetsbetter.org>

A resource for LGBT kids and teens, and their family and friends. The mission is to provide hope, support, and role models to young people who may be dealing with bullying and other issues because of their sexuality. The website is intended to provide a place “where young people who are lesbian, gay, bi, or trans can see how love and happiness can be a reality in their future.”

Sidran Traumatic Stress Institute

www.sidran.org

Sidran provides resources for coping with the developmental, emotional, psychological, and spiritual injuries that can result when people experience or witness traumatic events, including dissociative disorders and co-occurring issues, such as addictions, self injury, and suicidality.

Bring Change 2 Mind

<http://www.bringchange2mind.org>

An organization dedicated to combating stigma, bias and misconceptions surrounding mental illness through a national awareness campaign and access to information and support about mental illness.

Goodtherapy.org

www.goodtherapy.org

Website containing information on different types of therapy, how to find a good therapist, what to expect in therapy and other resources on psychological and emotional healing.

For guidelines on choosing a therapist, see <http://www.goodtherapy.org/blog/how-to-find-a-therapist/>

Some other basic questions to ask potential mental health providers:

- What is your training? Are you licensed? How many years have you been practicing?
- What are your areas of expertise?

- What kinds of treatments do you use? Have they been proven effective for dealing with my problem or issue?
- How much therapy would you recommend? How long do you expect therapy to last in my case?
- What are your fees? Do you have a sliding-scale policy?
- What types of insurance do you accept or are you on any panels? Will you bill my insurance company directly?
- What is your policy on cancellations and rescheduling?
- Do you accept Medicare or Medicaid?
- Are you available on an emergency basis?
- Can you be reached by telephone? By e-mail?

The Treatment Advocacy Center

<http://www.treatmentadvocacycenter.org/>

“The Treatment Advocacy Center is a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illnesses. The organization promotes laws, policies and practices for the delivery of psychiatric care and supports the development of innovative treatments for and research into the causes of severe and persistent psychiatric illnesses, such as schizophrenia and bipolar disorder.”

For more information on treatment non-compliance and helping loved ones accept treatment, see: Amador, Xavier, PhD. I am Not Sick, I Don't Need Help! How to Help Someone with Mental Illness Accept Treatment; Bernstein, Elizabeth. “A Way Out of Depression: Coaxing a Loved One in Denial Into Treatment Without Ruining Your Relationship.” www.wsj.com. 7 Sep. 2010.

The Kenneth Johnson Memorial Research Library (KJM Library)

<http://www.naminycmetro.org/Education/KennethJohnsonMemorialResearchLibrary/ta.bid/77/Default.aspx>

The KJM Library “serves the research needs and reading pleasure of consumers and their families, professionals in the field, and the general public. Located in the NAMI-NYC Metro office, the library is home to over 1,000 reference materials, self-help books, autobiographies, educational videos and four computers equipped with Internet access.”

Location: NAMI-NYC Metro — 505 Eighth Avenue, Suite 1103

Phone: 212.684.3365

Email: library@naminyc.org

Hours: Mondays - Fridays, 10:00 am - 6:00 pm

Note: Library hours are subject to change. Please call prior to visiting.

The library is open to the public. However, only NAMI-NYC Metro members have borrowing privileges. For a list of available titles, see <http://www.naminycmetro.org/LinkClick.aspx?fileticket=c6CICcklt9k%3d&tabid=77>

The website also contains a list of recipients of the Ken Book Awards, which “are given annually for outstanding books of literary merit published during the prior year that have substantially contributed to the public’s awareness and better understanding of mental disorders.”

A list of additional recommended reading is available at: <http://www.naminycmetro.org/Education/KennethJohnsonMemorialResearchLibrary/RecommendedReadingList/tabid/138/Default.aspx>

Makom: The Center for Meditation at the JCC

334 Amsterdam Avenue @ 76th Street

<http://www.jccmanhattan.org>

Free daily instructed meditation on the 7th Floor in Makom. JCC membership is not required and no registration is necessary.

Mon–Fri, 7:30–8:30 am; Mon–Thu, 5:45–6:45 pm

For more information on Makom programming contact Susie Kessler at 646.505.5726 or skessler@jccmanhattan.org

Healing Services

Please watch the calendar for upcoming Healing Services. These special services will bring together the themes of healing of body and healing of spirit, expressing our hopes for physical, mental, and spiritual health, for ourselves and those we love. We will share in song and prayer, study and silence. Everyone is welcome.

Additional Information

This is only a sample of resources available and we plan to update it periodically. It will also be available online at www.rodephsholom.org. For additional resources or a

confidential consultation, please contact Congregation Rodeph Sholom Social Worker Ruth Kobrin at 646-454-3180. All of the clergy at Congregation Rodeph Sholom are also available for counseling or referrals.

If you would like to participate in our Caring Community Committee, please contact Val Coleman or Arlene Kossoff at caringcommunity@crsnyc.org.

For further information about our Mental Health Initiative or if you are interested in participating, please contact Rabbi Grushcow at rabbigrushcow@crsnyc.org, or Reina Marin or Shari Steinberg at caringcommunity@crsnyc.org.