

# MENTAL HEALTH RESOURCES FOR TEENS & FAMILIES



**JEWISH TEEN**  
Education & Engagement  
FUNDER COLLABORATIVE



**THE JEWISH  
EDUCATION PROJECT**



**JEWISH  
TEENS  
THRIVE**

## Here.Now

Teen-driven Jewish movement to provide support, build connections, increase wellbeing and resilience, and reduce stigma around mental health. Teens (ages 13-19) can engage in creative activities, partnerships, events, and innovate online content designed by teens for teens.

**Aimed towards:** Jewish teens

**Website:** [myjewishlearning.com/here-now](http://myjewishlearning.com/here-now)

## Mental Health America

National community-based non-profit organization dedicated to addressing and assisting those with mental illnesses, as well as promoting the importance of mental health.

**Aimed towards:** General/community

**Website:** [mentalhealthamerica.net/about-us](http://mentalhealthamerica.net/about-us)

## National Council for Behavior Health

Locate mental health and addiction treatment facilities in your community.

**Aimed towards:** General/community

**Contact:** Open online forum- User creates a profile and then can access communities in their area.

**Website:** [connect.thenationalcouncil.org/home](http://connect.thenationalcouncil.org/home)

## National Institute of Mental Health

Website that provides prevalent statistics pertaining to mental illness, including data by age, gender, and race.

**Contact:** • Toll-free: 1-866-615-6464  
• [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

**Website:** [nimh.nih.gov/health/statistics/mental-illness.shtml](http://nimh.nih.gov/health/statistics/mental-illness.shtml)

## 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>.

**Aimed towards:** General

**Website:** [goodtherapy.org](http://goodtherapy.org)

## National Alliance of Mental Health

Grassroots self-help, support, and advocacy organization of individuals with mental disorders and their families. The website provides information and resources on support groups, mental health awareness, and training.

**Aimed towards:** General

**Contact:** Helpline: 1-800-950-NAMI

**Website:** [nami.org](http://nami.org)

## National Empowerment Center

Committed to the empowerment of recovery, while carrying the message of hope and healing to those diagnosed with a mental illness.

**Aimed towards:** General/community

**Contact:** • Toll-free: 800-power2u (800-769-3728)  
• General # 978-685-1494

**Website:** [power2u.org](http://power2u.org)

## OHEL

Provides services that help build lives, and strengthen families, homes and communities to face social, developmental and emotional challenges.

**Contact:** • 1-800-603-OHEL

**Website:** <http://www.ohelfamily.org/>

## President's New Freedom Commission on Mental Health

A report that was created in an effort to eliminate inequality for American's with disabilities.

**Aimed towards:** General/teen

**Contact:** 1-800-789-2647 Voice

**Website:** govinfo.library.unt.edu/mentalhealthcommission/mission.html

## World Health Organization

International organization that provides information and resources on diseases and mental illnesses across the globe.

**Aimed towards:** General

**Contact:** who.int/about/contacthq/en

**Website:** who.int

## Refuat Hanefesh

An organization dedicated to decreasing the stigma surrounding mental illness through conversation and education, while providing a safe place for those affected.

**Aimed towards:** General/community

**Website:** refuathanefesh.org

# NATIONAL | DEPRESSION & SUICIDE

## American Association of Suicidology

Promotes research, public awareness programs, public education, and training for professionals and volunteers. Also serves as national clearing house for information on suicide.

**Aimed towards:** General

**Contact:** suicidology.org/about-aas/contact-us

**Website:** suicidology.org

## Depression and Bipolar Support Alliance

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder. DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them.

**Aimed towards:** General

**Contact:** Find a support group near you:  
secure2.convio.net/dabsa/site/SPageServer/?pagename=peer\_support\_group\_locator

## American Foundation for Suicide Prevention

Website for information on suicidal warning signs, support for survivors, prevention, and research.

**Aimed towards:** General

**Contact:** • Toll-free: 1-888-333-AFSP (2377)  
• Telephone: 212-363-3500

**Website:** afsp.org/

## Elijah's Journey

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

**Aimed towards:** Jewish teens

**Contact:** elijahsjourney@gmail.com

**Website:** elijahsjourney.net

## Mood Gym

An online self-help program designed to help users prevent and manage symptoms of depression and anxiety, and teach skills based on cognitive behavioral therapy.

**Aimed towards:** General

**Website:** moodgym.com.au

## Suicide Prevention Resource Center

The Suicide Prevention Resource Center has fact sheets on suicide by state and by population characteristics, as well as on many other subjects.

**Website:** sprc.org

## Self Abuse Finally Ends (SAFE) Alternatives

Website for a residential treatment program for people who engage in self injury. Includes information about self injury and starting treatment.

**Aimed towards:** General

**Contact:** SAFE Info line: 1-800-366-8288

**Website:** selfinjury.com

# NATIONAL | ANXIETY DISORDERS

## Anxiety and Depression Association of America (ADAA)

Organization that gives resources, access, and information to the diagnosis and treatment of anxiety disorders.

**Aimed towards:** General

**Contact:** • Phone: 240-485-1001  
• Email: information@adaa.org

**Website:** adaa.org

## E-Couch

An online self-help interactive program with modules for many types of depression and anxiety, as well as relationship breakdowns, loss, and grief. Pulling from evidence-based information, it teaches strategies drawn from cognitive, behavioral, and interpersonal therapies as well as relaxation and physical activity.

**Aimed towards:** General

**Website:** ecouch.anu.edu.au/welcome

## Benson-Henry Institute for Mind Body Medicine

This Massachusetts-based general hospital has an online store that offers CD's, DVD's, books, and relaxation techniques.

**Aimed towards:** General

**Website:** massgeneral.org/search/?q=anxiety+

## Freedom From Fear

The Freedom From Fear website provides information, screening tools, and other resources on many types of anxiety disorders. This organization provides online information on different mental health issues and possible treatments and offers free mental health screenings.

**Aimed towards:** General

**Contact:** help@freedomfromfear.org

**Website:** freedomfromfear.org

## Obsessive-Compulsive Foundation

Provides information about obsessive-compulsive disorder, including effective treatments, how to find a health professional who has experience treating the disorder, and links to other helpful websites. This website also provides a searchable database of therapists, clinics, support groups, and other organizations specializing in OCD and related disorders.

**Aimed towards:** General

**Contact:** • Phone: 617-973-5801  
• Email: [info@iocdf.org](mailto:info@iocdf.org)

**Website:** [iocdf.org](http://iocdf.org)

# NATIONAL | BIPOLAR & SCHIZOPHRENIA

## Brain & Behavior Research Foundation

Website that provides information on Bipolar Disorder, Schizophrenia, and other psychotic-behaving mental illnesses. Also offers downloadable fact sheets on psychotic disorders.

**Aimed towards:** General

**Website:** [bbrfoundation.org/research/bipolar-disorder](http://bbrfoundation.org/research/bipolar-disorder)

## Schizophrenia.com

Online community that provides information, support, and education to family members, caregivers, and individuals whose lives have been affected by Schizophrenia.

**Aimed towards:** General

**Website:** [schizophrenia.com](http://schizophrenia.com)

## Pendulum

Nonprofit organization providing information on bipolar disorder. The website includes information, treatment, community involvement, book reviews, discussion forums, articles, personal stories, and links focused on Bipolar Disorder.

**Aimed towards:** General

**Website:** [pendulum.org](http://pendulum.org)

# NATIONAL | EATING DISORDERS

## The National Association of Anorexia Nervosa and Associated Disorders (ANAD)

ANAD's website includes information about eating disorders, how to seek treatment and support groups for people suffering from eating disorders and their families.

**Aimed towards:** General

**Contact:** Helpine: 630-577-1330  
(Hours: Monday-Friday, 9 am-5pm CT)

## Overeaters Anonymous

Following the 12-step approach used by Alcoholics Anonymous, Overeaters Anonymous can help people struggling with compulsive eating and binge eating. The website lists Overeaters Anonymous meetings nationwide.

**Aimed towards:** General

**Website:** oa.org

## National Eating Disorders Association

National Eating Disorders Association has stories of recovery from eating disorders, information about seeking treatment, and additional resources for school professionals and caregivers.

**Aimed towards:** General

**Website:** [nationaleatingdisorders.org](http://nationaleatingdisorders.org)

# NATIONAL | LGBTQ

## Eshel

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

**Aimed towards:** General/teen, Jewish

**Contact:** 1-724-374-3501

**Website:** [eshelonline.org](http://eshelonline.org)

## JQY

Nonprofit organization that focuses on the emotional and physical health and safety of LGBTQI teens and young adults from Orthodox, Chasidic, and Sephardic communities.

**Aimed towards:** General/teen, Jewish

**Website:** [jqyouth.org](http://jqyouth.org)

## Keshet

National organization that works for full LGBTQ equality and inclusion in Jewish life. Offices are located in Boston, NY, and the Bay area.

**Aimed towards:** General/teen, Jewish

**Contact:** 1-617-524.-227

**Website:** [keshetonline.org](http://keshetonline.org)

## PFLAG

Nonprofit organization committed to the civil rights of lesbian, gay, bisexual and transgender people with an aim to unite LGBTQ people with families, friends, and allies.

**Aimed towards:** General

**Website:** [pflag.org](http://pflag.org)

## Trans Lifeline

A national trans-led organization offering direct emotional and financial support to trans people in crisis including a hotline and microgrants.

**Aimed towards:** General

**Contact: Hotline:** 1-877-565-8860  
(Hours: 10am-4am EST)

**Website:** [translifeline.org](http://translifeline.org)

## The Trevor Project

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

**Aimed towards:** Teens

**Contact:** 1-866-488-7386

**Website:** [thetrevorproject.org](http://thetrevorproject.org)

# NATIONAL | ADDICTION

## Al-Anon

Al-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.

**Aimed towards:** General

**Contact:** 1-212-941-0094

**Website:** [al-anon.org](http://al-anon.org)

## Beit T'Shuvah

A residential addiction treatment center, congregation, and an educational institute where life is celebrated and every soul matters.

**Aimed towards:** General

**Contact:** 1-310-204-5200

**Website:** [beittshuvah.org](http://beittshuvah.org)

## EVOLVE

EVOLVE is a 12-week, Intensive Outpatient Program for adolescents ages 14-18 who are living with mental health issues.

**Aimed towards:** Teens

**Contact:** 1-770-336-7444

**Website:** [bermancenteratl.com/evolve-for-adolecents-program/](http://bermancenteratl.com/evolve-for-adolecents-program/)

## National Eating Disorders Association

Recovery International, a self-help mental health organization, sponsors weekly group peer-led meetings in many communities, as well as telephone and Internet-based meetings.

**Aimed towards:** General

**Contact:** [recoveryinternational.org/meetings/find-a-meeting](http://recoveryinternational.org/meetings/find-a-meeting)

**Website:** [recoveryinternational.org](http://recoveryinternational.org)

## Crisis Text Line

Crisis Text Line serves provides access to free, 24/7 support and information via a medium people already use and trust: text.

**Aimed towards:** General

**Contact:** Text HOME to 741741

**Website:** [crisistextline.org/texting-in](https://crisistextline.org/texting-in)

## OK2Talk: NAMI

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.

**Aimed towards:** Teens

**Contact:** 1-800-273-TALK (8255)

**Website:** [ok2talk.org/about](https://ok2talk.org/about)

## National Eating Disorders Association (NEDA) Helpline

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

**Aimed towards:** General

**Contact:** 1-800-931-2237

## Suicide Prevention Lifeline

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

**Aimed towards:** Teens

**Contact:** 1-800-273-TALK (8255)

**Website:** [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



## NEW YORK | GENERAL MENTAL HEALTH

### The Jewish Board - Rego Park Counseling Center

Specializing in working with children, adolescents, and their families, offering individual, group, or family counseling to help with relationship/family problems, depression, job/career stress, alcohol/substance abuse, and other issues.

**Aimed towards:** Jewish

**Contact:** 718-896-9090

**Website:** [jewishboard.org/listing/rego-park-counseling-center](http://jewishboard.org/listing/rego-park-counseling-center)

### National Alliance of Mental Health

Information, referrals, and educational resources on mental illness.

**Aimed towards:** General

**Contact:** 1-800-950-3228

**Website:** [nami.org](http://nami.org)

### Price of Judaea

Pride of Judea is a licensed community-based mental health clinic located in Eastern Queens. It provides services to children, adolescents, and adults who are struggling with a wide range of emotional and social problems in an attractive, comfortable, and confidential environment.

**Aimed towards:** Jewish

**Website:** [jewishboard.org/listing/pride-of-judea-community-services](http://jewishboard.org/listing/pride-of-judea-community-services)

## NEW YORK | DEPRESSION & SUICIDE

### Freedom From Fear

Staten Island-based clinic that provides education, awareness, free screenings, and community building around depression and other mental health issues.

**Aimed towards:** General

**Contact:** • Phone: 718-351-1717  
• Email: [help@freedomfromfear.org](mailto:help@freedomfromfear.org)

**Website:** [freedomfromfear.org](http://freedomfromfear.org)

## Al-Anon

Al-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. They believe the disease affects all members of the family, and that changed attitudes can aid recovery.

**Aimed towards:** General

**Contact:** • Phone: 1-212-941-0094  
• Email: [nycalanon@verizon.net](mailto:nycalanon@verizon.net)

**Website:** [al-anon.org](http://al-anon.org)

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

Jewish Alcoholics, Chemically Dependent Persons and Significant Others (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. It also promotes knowledge and understanding of the disease of alcoholism and chemical dependency as it involves the Jewish community, and acts as a resource center and information clearinghouse on the effects of alcoholism and drug dependency on Jewish family life. Includes weekly meetings. Explore Jewish Spirituality through the 12 steps- Every Monday: 6:15-7:15 p.m. JACS Office, 135 West 50th Street, 6th Floor.

**Aimed towards:** Jewish

**Contact:** 1-212-632-4600

**Website:** [jacsweb.org](http://jacsweb.org)

## LIFENET

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

**Aimed towards:** General

## UJA Federation of New York's J11 Information and Referral Center

For help with a wide range of mental health needs, J•1•1 resource specialists are available Monday through Friday from 9:00 a.m. to 4:00 p.m., with 24-hour voice mail.

**Aimed towards:** Jewish

**Contact:** 1-877-UJA-NYJ1 (1-877-852-6951)

**Website:** [ujafedny.org/get-info/for-you/j11](http://ujafedny.org/get-info/for-you/j11)