

Youth Mental Health Jewish Sources

The day you were born is the day that God decided that the world cannot exist without you.

Rabbi Nachman from Breslov

A righteous man falls down seven times and gets up.

Proverbs, 24:16.

The soul is subject to health and disease, just as is the body.

Maimonides

The very knowledge of the fact that it is natural to have good days and bad days has the power to assuage a lot of despair and sadness.

Rabbi Shlomo Wolbe, Alei Shur, Vol. I pg. 35

If you are not a better person tomorrow than you are today, what need have you for a tomorrow?

Rabbi Nachman of Breslov

Whoever destroys a soul, it is considered as if he destroyed an entire world. And whoever saves a life, it is considered as if he saved an entire world.

Mishnah Sanhedrin 4:9; Babylonian Talmud Tractate Sanhedrin 37a

So God created the human beings in [the divine] image, creating [them] in the image of God.

Genesis- 1:27

*Kol ha'olam kulo
Gesher tzar me'od
Veha'ikar lo lifached k'lal.*

*The whole world
Is a very narrow bridge
and the main thing is to have no fear at all*

Rabbi Nachman of Breslov

