



**LUBIN-GREEN
FOUNDATION**

A SUPPORTING FOUNDATION OF  Jewish Federation
OF ST. LOUIS



**Jewish Federation
OF ST. LOUIS**

FUNDER. COMMUNICATOR. CONVENER.
For our community – now and in the future

JUDAISM AND MENTAL HEALTH

THE MENTAL WELLNESS TOOLKIT & WORKSHOP

Jewish Organization Staff Option 1: Thursdays 2/10 and 2/17 from 3-5 pm CT

Jewish Organization Staff Option 2: Wednesdays 2/23 and 3/2 from 12-2 pm CT

Clergy: Tuesdays 2/8 and 2/15 from 1-3 pm CT

Community Members Option 1: Sundays 2/6 and 2/13 from 2-4 pm CT

Community Members Option 2: Thursdays 3/3 and 3/10 from 6-8 pm CT

REGISTER ONLINE at <https://www.JFedSTL.org/Mental-Health-Training>

LEARN HOW TO:

- Make Mental Wellness a Part of Your Community's Culture and Jewish Practice.
- Identify Mental Health Concerns & Know What to Do Next.

WORKSHOP AGENDA:

- What it means to be inclusive, holistic, and responsive.
- Applying Jewish values to conversations about mental wellness.
- Recognizing when someone is in need of help.
- Offering support effectively.
- How to share this information.



LEARN MORE

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Hope is one of the greatest resources we have to change the culture of silence and stigma around mental health issues in the Jewish community. The Blue Dove Foundation wants to inspire people to be educated, courageous, and confident in offering hope and support to those who struggle with their mental well-being and addiction.

ABOUT THE TOOLKIT

The Jewish Mental Wellness Toolkit is a response to continuous requests for help in the area of mental health. As a practical guide for everyday use, it offers guidance and support for transforming our culture along with practical and concrete information about mental health and wellness. Created through a Jewish lens, this Toolkit is full of resources, facts, and suggested readings. We hope it will empower all of us to turn hope into action.

MAKING MENTAL WELLNESS PART OF YOUR COMMUNITY'S CULTURE

Guiding Question: What can be done to create a welcoming and stigma-free culture to support mental wellness in the Jewish community?

During this workshop, participants will engage in a variety of activities that focus on bringing mental wellness front and center into their Jewish communities. They will use middot (Jewish values) and the mi sheberach prayer to connect Judaism to mental health as well as to critically consider how to bring new-found skills and knowledge back to their communities to begin creating welcoming and inclusive programs.

RECOGNIZING WHEN SOMEONE NEEDS HELP

Guiding Question: How do I know when something is wrong, and what should I do?

During this workshop, participants will engage in a variety of activities that strengthen their mental health knowledge, which will help them understand their role in supporting others. They will learn about basic mental health concepts, the scope of those affected by mental illness, and red flags for spotting issues. They will develop four core skills needed to respond to mental health concerns in meaningful ways and be given the opportunity to practice and build those skills.



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