

Dear colleagues, friends, community members,

Please use this page to find resources to enhance education, reduce stigma and help support those with mental illness and their loved ones.

Only in community is complete and widespread change possible. We encourage you to talk more about this issue, to incorporate mental illness understanding into your *bikkur cholim* work, and to encourage those you know to take advantage of all the social service, spiritual, religious and political resources available in our community. Mental Illness: What does it conjure up for you?

Mental illness is a Jewish issue. Many loved ones feel they are on the outside of the community when they reveal the reality of mental illness in their family. Where one is not welcomed, our tradition tells us that we are to welcome the stranger because we were once strangers.

Mental illness is a Jewish issue. Many mental health services are not covered by insurance policies and *bikkur cholim* asks us to attend to the ill in a fully and comprehensively.

Mental illness is a Jewish issue because we all know the pain of loss and the edge of depression in grief. And where there is loss, the community is to surround the mourner in a safety net of consolation.

Mental illness is a Jewish issue because wherever there is any broken-ness, we are asked to engage in *Tikkun*: repair.

Mental illness is a Jewish issue because true health comes when we move from stigma to knowledge.

With Blessings,



Rabbi Eric Weiss, Executive Director