

MENTAL HEALTH SHABBAT

mental well-being  
and prioritize everyone's  
We care for

AT THIS TABLE



*If there is anxiety in one's mind,  
let them quash it and turn it into joy  
with a good word*

דְּאֵגָה בְּלֵב-אִישׁ יִשְׁחַנָּה  
וְדָבָר טֹוב יִשְׁמַחְנָה

de'agah velev-ish yashchenah  
vedavar tov yesammechenah

PROVERBS 12:25

What is an area of your mental well-being that might need some attention this Shabbat?

When you are able, how might you help lighten other people's loads?

What is a load, light or heavy, that you've been carrying alone recently?

How do you recognize when it is time to take a break?

How do you incorporate rest into your self care?

## CONVERSATION STARTERS FOR SHABBAT DISCUSSION

*judaisim teaches us  
that sharing a burden  
lightens the load.*

*You never need to struggle alone.*

### MENTAL HEALTH RESOURCES

**JCFS Chicago:** 855.275.5237 | [JCFS.org/Mental-Health-Shabbat/Resource](http://JCFS.org/Mental-Health-Shabbat/Resource)

**No Shame On U:** 877.275.7261 | [NoShameOnU.org](http://NoShameOnU.org)

**988 Suicide and Crisis** 24/7 Text/Call Line

**Trevor Project** 24/7 Crisis Line for LGBTQ Youth: 866.488.7386

**National Alliance on Mental Illness (NAMI):** 800.950.6264

**Substance Abuse and Mental Health Services Administration (SAMHSA):** 800.662.4357

JCFS Chicago is a partner with the Jewish United Fund in serving our community. We welcome people of all backgrounds.  
Our commitment to belonging is woven throughout our services, programs and welcoming workplace.