

MENTAL HEALTH SHABBAT

# We care for and prioritize everyone's mental wellbeing

AT THIS TABLE



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

דֵּאָגָה בְּלֵב-אִישׁ יִשְׁחָנָה  
וְדָבָר טוֹב יִשְׁמְחָנָה

de'agah velev-ish yashchenah  
vedavar tov yesammechenah



What is an area of your mental wellbeing 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

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

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*You never need to struggle alone.*

## MENTAL HEALTH RESOURCES

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

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

