**Mental Health Support & Resources**

If you or someone in your household is experiencing a **MENTAL HEALTH EMERGENCY** or are in an immediate danger to self or others, CALL **9-1-1** and ASK for a **CIT officer** (Crisis Intervention Team).

**NYC Well** offers free, confidential mental health support, including information about child and adolescent services in the city. You can also speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. Text "Well" to 65173, Call 1-888-NYC-WELL, online chat available at https://nycwell.cityofnewyork.us/.

**National Suicide Prevention Lifeline** provides free and confidential emotional support for people in suicidal crisis or emotional distress 24/ 7/365/ **800-273-8255,** https://suicidepreventionlifeline.org/

**The Trevor Project**-- the world's largest suicide prevention and crisis intervention organization for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) young people has a 24/7 hotline.. Text 678-678, Call 1-866-488-7386, https://www.thetrevorproject.org/

**The Jewish Board**- a health and human services agency providing quality mental health, housing and other social services to New Yorkers. Offers clinical service as well as varied support groups. https://jewishboard.org/how-we-can-help/living-with-mental-illness/

**NAMI- National Alliance on Mental Health** -- provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. Nami is a go-to resource for all interested in learning more and finding support. National organization: https://nami.org. New York City Chapter of NAMI: https://naminycmetro.org/.

**National Institute of Mental Health** is dedicated to transforming the understanding and treatment of mental illnesses. https://www.nimh.nih.gov/index.shtml

**The Blue Dove Foundation**- seeks to educate, equip, and ignite our Jewish community with tools to understand and overcome the challenges presented by mental illness and substance abuse. https://thebluedovefoundation.org/

Books: ***Caring for the Soul: R'fuat Ha Nefesh: A Mental Health Resource & Study Guide;*** ed. by Richard P. Address & ***You Are Not Alone: The NAMI Guide to Navigating Mental Health***, by Ken Duckworth.

Some Key Statistics:

From NAMI:

- 21% of U.S. adults experienced mental illness in 2020 (52.9 million people). This represents 1 in 5 adults.
- 5.6% of U.S. adults experienced serious mental illness in 2020 (14.2 million people). This represents 1 in 20 adults.
- 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)
- 6.7% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2020 (17 million people)
- 20.8% of people experiencing homelessness in the U.S. have a serious mental health condition
- 37% of adults incarcerated in the state and federal prison system have a diagnosed mental illness
- 70% of youth in the juvenile justice system have a diagnosable mental health condition
- Lesbian, gay and bisexual youth are nearly 4x more likely to attempt suicide than straight youth
- Transgender adults are nearly 9x more likely to attempt suicide at some point in their lifetime compared to the general population
- Depression is a leading cause of disability worldwide

**The Crisis for Teens Today, Exacerbated by the pandemic:**

On December 7, 2022, U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory to highlight the urgent need to address the nation's youth mental health crisis. According to a Surgeon General Report and the CDC:

- Depressive and anxiety symptoms in youth doubled during the pandemic, with 25 percent experiencing depressive symptoms and 20 percent experiencing anxiety symptoms.
- Symptoms of depression had already been rising in teens in recent years.
- Data from early 2021 shows that emergency room visits in the U.S. for suspected suicide attempts were 51 percent higher for girls and 4 percent higher for boys compared to the same period in early 2019.