



Did you know?

- 40% of people will have a diagnosable mental health disorder in their lifetime
- According to the suicide prevention lifeline, someone in the US dies from suicide every 16.2 minutes.
- The World Health Organization estimates that only 17% of people have optimal mental health.

Make your voice heard

Visit refuathanefesh.org, share your mental health experiences, get support and empower the community to understand.

What is Refuat Hanefesh?

Refuat Hanefesh is a 501c3 non profit dedicated to decreasing mental health stigma through conversation and education, while providing a safe place for those affected to seek support and advice.

Although all will find our information helpful and are encouraged to participate, what makes Refuat Hanefesh unique is the cultural sensitivity to the Jewish population.

What users are saying:

"I Just wanted to let you know I am a big fan of the Refuat Hanefesh Website. Much needed and well put together. It actually came up at a Shabbos meal of mine last week."

"I can't believe I finally found a site in the Jewish community dealing with mental illness"



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Where stigma ends and support begins.

Visit RefuatHanefesh.org and join the movement!

A CALL TO ACTION ON MENTAL HEALTH IN THE JEWISH COMMUNITY

Eradicating stigma by educating, listening, providing resources, and inspiring.



Take the road less traveled. Stand up and be proud. Help others on the long road to recovery by taking the pledge and helping to end stigma.

“Take the Pledge”

By taking the pledge, you are committing to calling, preparing meals, praying, listening or giving support in other ways to someone suffering from a mental illness.

Who runs Refuat Hanefesh?

Refuat Hanefesh is managed entirely by volunteers. Contributors include psychologists, social workers, psychiatrists, addiction counselors, marriage therapists, accountants, lawyers, businessmen, and people with personal experiences. You too can make a difference and join our team! info@refuathanefesh.org.

Refuat Hanefesh promotes healing, acceptance, and understanding by way of peer support, normalization and education. We are geared towards individuals with a mental illness, their family and friends, Rabbis, and anyone with a desire to increase their compassion for those affected by mental illness.

Donate

Tax deductible donations can be made through the website or by sending a check to: **Refuat Hanefesh P.O. box 3332 Silver Spring, MD 20918.**



At RefuatHanefesh.org you will find:

- Professional articles on mental health topics
- A peer led Support Room
- Live Conversations exploring various mental health conditions and personal stories
- Educational resources
- First hand stories
- Recommended books, websites and lectures
- Creative Contest to engage the community
- Much more...

Join our community and discover how **you** can be part of the conversation!