



HEBREW UNION COLLEGE - JEWISH INSTITUTE OF RELIGION

KALSMAN INSTITUTE
on Judaism & Health

3077 University Ave. • Los Angeles, CA • 90007
213-765-2149 • www.huc.edu/kalsman

Kalsman Institute on Judaism and Health

www.huc.edu/kalsman

The Kalsman Institute has become a repository for Jewish resources on issues relating to health and wellness, and spirituality and healing. You can find many of these resources on the website.

Suicide:

A Jewish Response to Suicide

<http://www.myjewishlearning.com/blog/lifecycle/a-jewish-response-to-suicide/>

Elijah's Journey: A Jewish Response to Suicide Prevention

Friends for Survival, Inc.

www.friendsforsurvival.org

Friends for Survival, Inc. is an organization of people who have been affected by a death caused by suicide. They are dedicated to providing a variety of peer support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss and educate the entire community regarding the impact of suicide.

Jewish Healing Center, NY

<http://www.ujafedny.org/view-agency-program/view/jbfcs-m-kom-shalom-a-place-for-peace/>

For 11 years, they have had an open monthly meeting for Jewish survivors of a close one's suicide, called M'kom Shalom. The facilitator, Rabbi Simkha Weintraub is a good resource, and is reachable through this website.

Survivors of Suicide

www.survivorsofsuicide.com/

The purpose of the Survivors of Suicide web site is to help those who have lost a loved one to suicide resolve their grief and pain in their own personal way.

The Trevor Project

<http://www.thetrevorproject.org/>

1-866-4-U-TREVOR

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. Signs and symptoms, how to help, hotline, chat and so much more can be found on this website.

URJ: Suicide

<http://urj.org/life/health/suicide/>

This webpage provides information on youth/teen suicide as well as national suicide resources.

Bullying:

The Blessing of a B Minus

Mogel, Wendy. *The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers*. New York: Scribner, 2010. Print.

The Blessing of a Skinned Knee

Mogel, Wendy. *The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-reliant Children*. New York: Scribner, 2001. Print.

Cyberbullying: Understanding and Addressing Online Bullying

<http://www.adl.org/cyberbullying/>

The Anti-Defamation League, a world leader in fighting bigotry and hatred, has taken a leadership role in working to combat online bullying by raising awareness through workshops, programs and advocacy.

JESNA: Bullying

<https://www.jesna.org/component/mtree/bullying-new>

Jewish Education Service of North America provides of a variety of Jewish resources on bullying.

NFTY, Living NFTY: Bullying, Teasing, Harassment

<http://www.nfty.org/resources/guides/bullying/>

NFTY responds to virtual and viral bullying, teasing, and harassment. Included in this initiative is a collection of resources on bullying, ways to get involved in eradicating bullying in your community, programmatic resources, Jewish perspectives on Tochecha, Teshuva, and Selicha.

Reform Judaism Magazine, *Behind Bullying Winter 2010*

<http://reformjudaismmag.org>

Why some adults act aggressively toward others-what to do when you think it's happening to you. Dr. Atkins and Rabbi Mencher teach how to help kids-from tots to teens-handle bullying behavior.

Resilience of the Soul: Developing Emotional and Spiritual Resilience in Adolescents and Their Families

Mencher, Edythe Held., Yael Shmilovitz, Michael Howald, and Rabbi Richard, F. Address. *Resilience of the Soul: Developing Emotional and Spiritual Resilience in Adolescents and Their Families : a Program and Resource Guide for Congregations Based on the Kedushat Ha Guf Program*. New York, NY: URJ, 2007. Print.

Bullied: A Student, a School and a Case that Made History.

<http://www.tolerance.org/bullied>

Stop Bullying

<http://www.stopbullying.gov/>

Project 10

http://tiny.cc/teacher_resources

Resources for educators.

LGBT Specific Resources:**GLSEN (Gay, Lesbian, and Straight Education Network)**

<http://www.glsen.org/cgi-bin/iowa/all/library/record/2624.html?state=research&type=research>

A study on bullying in the LGBT community

Gay Straight Alliance Network

<http://www.gsanetwork.org/get-involved/change-your-school>

Programmatic resources for the LGBT community