

Mental Health, Suicide Prevention, and Addiction Resources

“What matters not so much is where you stand...but with what force you are moving in which direction.” - The Lubavitcher Rebbe

*The following resources are only a sampling of the many resources that are available.
The RCII does not endorse these organizations.*

Mental Health Resources

- National Alliance on Mental Illness (NAMI) <https://www.nami.org/>
- National Institute of Mental Health (NIMH) <https://www.nimh.nih.gov/health/find-help/index.shtml>

Suicide Prevention Resources

- If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) <https://suicidepreventionlifeline.org/chat/> or call 911 immediately.

Addiction Resources

- Alcohol Abuse: Alcoholics Anonymous <https://www.aa.org>
- Cocaine Abuse: Cocaine Anonymous <https://ca.org>
- Gambling: Gamblers Anonymous <http://www.gamblersanonymous.org/ga/>
- Narcotics: Narcotics Anonymous <https://www.na.org>
- Sex Addiction: Sexaholics Anonymous <https://www.sa.org>
- Food Disorders: Food Addicts in Recovery Anonymous <https://www.foodaddicts.org>
- 12 Steps Program - for a full list of all 12-step programs available. <https://www.addictioncenter.com/treatment/12-step-programs/>

- **Please Note:** Each of these programs usually have a local resource center called an "Intergroup Office." This is most often the best way to find out about the supports available in your specific area and a good way to ensure you are directing people to the right places. Intergroup numbers can be found by typing in "Your city AA Intergroup" (or insert other program) into a Google search."

Where can you refer family members of someone struggling with an addiction?

- Al-Anon and AlaTeen - <https://al-anon.org>

Jewish Support Resources

*The following resources are only a sampling of the many resources that are available. The RCII does not endorse these organizations. **All resources listed below are FREE of charge for services*

Addiction

- **AMUDIM**
Referrals, Crisis Intervention, Education and Awareness for Substance Abuse and Addiction
Phone: 646-517-0222 Fax: 646-517-0221 More info: www.amudim.org
- **The Guard Your Eyes Network for Frum Recovery**
Assisting those struggling with compulsive use of inappropriate materials and related behaviors. Offering anonymous intervention, provider care referrals, 24 hour support, 12 step groups and more. Go to www.guardyoureyes.com for more information
- **JACS - Jewish Alcoholics, Chemically Dependent Persons and Significant Others**
Support for Jewish alcoholics and chemically dependent persons and their families.
Phone: 212-632-4600 Fax: 212-399-3525 Email: jacs@jbfcs.org

General Jewish Mental Health Service Referrals

- **Relief**
Non-profit organization offering mental health referrals, education and support to the Jewish community worldwide.
Go to www.reliefhelp.org website for phone numbers for specific geographic areas.

Domestic Violence and Abuse

- **Shalom Task Force**
National non profit organization dedicated to helping Jewish individuals and families struggling in troubled or abusive relationships. Confidential Anonymous Hotline: 718-337-3700 or 888-883-2323