

# SHINE THE LIGHT

## MENTAL WELL-BEING RESOURCES

CLICK THE LINKS BELOW FOR MORE INFORMATION.

### Jewish Family Service Support Groups

Jewish Family Services offers an array of support groups, many via Zoom, including for caregivers, breast cancer patients, victims of abuse, and those with chronic pain.

### Grant Halliburton Foundation

The Grant Halliburton Foundation works to strengthen the network of mental health resources for children, teens and young adults. The Here for Texas Mental Health Navigation line is a helpline for information, 972.525.8181.

- Pandemic Resources
- Here for Texas Mental Health Navigator Services

### Suicide Prevention and Crisis Resources

- National Suicide Prevention Lifeline: 800.273.8255
- Text HELP to 741741
- TAG: Take it seriously, Ask Questions, Get Help

### Temple Emanu-El Clergy and Pastoral Support

Our Temple clergy provide ongoing pastoral support to congregants through grief, physical and mental health challenges and spiritual crises of all kinds. To connect to our clergy team, please call the main number at 214.706.0000.

### Temple Emanu-El Director of Member Support Resources and Referrals

Our pastoral care team and our No Barriers program help to connect congregants with much-needed referrals and resources related to aging challenges, financial struggles, hospice needs, mental well-being strategies and other concerns. For more information or to schedule an appointment please contact Meredith Pryzant, Director of Member Services, at [mpryzant@tedallas.org](mailto:mpryzant@tedallas.org), 214.706.0000, ext. 122.

### Temple Emanu-El/JFS Grief Support Group

Our twice-monthly grief support is facilitated by JFS therapist Harriet Cohen, Ph.D., LCSW, lay group leader Karen Levinson and Meredith Pryzant, Director of Member Support. Contact Meredith for more information, [mpryzant@tedallas.org](mailto:mpryzant@tedallas.org), 214.706.0000, ext. 122.

### Temple Emanu-El Worship and Spiritual Connections

- Shabbat Services
- Morning Minyan: Sunday-Friday at 8:15AM
- Yoga Emanu-El: Tuesdays at 4PM on Facebook
- Qigong

### OK to Say Initiative

This initiative provides strategies for reaching out and supporting a friend or family member with a mental health concern.