

# 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.

- [Mental Health Resources](#)
- [Here for Texas Mental Health Navigator Services](#)

### Suicide Prevention and Crisis Resources

- [988 Suicide and Crisis Lifeline](#) call 988 to access confidential emotional support to people in suicidal crisis or emotional distress, 24/7
- [Crisis Text Line](#) - Text HOME to 741741 to connect with a volunteer crisis counselor
- [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.

### The Blue Dove Foundation

- The Blue Dove Foundation provides information about mental illness and substance abuse through a Jewish lens
- Resources address a wide range of topics from Jewish holiday observances to destigmatizing mental illness

### Temple Emanu-El Director of Pastoral Support

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 MSW, Director of Pastoral Support, at [mpryzant@tedallas.org](mailto:mpryzant@tedallas.org), 214.706.0000, ext. 2016.

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

Our online grief support is facilitated by JFS therapist Harriet Cohen, Ph.D., LCSW. Our in-person grief support group is facilitated by Meredith Pryzant, MSW, Director of Pastoral Support. Contact Meredith for more information, [mpryzant@tedallas.org](mailto:mpryzant@tedallas.org), 214.706.0000, ext. 2016.

### Temple Emanu-El Worship and Spiritual Connections

- [Shabbat Services](#)
  - [Morning Minyan](#): Sunday-Friday at 8:15AM
  - [Yoga Emanu-El](#): Tuesdays afternoon at Temple
  - [WRJ Qigong](#) | Wednesdays at 11AM on Zoom
- Watch Temple's weekly email for Zoom link.

### OK to Say Initiative

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