

## REAL Support at Rodef Sholom

**Are you or a family member struggling?  
Not sure who to talk to or where to get help?  
The clergy, staff, and community  
are here to support you.**

### REAL Allies

The Buddy System at Rodef Sholom - the REAL Allies program was created by congregants for congregants to increase opportunities for support and connection within our community. Allies are volunteers who have "been through it" and want to help other congregants. You can meet with your ally once or many times; whatever feels right for both of you.

### REAL Talk

Support for Parents with Teens and Young Adults who struggle - are you the parent of a teen or young adult struggling with mental health-related issues? Come connect and share resources and support with other parents who get it.

### Join a REAL team

Have something to contribute to our Mental Health Initiative? Want to help shape the future of our REAL work? Join one of our REAL MHI teams and help us make a REAL difference in ending the stigma and isolation of mental illness in our Jewish community.

### Attend a NAMI Family-to-Family at Rodef Sholom

Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.



**REAL** *LIFE.  
PEOPLE.  
CONNECTIONS.*

The Mental Health Initiative at Rodef Sholom

To get involved with any of these programs  
or for more information, please contact:

JoAnne Forman  
REAL Mental Health Initiative  
415.479.3441  
[joanne@rodefsholom.org](mailto:joanne@rodefsholom.org)

Congregation Rodef Sholom  
170 North San Pedro Road  
San Rafael, CA 94903  
[www.rodefsholom.org](http://www.rodefsholom.org)



*Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).*

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## REAL Life happens to us all.

Mental health challenges are a part of life. In fact, one in four of us will experience a mental health challenge in any given year. Whether we experience stress, the effects of trauma, anxiety or depression, people often conceal this part of themselves. This can change. Through real, honest conversations about mental health we can better support each other on the path to wellness and well-being.

## REAL People are the heart of Rodef Sholom.

We welcome your real self. Rodef Sholom is a community that aims to help build Jewish lives that are authentic – to touch us where we are today, and still provide room to grow. In doing so, we envision individuals that are enriched and a community that is transformed.

## REAL Connections are built on openness, safety, and belonging.

We seek the deepening of real, meaningful connections: to ourselves, to each other, to our spirituality. For people with mental health challenges, the lack of connection created by stigma and the accompanying silence can create as much suffering as the illness itself.

Judaism understands that physical and mental illness are equally deserving of healing. Through the mental health initiative at Rodef Sholom, we strive to create place for all people to be REAL - to share their life experience, bring their real selves, and connect with a welcoming and caring community.

## How to HELP OTHERS.

**TAKE IMMEDIATE ACTION IF any of these signs are present — if the person in question is:**

- in the act of hurting or killing him or herself, has a weapon or other lethal means
- threatening to hurt or kill him or herself
- looking for ways to hurt or kill him or herself, talking about a plan to do so
- talking about death or suicide and is acting anxious or agitated
- talking about death or suicide and is intoxicated or “high” on drugs

**If you answer YES to ANY of the above:**

- Call 911 or Marin County's 24/7 Suicide Prevention and Crisis Hotline: 415-499-1100
- Remove all lethal means (weapons, medications, etc.) from the vicinity
- Take the person to a nearby Emergency Room or walk-in psychiatric crisis clinic

**DO NOT PUT YOURSELF IN DANGER; if you are concerned about your own safety, call 911.**

**REACH OUT IF you answer NO to ALL of the above:, but are still concerned:**

- Don't be afraid to reach out to the person you care about and create a safe space for them to talk about what they're going through.
- Need help figuring out what to say? Visit [www.suicideispreventable.org](http://www.suicideispreventable.org) and select “Find the Words.”

*Tips on “How to help” shared with permission from Each Mind Matters: California's Mental Health Movement. Learn more at [www.EachMindMatters.org](http://www.EachMindMatters.org).*

## Get HELP NOW.

**IF YOU NEED HELP NOW or know someone who does – in Marin County:**

**24/7 Suicide prevention and crisis hotline:**  
1-415-499-1100

**Mental health services 24/7 access hotline:**  
1-888-818-1115

All Marin County residents and visitors who are experiencing a mental health crisis, such as suicidal depression or psychotic behavior, that requires immediate attention, can use this line (sometimes this includes referring clients to local inpatient hospitals for more intensive care).

**Rodef Sholom after-hours emergency number:**  
1-415-482-6307

**IF YOU DON'T NEED IMMEDIATE HELP, but are experiencing a mental health, emotional or spiritual crisis:**

**Make an appointment to speak with a member of the clergy. To make a confidential appointment with a member of our clergy, contact Hagar at 415.479.3441 or [hagar@rodefsholom.org](mailto:hagar@rodefsholom.org).**

To get involved with any of these programs or for more information, please contact JoAnne Forman, REAL Mental Health Initiative Program Coordinator at 415.479.3441 or [joanne@rodefsholom.org](mailto:joanne@rodefsholom.org)

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