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  

Elijah’s Journey: A Jewish Response to Suicide Prevention

**Friends for Survival, Inc.**  
[www.friendsforsurvival.org](http://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**  

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/](http://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**  

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**  

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

**The Blessing of a B Minus**

**The Blessing of a Skinned Knee**

**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-
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**

**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