



# We're not going it alone. You don't have to either.

Mental Health Access powered by CJP is working to improve access to mental health services, raise awareness, and destigmatize mental health issues for our Jewish community.

## Mental Health Connect

Need help but don't know where to start or what mental health services and resources are available to you? Call Jewish Family & Children's Service (JF&CS) for free, confidential referrals and advice from trusted professionals. They can connect you and your family to support groups, coaching, social outlets to combat isolation, and more.

### Contact JF&CS

[mentalhealth@jfcscboston.org](mailto:mentalhealth@jfcscboston.org)

781-693-5562



## Path to Well-being

A no-cost, virtual program to support your mental health, developed in partnership with McLean Hospital and Jewish Family & Children's Service.



## Therapist Finder for Our Jewish Community

The William James College INTERFACE Referral Service is a free resource that matches you with licensed, available mental health providers.

**We want to help. Visit us at [cjp.org/mha](http://cjp.org/mha) for more information on our resources.**