

September 2021 Resources: Jewish American Mental Health

The Anti-Racism Task Force is pleased to bring you this edition of our monthly resource blast. Each month we release links and resources related to a specific theme. No questions will be posed, but feel free to share reflections or start a conversation. Please note that this resource dissemination initiative is concluding in October 2021 to allow the ARTF to focus on new anti-racism focused projects and educational opportunities for PAWNY members. An archive of these resource blasts will soon be available for your reference on the PAWNY website.

This month our resources focus on Jewish American Mental Health. Autumn brings about some of Judaism's major holidays including Rosh Hashanah (the Jewish New Year), Yom Kippur (the Day of Atonement), Sukkot (commemorates the protection God provided to the children of Israel when they left Egypt), and Simchat Torah (celebrates the conclusion and restarting of the annual torah-reading cycle). For Jews, it is a time for celebration and personal and communal reflection. Unfortunately, the recent increase in activities of white supremacy groups and increased anti-semitism leaves many Jews fearful for their safety, wondering when the baseless hatred will be eliminated. That, combined with a long history of oppression, the collective memory of the trauma of the Holocaust, and the continued denial of the Holocaust by some, can profoundly affect the mental health and well-being of Jews across the globe. The Anti-Racism Task Force hopes that these resources will help you understand how the current rise of anti-semitism and anti-jewish rhetoric affect Jews and provide some guidance on how to support Jewish clients who seek psychotherapy.

ARTICLES/ESSAYS

- [APA calls for End to Continued Anti-Semitic Violence in US](#)
- [Stress & Trauma Toolkit for Treating Jewish Americans in a Changing Political and Social Environment](#)
- [Mental Health and Mental Health Care for Jews in the Diaspora, with Particular Reference to the U.K](#)
- [Affirmative Psychotherapy for American Jews](#)
- [Judaism and Mental Illness](#)
- [The Effect Of Anti-Semitism On Mental Health](#)
- [Anti-Semitism and Its Mental Health Effects](#)
- [Stanford Mental Health Professionals File Complaint Over 'Severe' Antisemitism](#)
- ['I'm a Jewish Woman and Anti-Semitism Is a Serious Strain on My Mental Health'](#)
- [Christian Privilege: Breaking a Sacred Taboo](#)
- [Intergenerational consequences of the Holocaust on offspring mental health: a systematic review of associated factors and mechanisms](#)

INFORMATION SHEET

- [NYS OMH Spotlight on: Jewish Americans Mental Health](#)

PODCASTS

- [Anti-Semitism Now, Anti-Semitism Then - Vox Conversation](#)
- [Jewish Questions: Anti-Semitism on Apple Podcasts](#)
- [Podcast: Voices on Antisemitism — United States Holocaust Memorial Museum](#)

CHILDREN'S BOOKS & RESOURCES

- [5 Tips for Talking with Children About Anti-Semitism - JSSA](#)
- [How to Talk to Kids About Anti-Semitism and Why It's Important | Parents](#)
- [How to Talk To Children About Anti-Semitism | PJ Library](#)
- [Teaching Our Children To Fight 'Baseless Hatreds' | Cognoscenti](#)

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The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

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