



# BeWELL

BeWell strengthens the Jewish community's ability to build resilience and offer support and care to those who need it. BeWell, a well-being initiative led by the Jewish Federations of North America, helps teens and young adults thrive.

## North American Resiliency Roundtable

Join a dynamic and growing network of diverse organizations: Federations, engagement, immersive travel, start-ups and legacy organizations, along with clinicians working in Jewish settings. We share and discuss pressing topics impacting youth well-being, explore national best practices, and highlight strong examples across the Jewish community that positively impact youth and those who care about them. Use this QR code to sign up.



## Local Resiliency Roundtables

Nearly 20 local Resiliency Roundtables have launched around the country. These collaborations understand and address community needs by drawing on national best practices, local resources, and the strengths of partners. Interested in bringing one to your community? Reach out to Sara Allen at [sara.allen@jewishfederations.org](mailto:sara.allen@jewishfederations.org).

## Training & Education

We offer a variety of evidence-based certificate trainings and educational workshops that promote well-being and support mental health for young people. Integrating Jewish wisdom and tradition, our facilitators lead courses including Youth Mental Health First Aid or Mental Health 101 which enable caring adults to identify and support those struggling, while promoting healthy environments. Peer-to-peer trainings give young people language and tools to support their friends. More than 10,000 people have participated in a BeWell training or educational program. Use this QR code to learn more.



## Consulting & Communities of Practice

We offer hands-on assistance to Federations and national organizations to help effective models spread, start local Resiliency Roundtables, and catalyze new well-being programs in a variety of settings. We connect a network of BeWell partners, educators and those leading local Resiliency Roundtables for additional support.

## Research

Our groundbreaking national research project illuminated the state of well-being of American Jewish teens, producing the most comprehensive portrait to date designed to inform policies, offer interventions and catalyze strategic action. BeWell is a central resource for research and data from communal organizations and secular sources, shaping our understanding of evolving mental health needs for the Jewish community.

**Together we are changing the conversation around well-being and mental health in Jewish spaces.**

Learn more and get involved:  
[www.jewishtgether.org/bewell](http://www.jewishtgether.org/bewell)

