



Today, tomorrow, and every day NAMI Massachusetts condemns the rampant, hateful rhetoric that is being amplified by public statements of antisemitism in media. We stand in solidarity with our Jewish partner organizations, families, friends, and co-workers in the face of these insensitive, morally repugnant statements and actions.

While NAMI Massachusetts upholds the mental health of all individuals, we want to be very clear that mental health conditions are not a reason to promote, support, or boast hate speech. NAMI Mass continues to provide safe and inclusive programming that welcomes all individuals experiencing a mental health condition and their loved ones. We hope that NAMI Mass can continue to provide extra support during these abhorrent times.

If you or a loved one is experiencing a mental health crisis in response to these harmful statements and actions, please review the below resources for more support.

- [The Jewish Family & Children's Service \(JF&CS\)](#) offers free, confidential information and referral services.
- [The Jewish Federation of Greater Washington](#) offers resources and tools for addressing antisemitism, intolerance, and bias. These tools can help everyone support their Jewish friends and family members.
- The Lappin Foundation presents a [Teen Antisemitism Task Force](#) for high school teens of all faiths. The Task Force works to combat antisemitism and all hatred through education and action. The next Task Force Meeting is via zoom on December 8, 2022, 7:30 – 8:30.

We know that experiencing discrimination is linked to [negative effects on overall well-being](#). Additionally, a 2021 study found that those who faced frequent discrimination were around 25% more likely to be diagnosed with a mental health condition than people who didn't experience discrimination.<sup>1</sup> Again, we stand in solidarity with those in the Jewish community who have been impacted by the traumatic statements and actions in our communities and the media.

---

<sup>1</sup> Lei, Yvonne, et al. "Discrimination and Subsequent Mental Health, Substance Use, and Well-Being in Young Adults." *American Academy of Pediatrics*, American Academy of Pediatrics, 1 Dec. 2021, <https://publications.aap.org/pediatrics/article/148/6/e2021051378/183387/Discrimination-and-Subsequent-Mental-Health?autologincheck=redirected%3FmfToken>.