

ABOUT UMATTER

The mission of the Friendship House, a division of Friendship Circle, is to support those struggling with isolation through friendship, community, resources, and programming. This is based on the teachings of the Lubavitcher Rebbe, of blessed memory, who constantly encouraged us to remember that within each person is a soul, and that our soul is equal and worthy of boundless love. None of us are complete unless all of us are included.

UMatter, built upon this mission, focuses specifically on teens that are struggling. Under the guidance of Rabbi Yarden Blumstein, UMatter operates on a peer-to-peer model of teens helping their peers overcome stigmas and other obstacles in regards to mental health challenges.



"The very fact that you are here, in this place, at this time and with these opportunities available to you, means that there is something to be done - something that only you can do, something of utmost importance to G-d."

-The Rebbe



To find out more, visit:
www.friendshipcircle.org/umatter



Suicide Hotline:
1-800-273-8255



A DIVISION OF:

Daniel B. Sobel Friendship House
www.friendshipcircle.org/friendshiphouse



OUR PROUD PARTNER:

The Andrew Kukes Foundation
www.akfsa.org



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SAVE A LIFE
SAVE THE WORLD
-THE TALMUD



TRIBUTE TO ANDREW KUKES

Friendship Circle partnered with Andrew Kukes Foundation for Social Anxiety to expand its reach and scope of its projects. U Matter is proud to be working with AKFSA to help tell Andy's story and to spread the word that U Matter.

Andrew Kukes's eight year battle with severe depression ended on July 14, 2009 when he took his own life at only 30-years-old. Andy suffered from social anxiety and the common co-occurring condition of depression for the majority of his young adult life.

The Andrew Kukes Foundation for Social Anxiety was founded by Andy's parents, Patricia Kukes and Jeffrey Kukes, and his brother, Scott Kukes, with the hope that with proper education, awareness and support, other families will benefit and be saved from the pain caused by the loss of a loved one, and that those who suffer from social anxiety can find balance and peace in their lives.

To learn more about the Andrew Kukes Foundation, visit www.akfsa.org.

RESOURCES

If you are feeling isolated, you are not alone: 20% of teenagers live with a mental health condition, and 50% of all mental illness cases start at age 14. On average, it takes ten years for someone to receive intervention after symptoms of mental illness show.

? WARNING SIGNS INCLUDE, BUT ARE NOT LIMITED TO:

- Feeling very sad for 2 or more weeks.
- Trying to harm oneself or making plans to do so.
- Significant weight loss or weight gain.
- Extreme changes in sleeping habits.
- Severe mood swings that affect relationships.
- Repeated use of drugs or alcohol.
- Extreme difficulty concentrating in school.
- Intense worries or fears about routine activities like school or social outings.

? WHAT PARENTS CAN DO:

- Talk to your child's doctor.
- Get a referral to a mental health specialist.
- Work with your child's school.
- Connect with other families.

? WHAT YOU CAN DO:

- Be honest about how you are feeling.
- Show strength and ask for help.
- Remember that you are not alone: 1 in 5 young adults live with a mental health condition.
- Remember that U Matter.

Citation: Thank you to the National Alliance on Mental Illness and the Anxiety and Depression Association of America for these statistics and warning signs.

Visit www.friendshipcircle.org/resources for more helpful tools.



PROGRAMS THAT MATTER

UMATTER WEEK

UMatter week is a week long campaign in high schools that focuses on spreading the message that each individual matters. It consists of teacher TEDTalks, hall decorations, an essay contest, SafeTALK trainings, and more.

SAFETALK

SafeTALK is a three hour alertness training that prepares the participant to become a suicide-alert helper. Individuals who deal with suicidal thoughts don't usually want to die, and most actually give hints to people in their lives that they are formulating these thoughts. However, many individuals miss these invitations to help. SafeTALK helpers are more capable to recognize these invitations and take action.

Find out how you can sign up for a SafeTALK training at www.friendshipcircle.org/umatter.