

# BOUNDARIES WITH COMPASSION

## Local and National Resources You Should Know

*\*Sponsoring Organization*

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THE HINDA INSTITUTE

**No Shame On U**  
END STIGMA. SAVE LIVES.



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# MEDICAL/MENTAL HEALTH

## 988 SUICIDE PREVENTION LIFELINE

- <https://988lifeline.org/>
- 988
- Free 24/7 support and resources for those in crisis and those who support them

## SAMSA (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION)

- <https://www.samhsa.gov/>
- 1-800-662-4357
- Resources and treatment facility referrals for those facing mental health and/or substance use disorders

## NATIONAL EATING DISORDERS ASSOCIATION

- <https://www.nationaleatingdisorders.org/>
- Resources, education, and support for those affected by eating disorders.

## VETERANS CRISIS LINE

- <https://www.veteranscrisisline.net/>
- 988, press 1
- Crisis support for veterans and their loved ones

## RELIEF

- <https://www.reliefhelp.org/>
- 773-453-6242
- Relief simplifies the process of accessing and evaluating appropriate mental and emotional health services for members of the Jewish Community.

## HINDA INSTITUTE\*

- <https://www.hindahelps.com/>
- 847-296-1770
- Empowering families of those incarcerated and affected by trauma and crisis

## JCFS\*

- <https://www.jcfs.org/>
- 855.275.5237
- Assisting others to transition from crisis to support

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## NO SHAME ON U\*

- <https://www.noshameonu.org/>
- 877-275-7261
- Educating the public about mental health and work to decrease the stigma facing it

## LA'BRIUT\*

- <https://www.labriutwomen.org/>
- 773-234-5281
- Mental health peer support for Jewish women

## THE ARK\*

- <https://arkchicago.org/>
- 773.973.1000
- Enabling people to become self-reliant

## NAMI CCNS\*

- [www.namiccns.org](http://www.namiccns.org)
- 847-716-2252
- National Alliance On Mental Illness, Cook County North Suburban Improving lives through connection, education, and hope for all affected by mental health challenges.

## CHICAGO MITZVAH CAMPAIGN

- [www.chicagomitzvahcampaign.org](http://www.chicagomitzvahcampaign.org)
- 866-MYRABBI (866-697-2224)
- The Chicago Mitzvah Campaign offers compassionate support to Jewish patients and seniors in times of illness and need, providing social, material, and spiritual care.

# VOCATIONAL

## JOBLINK

- <https://joblinkchicago.org/>
- 773-866-1111
- Free assistance to job seekers with resume review and job placement

## JEWISH VOCATIONAL SERVICES

- <https://www.jcfs.org/jvs>
- 855-275-5237
- High-quality employment services through assessment and education that empower individual success

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# FINANCIAL/FOOD ASSISTANCE

## CHESED CHICAGO

- <https://www.chesedchicago.org/>
- 847-679-7799
- Services which include a warehouse that contains food and clothing pantry, services such as financial counseling and assistance among many other things for those in need

## CHICAGO KITCHEN

- [www.thechicagocenter.org](http://www.thechicagocenter.org)
- 773-761-4005 ext 161
- Home cooked food for individuals and families delivered to the hospital or home

## CHICAGO FAMILY

- [www.thechicagocenter.org](http://www.thechicagocenter.org)
- 773-761-4005 ext 163
- Family support through life's milestones and challenges

# MEET THE PANELISTS

Rabbi Dr. Joseph S. Ozarowski  
Rabbinic Counselor & Chaplain, JCFS Chicago



Rabbi Dr. Joseph S. Ozarowski is Rabbinic Counselor and Chaplain at JCFS Chicago. A nationally recognized teacher and speaker, he has served congregations across the U.S. and currently serves at JCFS as a Board-Certified Chaplain. He is the Immediate Past President of Neshama: Association of Jewish Chaplains and former President of the Chicago Board of Rabbis. Rabbi Ozarowski is also a prolific author; with his book *To Walk in God's Ways* considered a foundational text in Jewish pastoral care.

Dr. Stephanie Kutzen, PhD, LCSW  
Therapist at Hinda Institute  
& Founder of Employee Consultation Services



Dr. Stephanie Kutzen is a cum laude graduate of the University of Chicago and Ph.D. recipient from the University of Illinois, Jane Addams College of Social Work. She recently retired as an Adjunct Professor of Social Work at UIC and devotes more time providing clinical services to the Chicago Division of the Drug Enforcement Administration, The Hinda Institute and in Private Practice. Dr. Kutzen's areas of expertise are the Addictions, Mental Health and Trauma Informed Care.

Bonnie Lane, MS  
Board Member & Principal Therapeutic Consultant,  
No Shame On U



Bonnie Lane is a mental health advocate and therapeutic consultant with over 20 years of experience supporting families facing serious mental illness, substance use disorder and other addictions. She holds master's degrees in Developmental Psychology, Counseling Psychology and Special Education and is certified in mediation and domestic violence counseling. Bonnie serves on the board of No Shame on U and the Mental Health Summit, Healthy Minds Healthy Lives. and facilitates free support groups for families of the seriously mentally ill through No Shame On U. She is a member of the NAMI IL legislative committee and they, along with the Mental Health Summit, make laws more favorable to those struggling with a serious mental illness and the people that love them.

# THANKS FOR JOINING!

**\*Sponsoring Organization**

A group or organization that is officially supporting or helping to put on the event. This support can include funding, resources, promotion, or other assistance to help make the event possible.