



BECAUSE OF YOU EMILY HAS FOUND *Hope*



For more than 60 years,

Jewish Collaborative Services (JCS) has been providing high quality counseling services to individuals, couples, and families who struggle with life's stressors and mental health challenges.

JCS is fortunate to have clinicians with strong skills and many years of experience working with teens and their families. This has been especially important during the COVID-19 pandemic as new stressors, including remote home schooling, social isolation, increased anxiety surrounding illness and death, financial instability, and loss have struck countless families across our country. Many teens have experienced sleep disturbances, depressed moods, low motivation for academics, excessive worries and fears, and eating disorders, among other symptoms.



MEET *Emily*

An eighteen-year-old high school senior, Emily, describes it “not like a roller coaster, but more like a haunted house that you can never get out of. There was no end in sight – everything was dark, uncertain, scary... a never-ending haunted house.”

While many of her friends also have felt sad about the required social isolation and having to miss out on fun high school events, Emily's emotional state was markedly much worse than her peers. She grew more anxious as the months progressed, fearful of leaving her home. Even spending time outside, where she knew it should feel safe, didn't feel safe to her.

The partial re-opening of school last fall was particularly stressful, so Emily began virtual counseling sessions at JCS. Reflecting on what has helped the most from counseling, Emily stated...

“It is so hard to try to explain to friends and family why I get so worried, but my therapist gets it. She reminds me that my feelings are real and I can work through my fears using new coping skills she has taught me. I'm learning a lot about myself and think the experience of the past year will help me in the future.”



Did you know?

37% of RI adults reported experiencing symptoms of anxiety or depression this past year.¹

Whether due to anxiety during the pandemic, overwhelming sadness due to the loss of a family member, or the need for financial assistance, **your gift to our annual campaign at JCS will ensure that ANYONE struggling has access and guidance to the essential services needed to recover and thrive.**

With your continued donations we **CAN** and **WILL** help. **Please consider making your gift to JCS today.**

On behalf of Emily, **THANK YOU** for your support.



By check with the provided envelope



JCSRI.org/Donate



Call us at 401.331.1244

*All programs offered through JCS are essential in addressing the needs of our community during this time. Your 100% tax deductible donation will allow our programs to help individuals when they need it most. **Thank you!***

1: KFF Analysis of U.S Census Bureau, Household Plus Survey, 2020.



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