



# Chazkeinu

PROVIDING MENTAL  
HEALTH PEER SUPPORT  
FOR JEWISH WOMEN

**B**lood is thicker than water, but love is thicker than blood. That is why we call each other Chazkeinu sisters. We are a family of women battling mental illness; we are

a family that connects women who are struggling alone and offers them a safe and confidential space to overcome the shame and stigma of mental illness. We are a no-judgment zone, and continuously support and uplift our sisters.

Chazkeinu sends out daily emails that provide *chizuk*, warmth, a daily boost, and a touch of home. We also have two weekly phone meetings presenting a personal speaker, professional advisor, or an inspirational orator. In addition, we have two weekly Zoom meetings with speakers, as well as other exciting activities, including cooking demos, concerts, interactive games, and more! Additionally, Chazkeinu has live events around the world where members connect in an uplifting atmosphere through evenings of inspiration and fun.

Furthermore, Chazkeinu runs an annual Shabbaton where Chazkeinu sisters unite for an empowering Shab-

bos led by *rabbanim*, therapists, and peers. Members eagerly await this yearly event and have only the best things to say afterwards. One woman described how "at Chazkeinu, I know I can show my true colors without guilt or shame." She continues by describing how much she gained from the Shabbaton and how thankful she is for Chazkeinu.

Chazkeinu provides each of its members a list of the other members' *tehillim* names so that each member can pray for her sisters. We have a Partner program where we connect members one-on-one who are going through similar struggles for mutual connection and support.

Chazkeinu also runs Empowered, a non-emergency support line open to the community, where a team of licensed clinicians are available to answer questions and queries. Moreover, Chazkeinu provides newsletters, care packages, hospital visits, and more to any and all members of the Chazkeinu family.

Real struggles. Real people. Real feedback. Here is feedback from some of our members:

"Chazkeinu saved my life. Chazkeinu showed me that I am not alone. There are so many people like me who are living regular, normal lives despite their

diagnosis. Chazkeinu is my family; it is my comfort zone. It is the only place I can be open about my struggles and still feel understood, loved, and encouraged. Chazkeinu gives me hope to go on."

"The Chazkeinu Zoom meetings have been a life changer for me. They feel like mini-reunions each time! Seeing everyone is so exciting for me!"

"Thank You so much. I went over the contact list, and there are so many people out there suffering in silence! Thank You for giving us this venue to reach out and support each other."

Chazkeinu is the heart that beats within individuals battling mental illness. It is the first and front-running organization, which was created to support those suffering with mental illness, and remains the largest and only international peer-support organization for those fighting mental illness, and for their female family members. We wish that fewer people needed Chazkeinu, but are glad we can be there for the many who suffer daily. ♦

To reach Chazkeinu, call us at 314-346-7414 or email [info@chazkeinu.org](mailto:info@chazkeinu.org). You can check us out online at [www.chazkeinu.org](http://www.chazkeinu.org)

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THANK YOU to the Where What  
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