



Resource Pack

a project of UJS in partnership with Jami



Reclaim Resource Pack 2018

About this pack

Welcome to the Reclaim 2018 Resource Pack! Use this pack to shape and guide what your J-Soc decides to do for Reclaim.

This year Reclaim is taking place on 5-12 February, but if you'd like to hold events around that time it's completely up to you and your J-Soc.

This is your opportunity to take part in a pioneering campaign and get creative with your J-Soc to mark Reclaim week. If there are things you'd like to do that aren't in this pack, go for it – don't feel limited by these suggestions.

If you've got any questions, get in contact with [Rebecca](#).

Why do we run Reclaim?

In 2015 UJS passed policy to run a mental health campaign (read Louise's blog about it [here](#)), and so Reclaim was born!

Faith communities often struggle more than others to talk about mental health. The reasons for this aren't conclusive, but it's important to recognise that no matter your background, 1 in 4 people in their lifetimes will experience problems with their mental health. Often the stigma around mental ill health prevents people from seeking treatment and acceptance in their communities, and that's what Reclaim aims to combat.

Check out our Reclaim [website](#) for the history of project and contributions from students about mental health.

About Jami, our partners on Reclaim

Jami was established in 1989 by parents, relatives and friends of individuals who suffered from mental health problems, becoming the Mental Health Service to the Jewish Community. Jami provide a support service, working alongside statutory services, for people with a mental illness, aiming to support people to fulfil their potential, maximise their self-esteem and progress along their own unique pathway towards recovery. Alongside people directly affected, Jami support carers and provide an education service to the whole community to improve mental health knowledge, understanding and help people manage their wellbeing. Visit <http://www.jamiuk.org/> for more information.

Ideas for Reclaim Events

Bring Jami to your campus - Mental Health Awareness on Campus

Our time at university can be a wonderful experience of newfound independence alongside new friends, new studies and new opportunities. We also know that some of us may face mental health difficulties during our time as students. Student life presents us with a variety of experiences that can take a toll on our mental wellbeing.

Join Jami to explore student mental health: what should we look out for, what can we do to look after ourselves and the best ways to support our friends. Contact [Emma Dorman](#) for more information to bring Jami to your campus.

Jewish textual perspective on mental health

If your J-Soc is looking for a Jewish take on mental health, Shelley Marsh, the Executive Director of Reshet runs sessions on mental health from a Jewish textual perspective. During her sessions, you will look at Jewish texts, analysing previous characters that played an important role in shaping the history of the Jewish people through a mental health perspective. This session is designed for Jewish students of all levels of Jewish learning. Please contact [Rebecca](#) for more information. Alternatively, you could ask for learning events taking place in your J-Soc to tackle the issue of mental health.

Speaker events

Bringing in speakers is a great way to mark Reclaim and start a conversation in your J-Soc. You could bring in a speaker to speak about their personal experiences with mental ill health, to speak about the organisation that they work for or to raise awareness about a specific issue. You can link up with other faith societies to talk about mental health and faith or join with student mental health societies to talk about mental health on your campus.

Wellbeing Coffee Morning

Cake, biscuits and hot drinks are always a great setting to encourage J-Soc members to get together and just chat. This is a great opportunity to raise some money for Jami by asking students to contribute £3, whilst talking about self-care at university. Incentivising talking about mental health is so important for getting rid of the stigma surrounding mental health. You could incorporate this with self-care events below, like having arts and crafts activities or baking the treats you enjoy as part of the session.

Self-care events

Looking after yourself mentally at university can be challenging. Running events as a J-Soc to discuss mental well-being are fantastic ways to get involved with Reclaim. They're very simple and easy to run. Here's some ideas for events that you can run:

- Tea and chat
- Yoga
- Mindfulness
- Crafts
- Baking
- Walks/hikes

Mental Health FND

Let's get J-Socs around the country talking about mental health during their Friday Night Dinners! With a £1 suggested Jami contribution integrated into the price of an FND ticket and Jami resources to put out on your tables, it's a way to start conversations around mental health and mental well-being at university. It's also a great chance to bring in speakers, ask students to share their stories or give a d'var Torah on mental health. To receive Jami materials to spark the conversation on mental health please email [Emma Dorman](mailto:emma.dorman@ujsworld.org).

Write for us!

UJS is always looking for students to write for us! Whether it's articles, essays or poems, [get in touch](#) about putting together a piece for us on mental health. This can be on personal experiences, mental health at university, mental health in the Jewish community or anything else you'd like to write about!

Resources

- Contact [UJS](#) for our Reclaim posters to put up in your Hillel Houses and J-Soc spaces, to raise awareness and start conversations. We can send these in the post. Preview them [here](#) (click on Resources at the top.)
- UJS will be sharing graphics on mental health support so watch out for them throughout the week and share on your J-Soc social media accounts and personal accounts.
- Add the Reclaim [twibbon](#) to your profile pictures to show that you're joining the conversation. Why not include in the photo description a list of the events your J-Soc are organising or share some thoughts on mental health? The more you and your J-Soc speak about mental health, the closer we'll come to erasing the stigma and opening up the conversation.