



Pinner's Mental Health Shabbat weekend, 12-13 January, 2019

Pinner Synagogue dedicated last weekend to raising the profile of mental health in the community and encouraging people of all ages to be more in touch with their own mental health and wellbeing. Shabbat started with a sermon on the topic from our Guest Rabbi Michael Laitner, then a special D'var Torah from a member of the community, Judy Roth. Then on the Sunday night a discussion was well attended by the community. The discussion was run by JAMI's head of service with a guest panel of specialists in psychology, student health and a representative from Harrow's Child and Adolescent Mental Health team. Members of Pinner Synagogue discussed how to raise the profile of mental health in the Jewish Community with ideas ranging from creating information leaflets and providing training to help people identify and support people with mental health issues.

by Karen Kinsley, Welfare Co-ordinator, Pinner Care, Pinner Synagogue

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