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FOR IMMEDIATE RELEASE

Jewish Community Services' 211 Miami Suicide and Crisis Counseling Services Available 24/7/365

MIAMI, FL (December 23, 2020) - As COVID-19 continues to impact our community, mental health stressors and thoughts of suicide are on the rise. **Jewish Community Services of South Florida's (JCS) 211 Miami, our community suicide prevention and intervention service**, recognizes these concerns and stands ready to address the needs of the members of our community who face depression or suicidal thoughts stemming from the socio-economic impacts of the Pandemic.

Suicide is the 2nd leading cause of death in the United States for individuals in the 10-34 age range. Our nation loses over 47,000 Americans to suicide every year. JCS' 211 Miami helpline counselors are available 24/7, 365 days a year to provide support to members of our Miami Dade and Monroe County communities who struggling with thoughts of suicide or depression.

JCS 211 Miami has led suicide prevention services in Miami-Dade County since 1968 through community-wide crisis helplines available at no cost.

JCS 211 Miami offers access to free crisis counseling, as well as information and referral services with counselors fluent in English, Spanish and Creole. Translators are available in all other languages.

In addition to 24/7 availability for phone calls, **support services also are available by texting your zip code to 898211.**

If you or a loved one is experiencing hopelessness, anxiety, dramatic mood changes, increased alcohol or drug use, trouble sleeping, or withdrawing from friends and family, **please call 211 to speak to a trained helpline counselor.**

If you are in need of locating community resources to help with basic needs, 211 is also available to direct and guide the community to essential information and referral services.

211 Miami is a program of Jewish Community Services of South Florida and is funded by The Children's Trust, Thriving Mind South Florida, the United Way of Miami-Dade, and other supporters.

For further information, please contact Miriam Singer at msinger@jcsfl.org or 786-696-3267.

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ABOUT JEWISH COMMUNITY SERVICES OF SOUTH FLORIDA (JCS)

The mission of JCS is to improve the quality of life and self-sufficiency of the Jewish and broader communities throughout South Florida in accordance with Jewish values. JCS services include behavioral health, services to support the needs of Holocaust survivors and victims of domestic violence, 211 Miami, homebound meals delivery, kosher food bank, school-based services, disaster relief, and senior services. JCS assists clients in every zip code within Miami-Dade County and provides a single standard of excellent care and access to services regardless of age, race, ethnicity, religion, national origin or sexual orientation.