



MHANJbell

MHANJ Responds to COVID-19 Across New Jersey

Social distancing does not have to result in lack of connections to others. Join us on the phone or online -- We are here for you!

Don't let COVID-19 get you down! It's natural to feel isolated based on required social distancing. The Mental Health Association in New Jersey (MHANJ) has put several virtual and telephonic services in place to provide ongoing support and unique learning opportunities during these challenging times.

Our sessions are interactive, eye-opening and insightful. You can participate from the safety of your home by Zoom or on the phone. There is no cost to participate. This newsletter highlights many of our offerings.

[Click here to see a summary and links for all of MHANJ's sessions and resources on our website.](#)

Check the website weekly for updates and additional offerings.

NJ Mental Health Cares

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)

7 days per week, 8am - 8pm



NJ Human Services' Division of Mental Health and Addiction Services provides support to the Mental Health Association of New Jersey (MHANJ) to operate the line. [Click here to see NJTV's news story, "State helpline offers relief from stress and anxiety".](#)

Mental Health Telephone Support Available During COVID-19 Outbreak

NJ Mental Health Cares, the state's behavioral health information and referral service, now offers help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call 1-866-202-HELP (4357) for free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists. Messages will be returned. [Click here to read the entire press release from the New Jersey Department of Human Services.](#)

Support, Services and Advocacy for Individuals and Families



Advocacy, Services and Programs in Atlantic, Hudson, Ocean and Union Counties

The MHANJ's county-based services and sessions with families and individuals continue via telephone and online. This includes programs such as Intensive Family Support Services, Peer Outreach Support, Wellness Centers, Support Groups, socialization and educational initiatives and many others. For information, click on the desired county below or call the number provided.

[MHANJ in Atlantic County](#) 609-652-3800
[MHANJ in Hudson County](#) 201-653-4700
[MHANJ in Ocean County](#) 732-244-0940
[MHANJ in Union County](#) 908-810-1001



Statewide Support Groups

A vast number of Support Groups offered by the MHANJ's state and county offices and other organizations are now conducted by phone or online. Some are listed below; click for more information. [Click here to access the NJ Self-Help Group Clearinghouse for a directory of support groups for a variety of interests.](#)

- [NJ Connect for Recovery Support Group for Families Coping w/a Loved One's Substance Use \(Mondays and Thursdays\)](#)
- [12 Step Meetings/Resources Across NJ \(Alcoholics Anonymous, Narcotics Anonymous\)](#)
- [Bipolar Support Group \(Tuesdays\)](#)
- [Supporting the Peer Workforce](#)

Virtual Learning Opportunities



Mental Health Association in New Jersey

[information.](#)

Workshops for Providers

The MHANJ's Career Connection Employment Resource institute is offering several online workshops for providers of employment services. [Click here for the calendar of topics and registration](#)



Open to Everyone: WRAP (Wellness Recovery Action Plan) for a Good Life During the COVID-19 Outbreak and Beyond

Learn a process that can change your **LIFE!** Developed in 1997, [The Wellness Recovery Action Plan® or WRAP®](#), is an evidence-based, prevention and wellness process that anyone can customize and apply to help create the life you wish to live. It may be used by people in all kinds of circumstances, and by health care and mental health systems across the globe to address physical, mental health and life issues. Topics will encompass issues faced in everyday life and challenges caused by the COVID-19 outbreak. There is no cost to participate.

“WRAP is like a universal skeleton key that can unlock many aspects of wellness in one’s life...learning has always been one of whole health wellness and recovery; or recovering our wellness. Our focus on Hope, Personal Responsibility, Education, Self Advocacy and Support as a foundation for self-directed recovery and the planning process for recovering our wellness encompasses our minds, body and souls.”

---Matthew Federici, Executive Director of [Copeland Center](#)

[Click here for more details and participation instructions.](#) If you have any questions please contact Carolyn Quinn at wrap@mhanj.org or 609-652-3800, ext. 303.



Suggestions?

If you have any suggestions on how the MHANJ can serve the community, or comments on our services please send them to info@mhanj.org.

Mental Health Association in New Jersey | 800-367-8850 | info@mhanj.org

STAY CONNECTED

