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NEW JERSEY DEPARTMENT OF **HUMAN SERVICES**

NEWSLETTER | May 2, 2023

May is Mental Health Awareness Month



Hello everyone. I want to take a moment to talk to you about Mental Health Awareness Month.

We mark Mental Health Awareness Month every May to raise awareness about mental health, fight stigma and provide support. Mental health is, after all, an essential part of overall health and well-being.

New Jersey, including through our [Division of Mental Health and Addiction Services](#), has been focused on building effective, responsive and integrated services and supports for children, youth and adults. With effective evidence-based and promising practices, everyone living with mental health conditions has the opportunity and potential to recover and thrive in the community.

So we remain committed to a behavioral health system that offers comprehensive, integrated, coordinated, person-centered treatments and supports that are compassionately delivered. And that commitment extends to you. You work hard, and the work can be tough. And that doesn't take into account everything else we all deal with daily that can cause stress.

Self-care plays a role in maintaining your mental health and helps support your treatment and recovery if you have a mental illness. Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. Self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Try a relaxing activity. Set goals and priorities. Practice gratitude. Focus on positivity. Stay connected. Self-care looks different for everyone, and it is important to find what you need and enjoy.

But we are also here to help.

Just last year, we launched the [988 Suicide and Crisis Lifeline](#). When people call, text, or chat 988, they will be connected to trained counselors who will listen, provide support, and connect to resources if necessary.

We also have [NJMentalHealthCares](#), which offers counseling, information and referral and assistance. For assistance or more information, call the toll-free, confidential number: **866-202-HELP**.

And deaf and hard of hearing individuals can call videophone at 973-870-0683 for [American Sign Language community-based mental health services](#) through Saint Joseph's Health.

This year, our Division of Mental Health and Addiction Services is hosting a series of webinars throughout May on topics ranging from suicide prevention to self-care to wellness to navigating difficult topics with children.

Please see below to learn more and register for these helpful sessions.

My goal is to make sure New Jersey continues making great strides in reducing stigma and discrimination associated with a mental health diagnosis.

So please – take care of yourselves and don't hesitate to reach out if you need help.

There is always hope.

Thank you.

Sarah Adelman
Commissioner
New Jersey Department of Human Services



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)
TEXT NJHOPE TO 51684
7 days per week, 8am - 8pm

New  Jersey
Mental Health Cares
New Jersey's Behavioral Health and Referral Service

NEW JERSEY
**hope and
healing**

State of New Jersey

Department of
Human
Services

Free Emotional Support Helpline for Deaf and Hard of Hearing Individuals

Sign language users can communicate with
ACCESS of St. Joseph's Health in Paterson

Call

973-870-0677 VP

Monday to Friday 9 am - 5 pm



**New Jersey Division
of the Deaf and Hard
of Hearing**

**New Jersey Division of
Mental Health and
Addiction Services**



Division of Mental Health and Addiction Services Mental Health Awareness Month Webinar Series

Mental and Emotional Wellness: Navigating Difficult Conversations with Youth

Tuesday May 2nd at 12:00 PM

Presented by the Traumatic Loss Coalition

[Register Here](#)

Understanding and Appreciating the Role of Peers in the Workforce

Tuesday May 9th at 12:00 PM

Presented by the Mental Health Association of New Jersey

[Register Here](#)

Promoting Self-care: Coping with Challenges and Sustaining Well-being

Tuesday May 16th at 12:00 PM

Presented by Steve Crimando

[Register Here](#)

A Journey to Wellness: Creating Patterns to Fuel Healthy Habits

Wednesday May 24th at 12:00 PM

Presented by Dr. Peggy Swarbrick

[Register Here](#)

Review the [Journey to Wellness Guide](#) by Dr. Peggy Swarbrick

Preventing Suicide: Knowing the Signs, Symptoms, and When to Ask for Help

Wednesday May 31st at 11:00 AM

Presented by Dr. Stephanie Marcello

[Register Here](#)

Mental Health Resources and Toolkits

Resources and Toolkits to Review this May

Quick Tips to Boost Your Mental Health — Implementing routines for stress relief at work and at home can increase happiness and motivation. Check out Mental Health America's [31 Tips to Boost Your Mental Health](#) to learn small tips that can have a big impact on your mental health.

Daily Wellness Activities: Need a quick in-office break? Try this [14-minute office break yoga](#), or this [7-minute stretch break](#).

Head-Healthy Nutrition: Nutrition is one factor of mental wellbeing that is often neglected. Review the [Mental Health Foundation's briefing on mental health and nutrition](#) to learn how eating well can improve your mental health.

Managing Stress in the Work Place: The American Psychological Association (APA) recommends keeping track of your stressors to develop effective ways to prevent getting overwhelmed. You can read all of APA's recommendations in ["Coping With Stress at Work"](#).

Looking to support your team or colleagues? Review these tips from the [Occupational Safety and Health Administration](#) for how employers can help their employees with workplace stress, or [learn how to recognize warning signs of depression and anxiety](#) in your colleagues.



STATE OF NEW JERSEY
EXECUTIVE DEPARTMENT

Proclamation

WHEREAS, mental health is an essential part of overall health and well-being, and affects one's physical health, relationships and ability to thrive; and

WHEREAS, mental health can be achieved and sustained through reading, exercise, mindfulness activities, social connections, 'unplugging' from news and social media, pursuing a hobby and accessing professional help, as needed; and

WHEREAS, in instances for which wellness activities are not helpful, it is important to note that 1 in 5 adults in the United States will experience a mental illness in a given year, and 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness; and

WHEREAS, rates of anxiety, depression, and other mental illness conditions have risen since the beginning of the COVID-19 pandemic, which has significantly increased the need for holistic and specific mental health services, according to the National Institute of Mental Health; and

WHEREAS, a greater understanding from emerging science and research on toxic stress and adverse childhood experiences has informed our understanding of the worsening mental health and suicide rates of youth, affirming that a multi-faceted and swift response is needed to address this growing public health crisis; and

WHEREAS, individuals with mental illness are often over-represented in the criminal justice system, reside in substandard housing or institutions, are under-employed and/or lacking access to basic needs, experience severe socio-economic inequalities and disadvantage, and are impacted by co-occurring substance use and comorbid physical health conditions; and

WHEREAS, New Jersey has successfully built and continues to expand its robust array of effective, responsive, integrated services and supports for children, youth and adults, and recognizes the need for opportunities that allow them to heal from trauma; and

WHEREAS, New Jersey is committed to providing children and adults with mental illness access to a behavioral health system that offers comprehensive, evidence-based, integrated, coordinated, person-centered treatment services and supports that are trauma-responsive, competently and compassionately delivered; and

WHEREAS, New Jersey has implemented and incorporated 988, the 3-digit dialing code for anyone having thoughts of suicide and experiencing a mental health or substance abuse crisis; and

WHEREAS, New Jersey is making great strides in reducing stigma and discrimination associated with a mental health diagnosis by instilling hope, by providing access to healthcare and to a wide array of community-based, human and social services, to assist individuals with mental illness to live a healthy, dignified life;

NOW, THEREFORE, I, Philip D. Murphy, Governor of the State of New Jersey, do hereby proclaim:

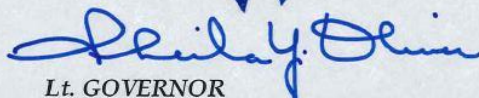
MAY 2023

AS

MENTAL HEALTH AWARENESS MONTH

in New Jersey.




Lt. GOVERNOR

GIVEN, under my hand and the Great Seal of the State of New Jersey, this twenty-first day of April in the year two thousand twenty-three, the two hundred forty-seventh year of the Independence of the United States.


GOVERNOR

SPOTLIGHTS ON NJ HUMAN SERVICES PROGRAMS

DON'T MISS YOUR
NJ FAMILY CARE
RENEWAL PACKET

Call 1-800-701-0710 (TTY: 711) to update your:



MAILING
ADDRESS



PHONE
NUMBER



EMAIL



NEW JERSEY DEPARTMENT OF HUMAN SERVICES

New Jersey Human Services is here to help you and your family.

GET HELP WITH:



AFFORDING HEALTH CARE COVERAGE

Visit www.NJFamilyCare.org
1-800-701-0710



AFFORDING GROCERIES

Visit www.NJSNAP.gov
1-800-687-9512



INCOME ASSISTANCE FOR INDIVIDUALS AND FAMILIES

Visit NJHelps.org



CHILD CARE

Visit www.ChildCareNJ.gov
1-800-332-9227



ADDICTION TREATMENT AND RECOVERY

Call 844-REACHNJ



MENTAL HEALTH & EMOTIONAL SUPPORT

Suicide & Crisis Lifeline 988
NJMentalHealthCares 866-202-HELP
ASL Videophone 973-870-0677



SUPPORTS FOR OLDER RESIDENTS

Call 877-222-3737



SERVICES FOR INDIVIDUALS WITH DISABILITIES

Call 888-285-3036



State of New Jersey
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services
Sarah Adelman, Commissioner

[NJ SNAP](#) | [NJ FAMILYCARE](#) | [NJHELPS](#)

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