



HELP IS a phone call away



(833) 223 - 0011

- Everyone is adjusting to a new normal
- Intense responses require professional help
- Get treatment for mental health symptoms

The COVID-19 pandemic has changed everyone's lives. If you live in New Jersey and are struggling with a change in mood, poor concentration, increased alcohol/drug use, or difficulty sleeping, we are here to help. Give us a call and our team will offer you guidance.

You will be offered phone support, referrals for ongoing treatment and resources to help you through these difficult times.



STATE OF NEW JERSEY
DEPARTMENT OF HUMAN SERVICES
DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES

Monday - Friday
9am - 5pm

RUTGERS

University Behavioral Health Care

<https://ubhc.rutgers.edu/clinical/call-center/covid-connect.xml>