

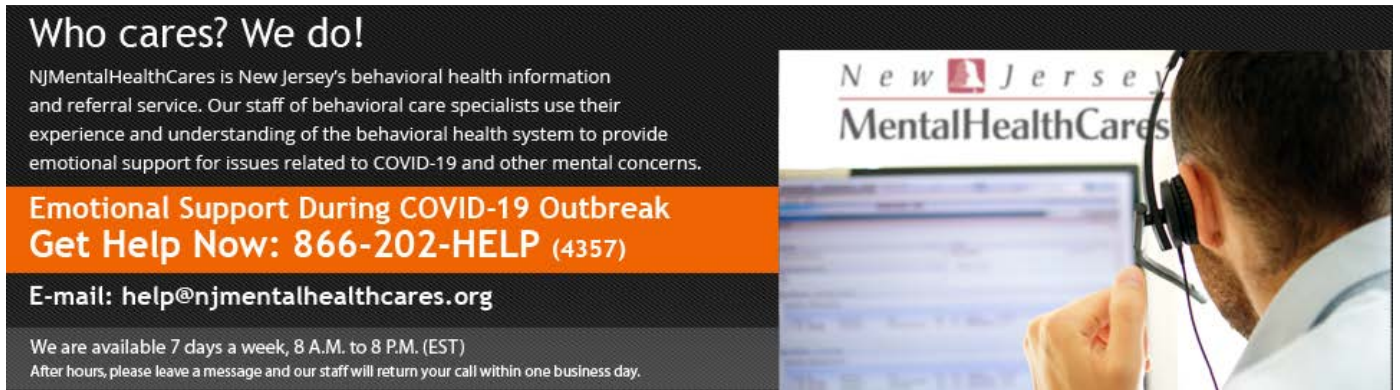
Available Resources for dealing with the stress associated with COVID-19

Applicable to all RWJMS and RWJB faculty, staff and trainees

3/30/2020

NJ Mental Health Cares

This is a NJ state-supported live help line for addressing COVID-19 stresses.

A banner for New Jersey Mental Health Cares. On the left, there is a dark grey box with white text. The top line reads "Who cares? We do!". Below that, it says "NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns." An orange bar contains the text "Emotional Support During COVID-19 Outbreak" and "Get Help Now: 866-202-HELP (4357)". Below the orange bar, it says "E-mail: help@njmentalhealthcares.org". At the bottom of the dark grey box, it states "We are available 7 days a week, 8 A.M. to 8 P.M. (EST). After hours, please leave a message and our staff will return your call within one business day." On the right side of the banner is a photograph of a man wearing a headset and looking at a computer monitor. The monitor displays the "New Jersey Mental Health Cares" logo and some text.

SAMHSA.gov

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Rutgers GSAPP

<https://gsapp.rutgers.edu/gsapp-guidelines-for-covid-19/mental-health-support>

If you need to speak with someone about how the COVID-19 crisis has impacted you, please reach out and you will either receive a phone consultation, supportive short-term telepsychology services or referred to a psychologist with whom you can pursue an ongoing relationship.

Please allow at least 48 hours for a response from our support team. We will do our best to provide a response. Please note that our services are based on the availability of our volunteers. If you have an emergency, please contact your health care provider or call emergency medical services.

NJMS

NJMS-UH-UPA faculty & staff who are experiencing stress, worry, or anxiety. Rutgers NJMS Psychiatry has launched a telephone support service during these times of health crisis. If you need a call back to get support and guidance, please contact us at:

Stress.Anxiety@NJMS.Rutgers.edu

Leave your name, telephone number, and best time to call