

Clearinghouse Connections

Your Quarterly E-Newsletter
Update From the New Jersey
Self-Help Clearinghouse



New Jersey
Self-Help Group Clearinghouse
800-367-6274



**Mental Health
Association
in New Jersey, Inc.**

The New Jersey Self-Help Clearinghouse is a program of the Mental Health Association in NJ

This quarterly newsletter will feature quarterly spotlights (of NJ support groups, programs, and organizations), information on the NJ Self -Help Clearinghouse, Upcoming trainings and workshops to support the support group facilitators throughout the state, resources for support groups throughout NJ, announcements of new support groups that have been formed, and much, much more!



Welcome to the Latest Edition of the New Jersey Self-Help Clearinghouse Newsletter!

Let us begin by wishing you a very happy and healthy holiday season filled with love, light, fun, connection, wellness and recovery!!

A Time for Mindful Navigation

'Tis the season for a myriad of holiday celebrations. Whether you celebrate Kwanzaa, Hanukkah, The Winter Solstice, Christmas, the change of season, New Year's, and/or Festivus for the Rest of Us, keep in mind that while this is time of year brings joy to many people, it can also be a very difficult and challenging time as well.

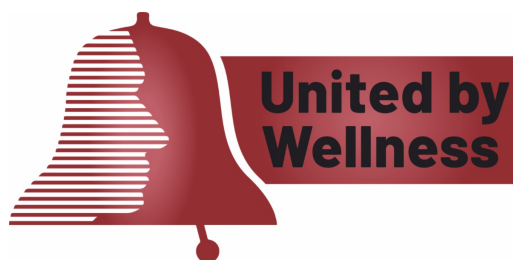
To best navigate the holiday season we offer these resources, suggestions and of course, self-help support groups!!

Support During the Holidays

Many of us use our vacation time during the holidays, and some may need to step away from groups they facilitate for family commitments or travel. For those working in peer support and self-help, where support is given to others' mental, emotional, and physical healing journeys, taking time off is essential for our own self-care wellness.

Staying connected with our supports and supporters in one of the best ways to navigate this time of year. While some organizations and programs continue with all usual programming or scheduled meetings, others are closed or not running their regular schedules.

Here we offer you a wide range of support groups that do indeed meet over the holidays or have specialized holiday programming. One that is very notable is United by Wellness.



- A virtual wellness center by The Mental Health Association in New Jersey.

- Offering 60+ groups from December 23rd to January 2nd, including special holiday events.
- Groups include addiction recovery, mental and emotional health support, social wellness, and special events like Festivus for the Rest of Us and a New Year's Eve Extrava-game-za.
- To sign up for virtual support groups, [click here](#).
- Click here or see below for the UBW December Calendar <https://www.mhaac.info/ubw-schedule.html>
- For more information call 609-652-3800 or visit <https://www.mhaac.info/ubw.html>



JOIN US FOR THE HOLIDAYS

Saturday December 23, 2023

- 11am- Doing all things with Love
- 2pm- Not Another Holiday Hangout
- 4pm- Schizophrenia Support Group
- 8pm- Festivus for the Rest of Us

Sunday December 24, 2023

- 10am- Overcoming Obstacles
- 1pm- Reducing Relapse
- 2pm- Creativity Unleashed
- 5pm- Christmas Eve Winter Party
- 7pm- Meditation
- 8pm- WINGS

Monday December 25, 2023

- 8 am- Empower Hour
- 9 am- Opening Our Gifts
- 11 am- Topics in Mental Health
- 2 pm- Coping Skills
- 4:30pm- Naughty or Nice - Rated G
- 7 pm- Monday Music

Tuesday December 26, 2023

- 10am- Big Time Fun Party
- 3pm- Better Together
- 4pm- Townhall
- 8pm- Relationships in Recovery

Wednesday December 27, 2023

- 10am- Coffee and Gratitude
- 11 am- Recovery Dharma
- 3pm- Breaking Barriers
- 5pm- Unapologetically Me
- 8pm- Keeping Up Our Commitments

Thursday December 28, 2023

- 10am- Employment Wellness
- 10:30am- Depression/Anxiety
- 11 am- Staying Active
- 12 pm- Hanukkah This Light's for You
- 3pm- MARA
- 4pm- You Have the Floor
- 5pm- Navigating NYE in Recovery
- 6pm- Rising Minds
- 7pm- Not Fearing Fear
- 8pm- Show Your True Colours

Friday December 29, 2023

- 12pm- New Year, Who Will I Be?
- 1pm- Environmental Wellness
- 2pm- Light Bulb
- 7pm- Music to my ears

Saturday December 30, 2023

- 11am- Doing All Things with Love
- 12pm- Just Hanging Out
- 1pm- Gifts of Gratitude
- 3pm- Color Me Healthy
- 4pm- Schizophrenia Support Group

Sunday December 31, 2023

- 10am- Overcoming Obstacles
- 12pm- Meditation
- 3pm- New Years Eve Extrava-game-za
- 8pm- WINGS
- 10:30pm- Big Time Fun New Years Eve
- 11:30pm- New Years Count Down

Monday January 1, 2024

- 10am- Mental Wellbeing Check-in
- 11am- Topics in Mental Health
- 2pm- Coping Skills
- 2:30pm- What you Nourish Will Flourish
- 7pm- Monday Music

Tuesday January 2, 2024

- 10am- Big Time Fun Party
- 11am- Expressions
- 12pm- Relaxation Tools & Techniques
- 2pm- After Lunch
- 3pm- Better Together
- 6:30pm- ASCA
- 7pm- Women's Wellness
- 7pm- Goals for a New Year
- 8pm- Relationships in Recovery

UBW will provide groups as scheduled on December calendar besides the holiday schedule highlighted here...

To join the groups become a member to receive a daily newsletter with zoom links.

[Click here](#) or call 609-652-3800

Click here




[WWW.MHAAC.INFO/UBW](https://www.mhaac.info/ubw)

UNITEDBYWELLNESS@MHANJ.ORG

[609-652-3800](tel:609-652-3800)

Taking Care of Yourself During the Holidays

A sign of strength is knowing what you need to take care of yourself and protect your wellness and/or recovery. Even the most diligent in self-care may find themselves burdened with holiday expectations, both internal and external, which can be unreasonable and unattainable.

Here are some suggestions:

- Just say "No" – others "will get over it" if you skip an event.
- Create a new family tradition that suits your wellness.

- Attend an online support group.
 - Limit your commitments.
 - Do what works for you – have fun!!
 - Plan time with your “Family of Choice”
 - Bring a friend a recovery when attending an event that serves alcohol.
 - Create action plans so you know what you will do if certain events or circumstances arise.
-

Remember to have fun!

Remember, there's no such thing as a perfect "Hallmark Holiday". It is crucial to keep your sense of humor this time of year. In the spirit of laughter – which many believe is the best medicine – we share with you some of our favorite SNL skits:



Perhaps our best message is to wish you a REAL holiday. Do your best to enjoy and remember that there will be another holiday season in 2024.

Let's approach this season with compassion, understanding, and support for one another.

Wishing you peace, joy, and wellness during the holidays.

Eve & Kelly

Flyers Shared by our Community Partners

Sea Change
www.SeaChangeRCO.org

**Holiday Support
7 days a week!**

All Recovery meetings at 10am on zoom
Find links at:
www.SeaChangeRCO.org/calendar
Questions?
email: hello@SeaChangeRCO.org
call/text: (609) 241-2630

#CrushTheStigma

[Click Here to Visit Their Website](http://www.SeaChangeRCO.org)



Coping with Holidays

Samaritan | GRIEF
SUPPORT

NOVEMBER IN-PERSON SESSION

- Thursday, November 16 — 1:30 - 3:00 pm

DECEMBER IN-PERSON SESSION

- Monday, December 11 — 2:00 - 3:30 pm

IN-PERSON SESSIONS HELD AT 3906 CHURCH ROAD, MOUNT LAUREL, NJ

NOVEMBER ONLINE SESSIONS

- Saturday, November 18 — 10:00 - 11:30 am
- Monday, November 20 — 6:00 - 7:30 pm

DECEMBER ONLINE SESSIONS

- Tuesday, December 5 — 6:00 - 7:30 pm
- Thursday, December 14 — 6:00 - 7:30 pm
- Monday, December 18 — 6:00 - 7:30 pm

For most people, holidays are a happy, festive time of year. But, for those facing holidays after a loss of a loved one, the season can be lonely, depressing, and often difficult to handle.

Holidays or not, it is important for you to find a way to take care of yourself. You're invited to join us at this free workshop to learn tips about how to deal with holidays.

Registration is required at 856.596.8550 or CFGcounseling@SamaritanNJ.org

Samaritan
LIFE-ENHANCING CARE

Samaritan offers a number of grief support groups at no charge thanks to the charitable support of our donors... each designed to meet different needs. Learn more at SamaritanNJ.org

[Click Here to Email to Register](#)



December 2023

“THERE IS NO GREATER JOURNEY THAN THE ONE YOU MUST TAKE TO DISCOVER ALL OF THE MYSTERIES THAT LIE WITHIN YOU.”
-MICHELLE SANDLIN

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2 Nurtured Heart Approach Training (Part 1 of 2) 10:00AM-2:30PM
3	4	5	6 Youth Partnership (Woodland Park) 6:00PM-8:00PM	7 Parent/Caregiver Support Group (ZOOM) 6:30PM-8:00PM	8	9 Nurtured Heart Approach Training (Part 2 of 2) 10:00AM-2:30PM
10	11	12	13 Youth Partnership (The Circle) 6:00PM-8:00PM	14 Parent/Caregiver Support Group 6:30PM-8:00PM	15	16
17	18	19 Parent/Caregiver Support Group (HFSO-West Milford) 6:00PM-7:30PM	20 HOLIDAY PLANNING Winter Night	21 Parent/Caregiver Support Group 6:30PM-8:00PM	22	23
24 NEW YEAR'S EVE	25 MERRY Christmas	26 HAPPY KWANZAA	27	28	29	30



3 Garret Mountain Plaza #204 - Woodland Park, NJ 07424 - 973-427-0100 - outreach@fso-pc.org - www.fso-pc.org

[Click Here to Visit Their Website](#)



namiBasics

National Alliance on Mental Illness



NAMI BASICS PROGRAM

Free six-week educational
program for parents of
children/adolescents with
symptoms of mental illness.

Ages up to 21



NAMI Basics Covers:

- Treatment options such as medications, support groups, and evidence-based therapies
- Managing crisis situations, problem solving, and communicating effectively
- Taking care of yourself and handling your stress in a positive way
- Advocating for your child's rights in school and health care settings
- Understanding the challenges and impact of mental illness on all family members
- Developing the confidence and stamina to support your child with compassion

**Registration is
OPEN!**

**Each Thursday
February 8 to March 14**

*Via Zoom
6:30 PM – 9:00 PM*

REGISTRATION INFORMATION: Email- nami1557@comcast.net

NAMI New Jersey-Atlantic/Cape May and Union County

[Click Here to Email to Join](#)

NEW JERSEY DISASTER RESPONSE CRISIS COUNSELOR (DRCC)

Upcoming Initial Training Series




The NJ DRCC program is a **volunteer, neighbor-helping-neighbor model**. DRCCs provide emotional support to individuals following the immediate aftermath of a disaster.

DRCCs undergo a series of trainings and a credentialing process to provide a coordinated and integrated response to disasters and traumatic events in the community.

Credentialing Process

- Complete the online application (www.njdrcc.org)
- Complete 22-hour training curriculum
- Complete fingerprinting for criminal background check
- Interview
- Review and sign Code of Ethics

Interested in becoming a DRCC?
Sign up for our upcoming virtual training series

	Introduction to Disaster and Trauma Counseling: Basic Training for Disaster Response Crisis Counselors (PART I of II)	Tuesday, January 23rd 9:00am - 12:00pm
	Introduction to Disaster and Trauma Counseling: Basic Training for Disaster Response Crisis Counselors (PART II of II)	Wednesday, January 24th 9:00am - 12:00pm
	Key Concepts in Psychological First Aid (PART I of II)	Tuesday, February 6th 9:00am - 12:00pm
	Key Concepts in Psychological First Aid (PART II of II)	Wednesday, February 7th 9:00am - 12:00pm
	Ethical Issues in Crisis Response	Wednesday, February 21st 9:00am - 12:00pm
	Cross Cultural Issues in Disaster Response and Recovery	Thursday, February 22nd 9:00am - 12:00pm

Complete your application and register for these and other upcoming trainings at www.njdrcc.org



[Click Here to Email for More Information](#)



ACHIEVING PERSONAL BALANCE

THIS IS A FREE PROGRAM TO ATLANTIC COUNTY RESIDENTS. ACHIEVING PERSONAL BALANCE (APB) IS DESIGNED ESPECIALLY FOR MEN AND WOMEN ASSOCIATED WITH THE MILITARY. PARTICIPANTS WILL DEVELOP AND INCREASE HEALTHY COPING SKILLS THAT WILL HELP PROVIDE A HEALTHY BALANCE IN THEIR LIVES.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

BEGINS: MONDAY, JANUARY 8TH AND CONTINUES ON:

1/22, 1/29, 2/5, 2/12, 2/26, 3/4, AND ENDING ON MONDAY, MARCH 11.

TIME: TBD

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

You will earn up to \$100 in Amazon E-Gift Cards for participation in and completion of the program!



For more info, contact:

Melissa Ortiz

mortiz@atlprev.org

(609) 906-4826

Provided by Atlantic Prevention Resources and the New Jersey Prevention Network (NJPN) through funding provided by the NJ Division of Mental Health and Addiction Services (DMHAS).



[Click Here to Email for More Information](#)



Suicide Bereavement Support Group Facilitator Training

February 9-10, 2024

February 9 • 1:00 - 9:00 PM

February 10 • 8:00 AM - 3:30 PM

About the Training

The AFSP Adult Support Group Facilitator Training Program offers suicide prevention organizers a way to create and facilitate a community support group for suicide loss survivors in the aftermath of a suicide. This course is offered as a two-day training and includes lectures, interactive discussions, and role-playing. This training is led by experts in the field of suicide bereavement.

Attendance on both days is mandatory.
This training is sponsored by AFSP New Jersey Chapter



SCAN ME

Program Details

Suggested Participants

Mental health professionals and suicide loss survivors* interested in starting a support group or wanting to update skills.

*Must be 2 years out from loss to attend – exceptions made only to those already facilitating a group.

Location

Hilton Garden Inn, Springfield
304 Route 22 West
Springfield, NJ 07081

Cost

Please contact AFSP NJ for more information

Register

Scan QR Code to register!

Questions?

Deanna Brugger
AFSP NJ Programs Manager
Dbrugger@afsp.org

afsp.org/newjersey



American
Foundation
for Suicide
Prevention
New Jersey

**Click Here To Email For More
Information**

JANUARY SUPPORT GROUPS

NAMI Connection is a recovery support group for adults (18+) living with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. By sharing your experiences in a safe and confidential setting, you will gain hope and develop relationships. The group encourages empathy, productive discussion, and a sense of community.

NAMI Family Support Group is a peer led support group for family members, caregivers, and loved ones (18+) of individuals living with a mental illness. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. You will benefit through others' experiences, discover your inner strength, and learn how to identify local resources and how to use them.

In Person Meetings

January 8th **Somers Point, St. Joseph Church, 7:00-8:30 PM**

Family Support and Connections

January 25th **Cape May Court House Library, CMCH 7:00-8:30PM**

Family Support Group

For more information visit namiacm.org or call 609-741-5125. All meetings are FREE and are posted on our calendar.

NAMI Atlantic/Cape May is a non-profit 501C(3) corporation.



NAMI Atlantic/Cape May

FEBRUARY SUPPORT GROUPS

NAMI Connection is a recovery support group for adults (18+) living with a mental health condition. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. By sharing your experiences in a safe and confidential setting, you will gain hope and develop relationships. The group encourages empathy, productive discussion, and a sense of community.

NAMI Family Support Group is a peer led support group for family members, caregivers, and loved ones (18+) of individuals living with a mental illness. Participants gain the support of peers who understand their experience and gain insight into others' challenges and successes. You will benefit through others' experiences, discover your inner strength, and learn how to identify local resources and how to use them.

In Person Meetings

February 12th Somers Point, St. Joseph Church, 7:00-8:30 PM

Family Support and Connections

February 22nd Cape May Court House Library, CMCH 7:00-8:30PM

Family Support Group

For more information visit namiacm.org or call 609-741-5125. All meetings are FREE and are posted on our calendar.

NAMI Atlantic/Cape May is a non-profit 501C(3) corporation.

[Click Here to Visit Their Website](#)

Additional Resources and Support

*Season's Greetings
and
Best Wishes!*



Emotional support is available this holiday season!



Call NJ MentalHealthCares
at 866-202-HELP (4357), 8-8 weekdays.
For more options, scan the code or visit
<https://www.mhanj.org/resources/>.

Traveling for the Holidays When Your Loved One Has Dementia

Traveling can be enjoyable for families impacted by dementia, but it can also bring challenges, especially during the busy holiday season.

[Click Here for important considerations to help with planning.](#)



Caregiving and the Holidays: from Stress to Success!

[Click here for some suggestions that may help make the holidays more enjoyable for you and your loved ones](#)



Dealing with Grief During the Holidays

[Click here to learn how to cope with grief during the holiday season](#)

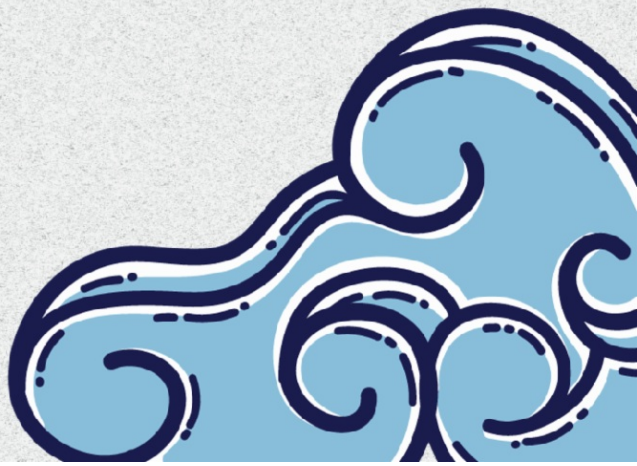
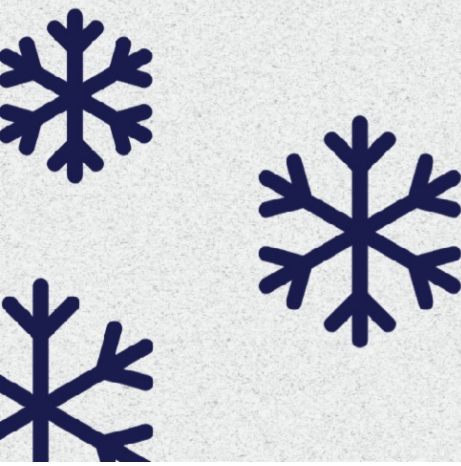


Mindful Challenge

From The NJ Self-Help Clearinghouse

*Embracing Tranquility in the
New Year*

As the festivities wind down and we step into the calm of January, let's kick off the new year with a mindfulness challenge—a journey of self-discovery and tranquility. Cultivate moments of peace as you ease into the post-holiday season with these simple mindfulness exercises:



Week 1: Reflective Journaling

Begin the year with introspection by keeping a reflective journal. Dedicate a few minutes each day to jot down your thoughts, aspirations, or lessons learned from the previous year. Reflective journaling can be a powerful tool for gaining clarity and setting intentions for the year ahead.

Week 2: Breath of Renewal

Inhale the freshness of the new year with mindful breathing exercises. Take moments throughout your day to pause, close your eyes, and take deep, intentional breaths. Inhale positivity, exhale any lingering tension. Let your breath be a source of renewal and calm.

Week 3: Sensory Reset

Engage your senses in a mindful reset. Take time to notice the subtle details of your surroundings—the textures, colors, and sounds. Whether it's the crisp winter air, the warmth of a cozy blanket, or the soothing melodies of nature, immerse yourself fully in the present moment.

Week 4: Digital Detox Day

Designate a day for a digital detox to start the year with a clear mind. Disconnect from screens and savor the simplicity of unplugged moments. Use this time to enjoy analog activities, connect with loved ones, or indulge in a good book.

Week 5: Mindful Eating Habits

Revitalize your relationship with food through mindful eating. Pay attention to the flavors, textures, and nourishment each meal provides. Chew slowly, savoring each bite. Mindful eating not only enhances your dining experience but fosters gratitude for the sustenance your body receives.

Week 6: Gratitude Walk Embark on a gratitude walk to celebrate the beginning of a new year. As you stroll, express gratitude for the opportunities ahead and the lessons behind. Observe the world around you—the changing seasons, the possibilities that lie ahead, and the beauty of the present moment.

Embrace these mindfulness challenges as you transition into the post-holiday season and welcome the new year with a sense of tranquility. May these exercises guide you toward moments of mindfulness, self-discovery, and renewed energy in the weeks to come.





Holiday Support Group Activities



FOSTERING CONNECTION
AND JOY



THE HOLIDAY SEASON IS AN OPPORTUNE
TIME FOR SUPPORT GROUPS TO COME
TOGETHER, FOSTERING A SENSE OF
CONNECTION AND SHARED JOY. HERE ARE
SOME SUGGESTIONS FOR HOLIDAY-THEMED
ACTIVITIES THAT SUPPORT GROUPS CAN
ENJOY TOGETHER



Holiday Gratitude Circle:

Begin your support group meeting with a holiday-themed gratitude circle. Each member can share something they are grateful for during the holiday season. This sets a positive and reflective tone for the meeting.

Diy Ornament Crafting:

Organize a virtual or in-person ornament-making session. Provide simple craft supplies, and encourage members to create holiday ornaments that hold personal significance. This activity allows for creative expression and the sharing of meaningful stories behind each ornament.

Recipe Exchange and Virtual Potluck:

Coordinate a recipe exchange among support group members. Each member can share a favorite holiday recipe along with the story behind it. Consider organizing a virtual potluck where participants showcase their culinary creations and enjoy a shared meal together.

Festive Book Club:

Select a holiday-themed book for the group to read and discuss. This can be a novel, a collection of short stories, or even a non-fiction book related to the spirit of the season. Discussing the book provides a shared experience and sparks meaningful conversations.

Secret Gift Exchange:

Facilitate a secret gift exchange within the group. Set a budget to ensure inclusivity, and encourage members to select or create thoughtful gifts for their assigned Secret Santa. The reveal can be done during a special virtual meeting or in person.

Holiday Movie Night:

Host a virtual or in-person holiday movie night where members can collectively watch a seasonal film. Consider selecting movies with themes of resilience, hope, and friendship. After the screening, engage in a discussion about the movie's message and how it resonates with the group.

Storytelling and Traditions Sharing:

Dedicate a meeting to storytelling and sharing holiday traditions. Members can talk about their favorite holiday memories, traditions, or rituals. This activity not only builds a sense of community but also allows for the celebration of diverse backgrounds and customs.

Collaborative Art Project:

Initiate a collaborative art project that reflects the spirit of the season. This could be a virtual mural, a digital collage, or a physical artwork created by assembling contributions from each member. The final piece serves as a symbol of unity and shared creativity.

Holiday Wellbeing Workshop:

Invite a guest speaker or expert to conduct a holiday wellbeing workshop. Topics could include stress management tips, mindfulness practices for the season, or strategies for maintaining mental health during the holidays.

Charitable Initiatives:

Organize a group effort to give back to the community. This could involve volunteering at a local charity, organizing a donation drive, or participating in a community service project. Coming together for a shared cause reinforces the support group's commitment to making a positive impact.

Stories of Inclusive Celebrations:

Share anecdotes from other support groups that have celebrated the holidays in inclusive ways. Highlight instances where groups embraced diverse traditions, ensured accessibility for all members, and created an environment where everyone felt valued and included.

These holiday support group activities aim to enhance the sense of community, promote shared experiences, and bring joy to the members during the festive season.



New Jersey

Self-Help Group Clearinghouse

800-367-6274

The NEW JERSEY SELF-HELP CLEARINGHOUSE was started in 1981 as the first statewide operation of its kind in the country. The mission of the Clearinghouse is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone.

WE OFFER THE FOLLOWING SERVICES:

- Information on Self-Help Support Groups
- Assistance with Starting New Support Groups
- Trainings and Workshops
- Support Provided via the MHANJ Call Center to those in need of immediate support

**Looking to start a support group?
The NEW JERSEY SELF-HELP CLEARINGHOUSE staff can help!**

Step 1: Attend a Quarterly "How to Start a Support Group" Webinar.

Step 2: Schedule a meeting with one of the NJ Self Help Group Clearinghouse staff to discuss what was learned in the webinar and how to put what was learned into action.

Step 3: Keep in touch with the Clearinghouse for any troubleshooting once the group is up and running and update on any group detail changes to be reflected in the Clearinghouse Database.

Step 4: Attend regular webinars offered by the NJ Self Help Group Clearinghouse to enhance your support group!

[Click Here to Add or Update your Support Group Information in our Database](#)



Upcoming Clearinghouse Happenings

NJ Self-Help Group Clearinghouse Overview

Meet the NJ Self-Help Group Clearinghouse staff and learn about this invaluable program!

Wednesday January 31st @ 10am

[Click Here to Register](#)

Group Facilitation

Peer Specialists often find that in addition to using their lived experience to provide hope and support to individuals pursuing recovery, one of the most common job duties is group facilitation. While peers often enter the job armed with strong experience both participating in and facilitating groups, honing these skills is a common request of peer specialists. Join us for this exciting

workshop presented by the New Jersey Self-Help Clearinghouse!

Note: This is a 2-part webinar that will be presented over the course of 2 consecutive Wednesdays. The sessions will be from 10:00 AM - 1:00 PM and will utilize the same Zoom link (to be provided after registration).

Wednesday February 28th @ 10am
and
Wednesday March 6th @ 10am

[Click Here to Register](#)

MHANJ Call Lines



CALL 877-292-5588
TTY: 877-294-4356

CALL FOR SUPPORT AND
INFORMATION
MONDAY-FRIDAY 8AM TO 10PM
SATURDAY-SUNDAY 5PM TO 10PM
HOLIDAYS-3PM TO 10PM

PEER RECOVERY WARMLINE
(PRW) IS A PEER-RUN SERVICE
PROVIDING ONGOING
TELEPHONE SUPPORT TO
MENTAL HEALTH CONSUMERS
AS THEY WORK TOWARDS THEIR
RECOVERY. ALL CALLS ARE
ANSWERED BY PEERS WHO ARE
TRAINED, SUPPORTIVE PEOPLE
WITH LIVED EXPERIENCE WITH
MENTAL HEALTH DISORDER.



CALL 855-652-3737
TTY: 877-294-4356

THE NJ CONNECT FOR
RECOVERY CALL LINE
FOCUSES ON HELPING
PEOPLE WHO ARE
EXPERIENCING DISTRESS
RELATED TO THE
SUBSTANCE USE DISORDER
OF A FAMILY MEMBER OR
FRIEND.



CALL 1-866-202-
HELP(4357)
TTY: 877-294-4356

NJMENTALHEALTHCARES
IS NEW JERSEY'S
BEHAVIORAL HEALTH
INFORMATION AND
REFERRAL SERVICE. THE
STAFF OF SPECIALISTS
USE THEIR EXPERIENCE
AND UNDERSTANDING OF
THE BEHAVIORAL
HEALTH SYSTEM TO
PROVIDE CALLERS
INFORMATION AND
CONNECT THEM TO THE
BEHAVIORAL HEALTH
AND SERVICES THEY
NEED.



[Click here to view the most recent Key Update Newsletter of the
National Mental Health Self-Help Clearinghouse](#)

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<https://www.facebook.com/NJSelfHelpGroupClearinghouse>

NJ Self-Help Clearinghouse | 25 S. Shore Dr., Toms River, NJ 08753

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