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.

Monday - Friday
9am - 5pm

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

Funding for this project is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) Emergency COVID-19 Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.665
Mental Health & Addiction
COVID CONNECT

Are you Experiencing Undue Stress Related to the Spread of the COVID-19 Virus?

You are Not Alone...

One of our specialists will conduct a brief triage and assessment of your immediate symptoms related to the spread of the COVID-19 virus. You will be offered telephonic support and referred to a provider. All referrals are to licensed treatment providers and our staff will follow up with you to ensure successful connection.

- Mental Health & Addiction Triage
- Immediate Telephonic Support
- Referrals for Ongoing Treatment

(833) 223 - 0011
Monday - Friday 9 am - 5 pm

RUTGERS
University Behavioral Health Care

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Mental Health & Addiction
COVID CONNECT

We are all in the process of adjusting to life as the pandemic enters another stage. Worried about remote work coming to an end? Anticipating your work environment will change once offices open back up at a larger capacity? Are you experiencing mental health or addiction symptoms as a result of COVID-19?

YOU ARE NOT ALONE!

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