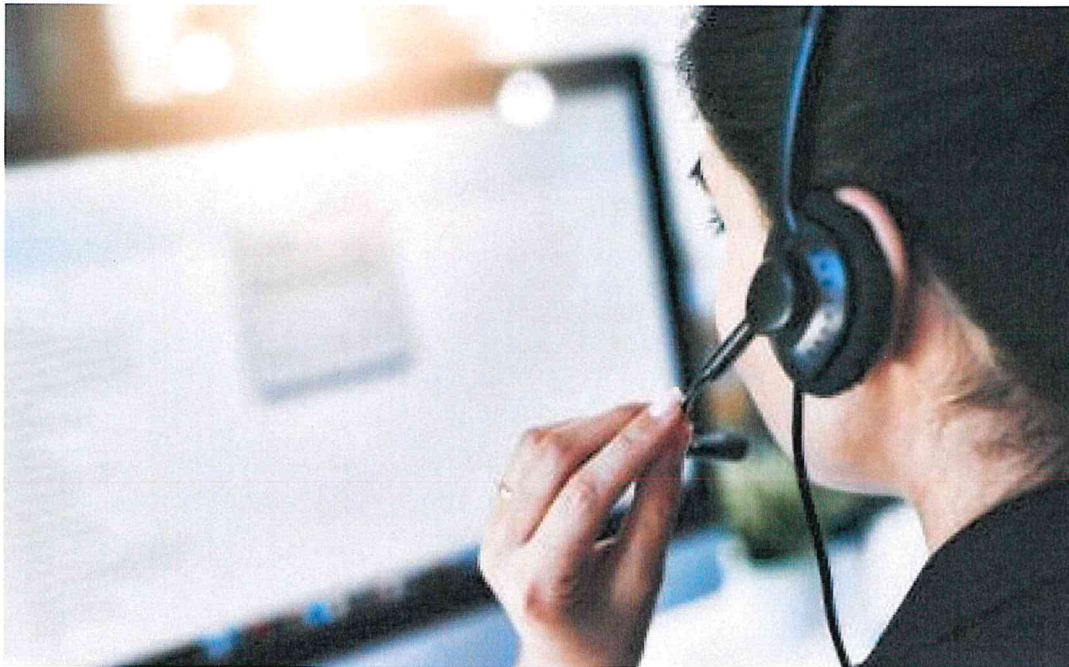# HELP IS
a phone call away

(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

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**

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RUTGERS
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NJ Human Services

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RUTGERS
University Behavioral Health Care

NJ Human Services

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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Monday - Friday, 9am - 5pm

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