Mental Health Telephone Support Available During COVID-19 Outbreak

The NJ Mental Health Cares Helpline Offers Support to Individuals Experiencing Anxiety and Worry Related to the Coronavirus Pandemic

March 23, 2020

(TRENTON) – New Jerseyans feeling the emotional and mental toll of COVID-19 can get support from a special helpline.

NJ Mental Health Cares, the state's behavioral health information and referral service, will now also offer help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call **1-866-202-HELP (4357)** for free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.

NJ Human Services' Division of Mental Health and Addiction Services provides support to the Mental Health Association of New Jersey (MHANJ) to operate the line.

"This is a very challenging time for so many of us," said Carole Johnson, Commissioner of NJ Human Services. "We want to make sure that New Jerseyans have a safe space to talk to someone about their worries and concerns. The thoughtful and caring team at NJ Mental Health Cares are here – at the other end of the phone line – to help."

"Talking to others and staying connected with friends and family can help reduce anxiety and make people feel more in control," DMHAS Assistant Commissioner Valerie Mielke said. "The trained specialists answering these phones can help callers take care of their mental health during this difficult time."

"In times of crisis, it is important to pay as much attention to your mental health as your physical health," said Mental Health Association of New Jersey President and CEO Carolyn Beauchamp. "Life has shifted drastically and quickly – this causes us to feel that we are not in control, which adds to the intensity of these emotions."

NJ Human Services' Division of Mental Health and Addiction Services has previously partnered with the Mental Health Association of New Jersey to operate the state's mental health call line following Superstorm Sandy and 9/11.

Along with providing help for mental health issues related to COVID-19, the NJ Mental Health Cares helpline will also continue to offer general mental health support and referral. It does not provide any medical or financial advice or referrals.

For the latest medical information, including mental health guidance and tips, visit the Centers for Disease Control's website: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html.

For the latest information about the COVID-19 outbreak in New Jersey, go to the NJ Department of Health's website: nj.gov/health/cd/topics/ncov.shtml.

For the latest COVID-19 guidance and information for individuals, families and providers, visit NJ Human Services' website: nj.gov/humanservices/coronavirus.html.

###

Programs

Health Care Services
Disability Programs
Family Programs
Welfare Services
Mental Health
Addiction Services
Aging Services

Divisions

Catastrophic Illness in Children Relief Fund (CICRF)
Commission for the Blind & Visually Impaired (CBVI)
Division of Aging Services (DoAS)
Division of the Deaf & Hard of Hearing (DDHH)
Division of Developmental Disabilities (DDD)
Division of Disability Services (DDS)
Division of Family Development (DFD)
Division of Medical Assistance & Health Services (DMAHS)
Division of Mental Health and Addiction Services (DMHAS)
Office of Legal and Regulatory Affairs
Office for Prevention of Developmental Disabilities
Office of Program Integrity & Accountability
Office of Contract Policy and Management

Notices

News

Press Releases
Publications

Get Involved

Public Advisory Board, Commissions & Councils
Employment at DHS
Human Services Police
DHS Nurses

Contact Us

Contact DHS
Send a message
Hotlines and Helplines

Free Naloxone Giveaway

COVID19 Housing Assistance

Statewide

Governor Phil Murphy
Lt. Governor Sheila Oliver
NJ Home
Services A to Z
Departments/Agencies
FAQs
Contact Us
Privacy Notice
Legal Statement & Disclaimers
Accessibility Statement

Copyright © State of New Jersey, 1996-2020
Department of Human Services
222 South Warren Street
PO Box 700
Trenton, NJ 08625-0700