



May is Mental Health Awareness Month in the United States. Whether you have dealt with anxiety and depression before or you are experiencing new symptoms in light of the COVID-19 crisis, **you are not alone**.

If you are currently in crisis or having suicidal thoughts, please use the following resources:

NJ Hopeline
1-800-654-6735
<http://www.njhopeline.com/>

National Suicide Prevention Lifeline
1-800-273-8255
<https://suicidepreventionlifeline.org/>

Out of state? Find a list of national helplines [here](#).

Mental Health Services by County

- [County Directory](#)
- [Screening Centers](#)

NJMentalHealthCares

1-866-202-4357

<https://www.njmentalhealthcares.org/>

Helpline for emotional support or assistance in locating mental health resources

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Helpful Articles

- Practical suggestions for [reducing anxiety](#) during the COVID-19 crisis.
- How to [deal with grief](#) in the age of the pandemic
- Tips for managing [children's anxiety](#)

Free Books for Children

- My Hero is You
<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You.%20Storybook%20for%20Children%20on%20COVID-19.pdf>
- Coronavirus: A Book for Children
https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Substance Abuse & Mental Health Services Administration

<https://www.samhsa.gov/find-treatment>

Find treatment or speak with someone if you are struggling with substance abuse at this time.

Domestic Violence Helpline

1-800-799-7233

Text LOVEIS to 22522

<https://www.thehotline.org/>

If you are experiencing intimate partner violence, you can still get help even during the pandemic. You are not alone.

Other Resources

The [National Alliance on Mental Illness](#)'s guide includes many helpful resources on a variety of situations related to COVID-19, including managing general anxiety.

The [Suicide Prevention Resource Center](#) compiles many links categorized by types of people, including Parents & Caregivers, Older Adults, Health Care Workers, and many more. You do not need to be suicidal to use these resources; they are for everyone.

Help others!

- Some people find that taking action helps them manage anxiety. Find ways to use your talents with [VolunteerMatch](#).
- Find out what you can do for fellow New Jerseyans from the [official NJ government site](#).

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Find a book from your library!

Even when the library building is closed, you have access to a variety of eBooks from Palisades Park Public Library.

- [Hoopla](#)

These books are available with no wait!

<https://www.hoopladigital.com/search?scope=everything&q=Mental%20Health%20Awareness>

- [Overdrive / Libby](#)

- “Zen in the Age of Anxiety: Wisdom for Navigating Our Modern Lives” By Time Burkett and Winda Isle
- “Are you Ok?” By Kati Morton
- “I Can’t Stop Crying” By John D. Martin
- “It’s OK That You’re Not OK: Meeting Grief and Loss in a Culture That Doesn’t Understand” By Megan Devine
- “Modern Loss: Candid Conversation about Grief. Harper Wave” By Rebecca Soffer and Gabrielle Birkner
- “Can’t We Talk About Something More Pleasant?: A Memoir” Chast Roz
- “Once More We Saw Stars: A Memoir” Jayson Greene
- “Will My Cat Eat My Eyeballs?: Big Questions from Tiny Mortals About Death” Caitlin Doughty
- “The Book of Joy: Lasting Happiness in a Changing World” Desmond Tutu, Dalai Lama, & others.

