During the COVID-19 pandemic, emotional resilience is vital.

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic.

Through a variety of virtual services, this program aims to assist those impacted by the pandemic to better adjust to their new reality, mitigate stress, review options, develop coping strategies, and, if needed, find linkages to agencies, programs, and other resources in their community.

Services will be provided in **Essex, Hudson, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union counties.**

For more information, contact:

hopeandhealing@rwjbh.org
833-795-HOPE (4673)

Focused services provided for:

- Healthcare workers
- First responders
- Seniors
- Children and families
- Individuals with substance use disorder

rwjbh.org/hopeandhealing

Institute for Prevention and Recovery | RWJBarnabas HEALTH

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by RWJBarnabas Health Institute for Prevention and Recovery in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

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