

Behavioral Health Resources for Ocean County

Learn how to #BeTheDifference during COVID-19 with [Mental Health First Aid resources](#)

If you or someone you care about feels overwhelmed with emotions like sadness, depression or anxiety, or like you want to harm yourself or others call 911 or

Psychiatric Emergency Screening Services
1-732-886-4474

Take care of your mental health while practicing physical distancing:

- Eat healthfully to keep your body in top working order.
- Exercise reduces symptoms of depression and anxiety, whether we're working out at home or taking a solo jog around the neighborhood.
- Practice relaxation therapy. Focusing on tensing and relaxing muscle groups can help you relax voluntarily when feeling overwhelmed, stressed or anxious.
- Let light in. For some people, increased exposure to light can improve symptoms of depression. If you can, open the shades and let more sunlight in.
- Be kind to yourself! Treat yourself with the same compassion you would a friend.
- Stay connected. Even if you can't get together face-to-face, you can stay connected to friends, family and neighbors with phone calls, text messages, video chats and social media. If you're feeling lonely, sad or anxious, reach out to your social support networks. Share what you are feeling and offer to listen to friends or family members about their feelings. We are all experiencing this scary and uncertain time together.
- Monitor media consumption. While you might want to stay up-to-the minute with COVID-19 news, too much exposure can be overwhelming. Balance media consumption with other activities you enjoy, such as reading, cooking or listening to music.

- MHFA

Further reading...

- **SAMHSA: Caring for Our Behavioral Health - Tips for Social Distancing, Quarantine, and Isolation During An Infectious Disease Outbreak**
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **CDC: Mental Health and Coping - Managing Anxiety and Stress during COVID-19**
<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- **Healthline: Be Mindful of Your Mental Health during the COVID-19 Outbreak**
<https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak>
- **AFSP: Taking Care of Your Mental Health in the Face of Uncertainty**
<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty>
- **Psych Central: How the Coronavirus Affects People with Health Anxiety**
<https://psychcentral.com/blog/how-the-coronavirus-affects-people-with-health-anxiety/>
- **How to Deal With a Quarantine If You're Struggling Emotionally**
<https://lifehacker.com/how-to-deal-with-a-quarantine-if-youre-struggling-emoti-1842139296>

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<i>Most outpatient providers are utilizing telephone and virtual technology to continue services while implementing social distancing protocols.</i>	<i>Residential and inpatient programs remain open, with additional procedures to limit visitors, screen staff & consumers for symptoms, decrease group size, and increase social distancing when possible.</i>	<i>Before accessing any outreach or walk-in service or existing appointment with any provider, call ahead to determine if a phone or video visit can be offered instead of an in-office visit.</i>
NJ Mental Health Cares NJ Disaster Mental Health Helpline 7 days per week, 8 am - 8 pm 1-877-294-HELP (4357)	Ocean County Health Department Coronavirus Call Center 732-341-9700 x7411 covid@ochd.org www.ochd.org/covid19/	NJ Coronavirus Call Center Call 2-1-1 or 1-800-222-1222 or 1-800-962-1253 Text: NJCOVID to 898-211 covid19.nj.gov/
MHA Ocean Virtual Wellness Center & Peer Supports www.mhanj.org/virtual-support-and-learning-opportunities/	Hope Sheds Light Helpline & Virtual Groups 1-855-850-HOPE	Crest Early Intervention & Support Services New hours: 9am-5pm, 7 days/week 732-240-3760
Suicide Prevention Lifeline 1-800-273-8255 NJ Suicide Prevention Hopeline 1-855-654-6735 www.njhopeline.com/LiveChat.htm	Aid NJEA 1-866-243-6532 Warmline for school staff members and their families, Mon-Thurs, 12pm-8pm and Fri 12pm-6pm	Domestic Violence Hotline 1-800-572-7233
2nd Floor Youth Helpline Call/text 1-888-222-2228 www.2ndfloor.org	SAMHSA Disaster Distress Helpline 1-800-985-5990	NJ Vet2Vet 1-866-838-7654 Vets4Warriors Warmline 1-855-838-8255
NJ IME Addictions Access Center 1-844-276-2777	Reach NJ 1-844-ReachNJ (732-2465) reachnj.gov/	Crisis Text Line text "NJ" to 741741
NJ Connect for Recovery 1-855-652-3737 Family members or friends of people with substance use disorder	Peer Recovery Warm Line 8am-10pm, 7 days/week 1-877-292-5588	SAMHSA Virtual Recovery Resources (NA, CA, Intergroup, Smart Recovery, etc)
Family Helpline 1-800-843-5437 Online groups paofnj.org/	Child Abuse & Neglect Hotline 1-877-NJ ABUSE	Mom2Mom Helpline 877-914-6662 Peer support for parents of children with developmental disabilities
Care2Caregiver 1-800-424-2494 Warmline for family members who are caregivers to those with memory loss, Alzheimer's, Dementia or a related disorder from 8am to 8pm		Alcoholics Anonymous of NJ 1-800-245-1377 Gamblers Anonymous (GA) of NJ 1-855-2- CALL-GA (222-5542)