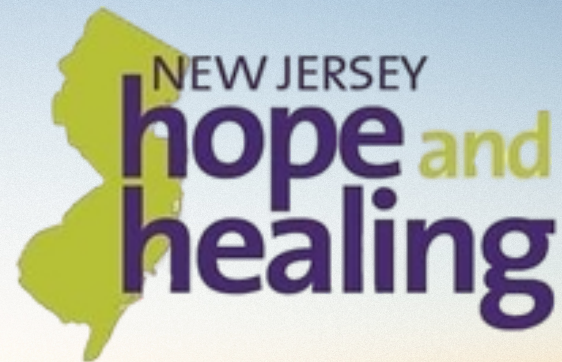




SOMERSET COUNTY

HOPE AND HEALING

Program



Somerset County Hope and Healing, offered through Richard Hall Community Mental Health Center, provides confidential, anonymous and free emotional support services to Somerset County residents and employees.

If you have been affected by the COVID-19 pandemic and need emotional support, we can help.

**Se Habla Español.*

Are you looking for connections to community resources for you or your family? Are you feeling fearful, overwhelmed, stressed or burned out? Call us. Our trained counselors speak **English and Spanish** and are here to assist at no cost.

CONFIDENTIAL · ANONYMOUS · FREE
908-231-6414 HOPE AND HEALING HELPLINE
8:00 A.M. – 8:00 P.M., 7 DAYS A WEEK
EMAIL: HOPEANDHEALING@CO.SOMERSET.NJ.US

**CALL THE HOPE AND HEALING
HELPLINE TODAY: 908-231-6414**



ARE YOU OR A LOVED-ONE EXPERIENCING:

- Feelings of isolation, fear, confusion, anxiety, or stress,
- Grief related to COVID-19 including the loss of a loved one,
- The loss of income, housing, food security, health insurance, and/or personal safety?



WE PROVIDE VIRTUAL ASSISTANCE:

- Individual, family, and group emotional support,
- Community education on disaster reactions and recovery,
- Coping skills for managing stress,
- Psychoeducation support groups,
- Information & community referrals.



All Somerset County residents and employees are eligible regardless of income, race, gender, sexual orientation, religion, age, or belief system.

This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Richard Hall Community Mental Health Center 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. Services are provided through the Board of County Commissioners by the Richard Hall Community Mental Health Center, Somerset County Department of Human Services.