

Reciprocal Peer Support™

Reciprocal Peer Support™ is a Peer Prevention, Intervention, and Postvention approach to peer support through which peers achieve the following four tasks:

- ◆ Connection & Presence
- ◆ Info Gathering & Risk Assessment, Orienting
- ◆ Case Management, Wellness Plans & Goal Setting
- ◆ Resilience, Affirmation & Praise

Every day we hear from Moms of children with special needs about issues such as:

- ◆ Family and parenting concerns
- ◆ Depression
- ◆ School concerns
- ◆ Anxiety
- ◆ Marital problems
- ◆ Development concerns
- ◆ Medical problems
- ◆ Legal concerns
- ◆ Physical/sexual abuse

Funded by The New Jersey Department of Children and Families

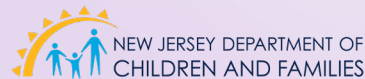
©2023 Rutgers Health University Behavioral Health Care

Whether you are suffering from stress, anxiety or other emotional challenges due to your role as a caregiver for a child with special needs, or need assistance with resources, give us a call.

We can help.



Mom2Mom is a statewide program funded by the New Jersey Department of Children and Families and directed by University Behavioral HealthCare (UBHC).



RUTGERS HEALTH
University Behavioral Health Care

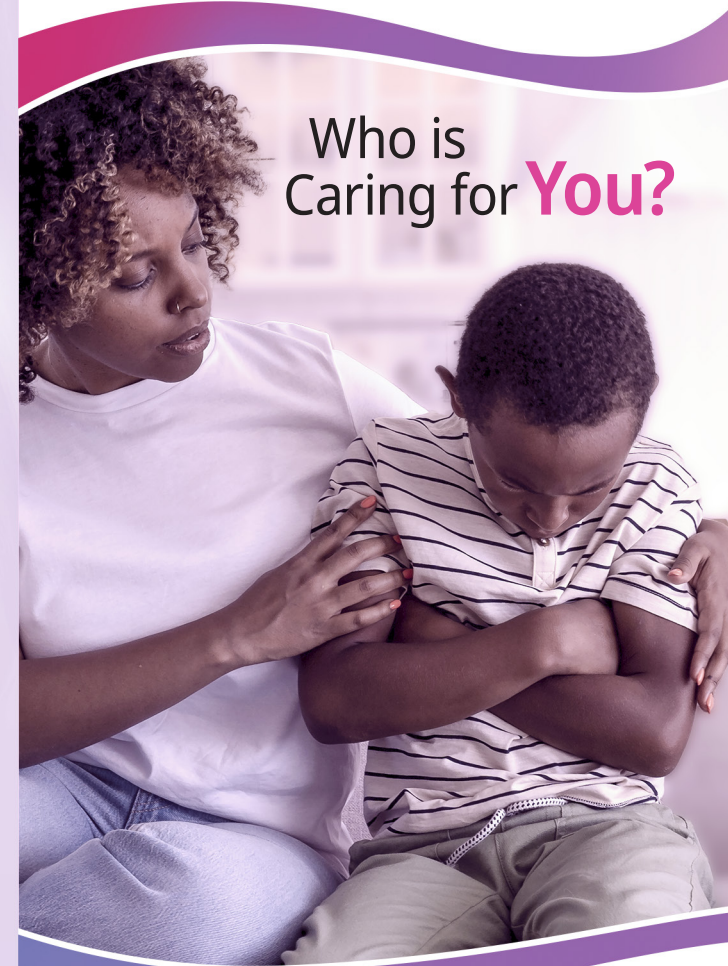
UBHC is one of the largest behavioral healthcare providers in the country, with over 300 locations across New Jersey.

877.914.6662
Mom2Mom.us.com



You're Caring for Your **Special Needs** Child

Who is
Caring for **You?**



Mom2Mom
877.914.6662

Moms understand Moms – that's why we started the Mom2Mom helpline.

Mom2Mom Peer Services

When the stress that accompanies caring for a child with special needs gets to you, sometimes it helps to be able to talk to someone who is living a similar life and can lend an empathetic ear.

When the issues run deeper, Mom2Mom can help you find a compatible professional for treatment, if necessary.

The **Mom2Mom peer support helpline (877-914-6662)** and other programs are staffed by mothers of children with special needs who have been trained as counselors with the support of mental health clinicians.

Don't bear this stress alone. Call Mom2Mom today or log on to the website for a Live Chat and get help **Monday through Friday from 8:30am to 8:00pm.**

- ◆ **Mom2Mom Peer Support and Clinical Services.** If you just want to vent to another mom who knows what you're going through, Mom2Mom staff are ready to listen.
- ◆ **Clinical Telephone Assessments.** If you're not sure how severe the problem is, one of our experienced professional counselors will provide an assessment and follow-up with a vast network of professional resources throughout the state.
- ◆ **Referrals to a Mom2Mom Network of Service Providers.** Case management for your child and you.
- ◆ **Mom2Mom Support Groups.** Join other mothers of children with special needs and Mom2Mom peer counselors at regular support group meetings throughout the state.



We Want to Help

We understand the unique needs mothers of children with special needs have and offer a confidential peer-support helpline, online live chat, support groups and resiliency events.

Mothers of children with special needs, who are trained peer counselors, answer our helpline and lead our support groups. They have walked in your shoes and have a deep understanding of your unique concerns and issues.

Our Peers also address behavioral and physical health needs along 8 dimensions of wellness. Our goal is to restore health and reestablish balance within all 8 for every caller.



Visit our website for Live Chat with a peer counselor and more information on our programs, support groups and events.
mom2mom.us.com

877.914.6662