

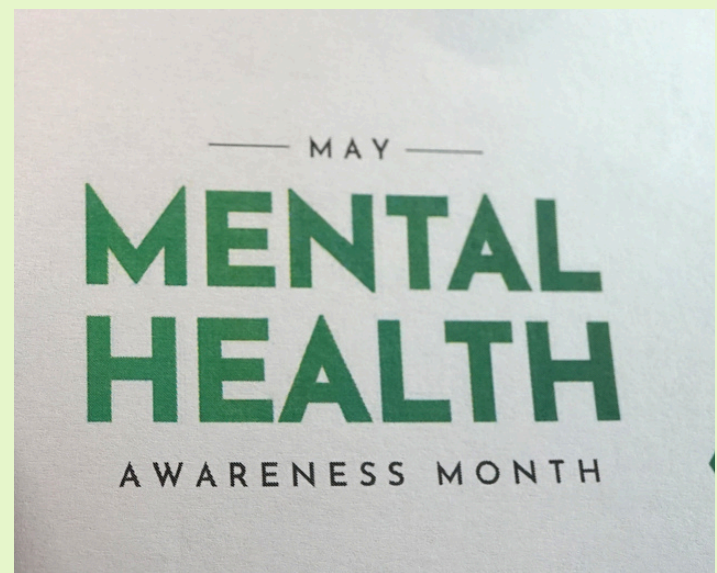
Stigma Times

The Warren County Stigma-Free Communities Initiative is a countywide program which aims to eradicate the stigma associated with mental illness and substance use disorders. We are dedicated to bringing people together to be stigma-free in order to facilitate inclusive communities and individual healing by bringing awareness, building knowledge and fostering compassion through advocacy.

WHAT'S IN THIS MONTH'S ISSUE

- Mental Health Awareness Month
- Older Adults & Mental Health
- Agency Spotlight
- Wellness Begins with You
- Your Daily DOSE
- Glimpse of Mental Health Providers
- Providers Search Tool
- Resources
- Mental Health Challenge Calendar
- Upcoming Events

WARREN COUNTY
PROUD TO BE
STIGMA FREE



MENTAL HEALTH AWARENESS MONTH



Every May we observe Mental Health Awareness Month, a time to shine a light on increasing awareness, breaking down stigma, and fostering a greater understanding of mental health. This important month encourages individuals, communities, and organizations to come together to support mental well-being, and advocate for better access to mental health resources.

Throughout the month, campaigns and events across the country emphasize key themes such as early intervention, self-care, and the importance of open dialogue about mental health challenges. It is also an opportunity to remind ourselves and others that mental health is just as essential as physical health, and that seeking help is a sign of strength, not weakness.

Let us take this time to prioritize our mental well-being, support those around us, and continue building a culture where everyone feels safe to speak up and seek help when needed.

<https://www.thenationalcouncil.org/mental-health-awareness-month/>



**You play a role in your family's
mental health. Be their support.**



“Life doesn’t make any sense without interdependence. We need each other, and the sooner we learn that, the better for us all.” –Erik Erikson

Our lives are shaped by the relationships we build. Through meaningful connections we discover purpose, experience love and gain a deeper understanding of ourselves and others. When we are supported by a strong network of family, friends and community, we build healthier individuals and a stronger community.

*You are
not alone*

MENTAL WELLNESS AND AGING

May 1st is Older Adults Mental Health Awareness Day, and as we grow older, we gain perspective, resilience, and wisdom, but mental health challenges do not simply disappear with age. In fact, they often take on new shapes. Therefore, it is important to keep conversations about mental health open and supportive, especially for older adults.

Why It Matters

Mental health is just as vital as physical health, and conditions like depression, anxiety, and loneliness are frequently underdiagnosed in older populations. Life transitions, retirement, loss of loved ones, chronic illness, or decreased mobility, can all impact emotional well-being.

Signs

Not every bad day is a cause for concern, but persistent sadness, withdrawal from activities, confusion, or changes in appetite and sleep can signal something deeper. Often, these symptoms are mistaken for "just getting older" when they may actually point to treatable mental health conditions.

Breaking the Stigma

Many older adults grew up in a time when mental health was not discussed openly. That stigma can make it hard to ask for help, but knowing that support is near, whether through therapy, community connection, medication, or simply having someone to talk to can make a profound difference.

How We Can Help

- **Check In:** A phone call, visit, or shared cup of tea can brighten someone's day.
- **Encourage Support:** Help loved ones explore local resources, support groups, or professional care.
- **Create Connection:** Join community programs, volunteer together, or even start a walking group.

Let us all remind the older adults in our lives and ourselves that it is okay to talk about mental health. Aging with grace includes caring for the mind as much as the body.

For more information visit <https://www.ncoa.org/article/supporting-older-adult-mental-health-what-you-can-do/>

AGENCY SPOTLIGHT

Healing Road Counseling Services, LLC

The Vital Role of Mental Health in Building Resilient Communities

Mental health is a cornerstone of individual and collective resilience. Robust mental well-being empowers individuals to effectively navigate life's challenges, fostering adaptability and recovery in the face of adversity. Communities that prioritize mental health cultivate supportive environments where members can thrive, contributing to overall societal strength and cohesion. Research indicates that community resilience is positively associated with mental health outcomes, highlighting the importance of integrated mental health strategies in community development.

Addressing Mental Health Challenges in New Jersey

The significance of accessible mental health services is underscored by recent statistics in New Jersey. Between February 1 and 13, 2023, approximately 27.7% of New Jersey adults reported symptoms of anxiety and/or depressive disorders (1). This figure, while slightly lower than the national average of 32.3%, reflects a substantial portion of the population grappling with mental health challenges. Furthermore, certain demographics, including young adults aged 18 to 29 and essential workers, have reported higher incidences of these symptoms, emphasizing the need for targeted mental health interventions.

A Commitment to Culturally Sensitive Mental Health Care

Since 2019, Healing Road Counseling Services, LLC has been unwavering in its mission to deliver high-quality, trauma-focused, and culturally sensitive mental health counseling. Based in Hackettstown, NJ, our bilingual (English-Spanish) services are meticulously designed to address the distinct needs of children, adolescents, and adults. We offer a comprehensive range of counseling options, including individual, couples, and family sessions, ensuring that each client receives personalized support tailored to their unique circumstances.

AGENCY SPOTLIGHT

Understanding the necessity for accessible and flexible mental health care, we provide both in-person and telehealth (virtual) counseling sessions. This dual approach allows clients to engage with our services in the manner that best suits their preferences and needs. Our dedicated team of 25 licensed mental health professionals is committed to guiding individuals toward emotional well-being and resilience.

In our efforts to extend our reach and serve more communities, we have established additional locations in Piscataway, Highland Park, Perth Amboy, Philadelphia, and New York. Our dedication to supporting underserved populations led to the founding of Latino Healing Partners, Inc., a nonprofit organization focused on providing quality counseling services to disadvantaged groups

At Healing Road Counseling Services, we recognize the critical importance of mental health in fostering resilient individuals and communities. Our comprehensive services are designed to address the diverse needs of our clients, promoting emotional strength and well-being. By offering accessible, culturally sensitive counseling, we aim to contribute to the development of communities where individuals are equipped to face challenges with confidence and support. If you or someone you know is seeking professional mental health support, we are here to assist. Contact us today to learn more about our services and how we can support you on your journey toward healing and personal growth.

Contact information:

Healing Road Counseling Services, LLC
Phone: 215-688-5116
101 Mountain Ct., Suite 101B, Hackettstown, NJ 07840.
www.healingroadcounseling.com
info@healingroadcounseling.com



THE IMPORTANCE OF SELF-CARE

As we recognize Mental Health Awareness Month, we are reminded of something deeply important, which is our mental well-being deserves care, attention, and compassion every single day. This month, we are focusing on one of the most powerful tools we have to protect and nurture our mental health: **SELF CARE**

What Is Self-Care?

Self-care is not just spa days, bubble baths and face masks. It is about tuning into your needs and giving yourself permission to rest, heal, and grow. It means making choices that support your emotional, mental, and physical well-being.

Why It's So Important?

Life moves fast, and it is easy to put yourself last. But when you skip self-care, the effects build up which causes stress, exhaustion, anxiety, and even burnout. Prioritizing self-care helps you:

- Reduce stress
- Improve focus and mood
- Build resilience
- Strengthen self-worth

Simple Ways to Start Today:

- Take a few deep breaths and check in with yourself.
- Say "no" to things that drain your energy.
- Journal, move your body, or simply rest guilt-free.
- Spend time in nature or connect with someone who lifts you up.

Let Mental Health Month be your Reminder

**YOU
ARE WORTHY OF
IT!**

**YOU DESERVE
PEACE!**

Self-Care is not a one-time treat

*It is daily practice of valuing
yourself*

Take a moment for you today, because you have earned it!

#MentalHealthAwarenessMonth #YouMatter #MentalHealthAmerica

TAKE YOUR DAILY DOSE

Hormones are your body's chemical messengers and are produced by glands and then released into the bloodstream. They travel throughout the body to influence how your organs function and how you feel, both physically and emotionally.

Among them is a special group often called the “feel-good hormones” because they are linked to feelings of happiness, pleasure, and even euphoria. These hormones are dopamine, serotonin, endorphins, and oxytocin, which also act as neurotransmitters, helping nerve cells communicate with each other.

The good news? You can naturally boost these mood-enhancing hormones through simple lifestyle habits like regular exercise, a healthy diet, hobbies, mindfulness practices, and even meaningful social connections.

Introducing the “FEEL GOOD” Hormones

DOPAMINE is the reward and motivation hormone. When dopamine is released, it gives you the satisfaction that you have achieved something. “Yes, I did it”.



OXYTOCIN is the love hormone. It is released when hugging, touching or through emotional connections. It helps to form trust, empathy and build relationships.



SERATONIN is the mood stabilizer. It helps to regulate your emotions, sleep, appetite, memory and digestion. When balanced it promotes a sense of calm and well-being.



ENDORPHIN is the body's natural pain killer. It is released during stress, discomfort like after a good exercise class or a good laugh. Even being kind to others can create an endorphin boost
“That was tough, it hurts, but it feels good”



MENTAL HEALTH PROVIDERS

Bridgeway

PACT provides comprehensive, integrated rehabilitation treatment and support services to those individuals who are most challenged with their serious mental illness. PACT believes that people who have serious mental illness can live successful and satisfying lives in the community when flexible services and supports are provided.

Please contact the Team in your county to obtain a referral form or to set up an appointment to get more information about Bridgeway's PACT program.

Contact: (908) 835-8660

<https://www.bridgewaybhs.org/services.warren.pact.html>

Catholic Charities

Catholic Charities, Diocese of Metuchen offers short-term, outpatient counseling and treatment for individuals, couples, and families facing life's challenges. Whether you are coping with depression, anxiety, grief, parenting struggles, or behavioral concerns, a compassionate team is available to assist. For those receiving counseling services, psychiatric evaluations and medication monitoring are also available to support overall well-being.

Catholic Charities offers a specialized outpatient counseling program for children at risk of psychiatric hospitalization or struggling with behavioral issues. Services include individual, family, and play therapy, along with psychiatric evaluations and medication support.

Contact: (908) 454-2074

<https://www.ccdom.org/warren-counseling>

Center for Assessment & Treatment

At the Center for Assessment and Treatment, they support individuals and families on their journey to wellness. The personalized, compassionate care, which is grounded in research backed treatment has helped thousands make meaningful, lasting changes in their lives.

They offer a full range of services, including individual, group, couples, and family counseling, as well as medication evaluation and management, and psychological assessments.

Contact (908) 852-5858

MENTAL HEALTH PROVIDERS

Center for Family Services

Private and confidential counseling services are tailored for adults, children, teens, and families. Our support promotes emotional and social well-being across a range of areas, including everyday challenges and relationships, mental health, addiction and recovery, violence and trauma, and grief and loss.

Main office (877) 922-2377 or <https://www.centerffs.org/>

Little Hearts Counseling

Provides compassionate, outpatient mental health services tailored to meet the unique emotional and developmental needs of children ages 2 to 12. Our licensed therapists offer a safe, nurturing environment where children can express themselves, process challenges, and develop healthy coping skills.

Contact (908) 946-5228 <https://little-hearts-counseling.com/>

The Wellness and Recovery Center of Warren County- Saint Clare's Health

The Wellness and Recovery Center provides compassionate support for individuals facing urgent mental health concerns. By addressing distressing symptoms early, we help reduce the risk of more serious issues developing. Our care is offered in a warm, welcoming setting completely separate from traditional medical facilities. Services are offered to those 18 and older and resides in Warren County. Recovery and support services include Crisis Support, Individual Counseling, Case Management, Medication Evaluation, Peer Support and Psychoeducation

Contact: (908) 477-2100

<https://www.tricountyresourcenet.org/search/the-wellness-and-recovery-center-of-warren-county/>



FIND A PROVIDER TOOL

St. Lukes Community Health **FindHelp** is a free tool that connects you to local community resources you may need. Whether you are looking for financial assistance, food pantries, medical care, housing, transportation, legal services or support for pregnant women and new mothers, you can search for free or reduced-cost services—all in a language you understand.

How it Works

Enter your zip code and search. Providers are listed by those closest to your search option
<https://sluhn.findhelp.com>

Atlantic Health System collaborates with **Unite Us** to address the social drivers of health in New Jersey. This partnership enables healthcare providers to connect patients with essential community resources such as food assistance, housing support, and mental health services through a secure, electronic referral system.

How it Works

Select your location or closest location to you and search. Then you can select all nearby resources or choose from the selections.
<https://atlanticealth.resources.uniteus.io>

TriCounty ResourceNet is a comprehensive online directory designed to connect residents of Warren, Hunterdon, and Somerset counties in New Jersey with essential community resources. Whether you're seeking mental health support, financial assistance, educational programs, or recreational activities, this platform offers a centralized hub to find services tailored to your needs.

How it Works

Search by type of service, select within Warren County, payment type, age group and language.
www.tricountyresourcenet.org



Disclaimer: Please note that while we strive to provide accurate and up-to-date information, we are not responsible for any errors or omissions. Information is subject to change and should be verified with the appropriate organization or service provider.

SUICIDE PREVENTION STARTS HERE

The mission of Question Persuade and Refer (QPR) is to save lives and reduce suicidal behaviors through innovative, practical, and proven suicide prevention training. They believe that quality education empowers individuals from all backgrounds to make a positive impact in the lives of those around them.

How Can You Help?

- Learn about suicide prevention and share that knowledge with others
- Create a list of resources for partnership and support
- Get involved by volunteering with local organizations and committees
- Advocate for prevention programs and support for families and individuals
- Sign up for Question, Persuade and Refer (QPR) training

QPR Training at 908 454-4470



THERE IS HELP, IF THERE IS HOPE



988

SUICIDE & CRISIS
LIFELINE

WHO TO CALL

Center for Family Services
Family Crisis Intervention Services
24-hour hotline
908 454-5141

Children's Mobile Response
and Stabilization Services
24 hours, 7 days a week
877 652-7624

Center for Family Services
Intensive Outpatient Services
908 689-1000

Domestic Abuse & Sexual Assault
Crisis Center of Warren County
24 hours, 7 days a week
908 453-4181

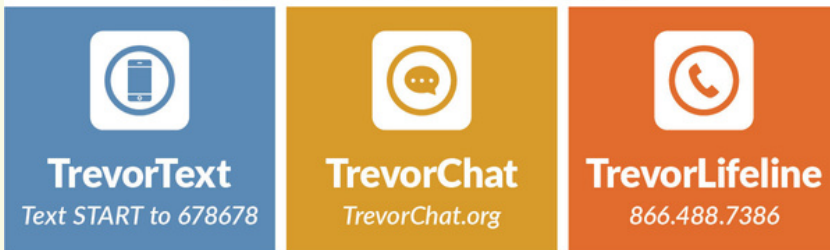
Parent to Parent
Addiction Services, Inc
908 223-1951

New Hope IBHC
Withdrawal MANAGEMENT,
Short term Residential
732 946-3030

Saint Clare's Wellness &
Recovery Center of
Warren County
908-477-2100



GET HELP 24/7:



THE **TREVOR** PROJECT
Saving Young LGBTQ Lives



WHO TO CALL

Smoking Cessation Resources

New Jersey Quitline
866- NJSTOPS or 866-657-8677
www.njquitline.org

American Cancer Society
800-ACS-2345 or 800-227-2345
www.cancer.org

SmokeFree.gov
Smokefree TXT to sign up,
text Quit to 47848
www.smokefree.gov

American Lung Association
800-LUNG-USA or 800-586-4872
www.freedomfromsmoking.org

Mom's Quit Connection
888 545-5191
www.momsquit.com

Rutgers Tobacco
Dependence Program
732 235-8222
www.tobaccoprogram.org



Ready to Quit Smoking?







































Atlantic Health System offers a Community-Based Quit Smoking Program designed to help you take control of your health. This supportive, community-based program provides the tools, guidance, and encouragement you need to quit smoking. Whether you are just thinking about quitting or ready to start now, help is available close to home.

To learn more or register, email communityhealth@atlantichealth.org, call 1-844-472-8499 and visit www.ahs.atlantichealth.org

Please note referred participants must preregister and have a smoking assessment done in order to participate in this program.

NJ Crisis Services: Who Should I Call?

There are many types of emergencies. What number is best to call during a crisis?

Someone to Call For...	988 SUICIDE & CRISIS LIFELINE Behavioral Health Crisis	9-1-1 Emergency Response	2-1-1 New Jersey Basic Needs
 24/7 services			
 Serves adults			
 Serves youth ¹			
 Overdose in progress or medical emergency			
 Fire			
 Immediate rescue required ²			
 Crime			
 Suicide attempt in progress			
 Someone is a threat to self or others			
 Mental health crisis			
 Substance use crisis			
 Suicidal thoughts			
 Crisis stabilization ³			
 Follow-up services			
 Referrals			

¹**For children/youth under 21**, contact PerformCare (877-652-7624) which provides a family-centered, community-focused, single point of entry to obtain services for behavioral health, intellectual/developmental disabilities, or substance use. Available 24/7. Parent/legal guardian consent required for youth under 18.

²**Immediate rescue required** for self-injury, serious threats of harm to self/others, severe disorientation, and/or agitation, etc.

³**Crisis stabilization** provides short-term care for an individual experiencing an acute mental health or substance use crisis.

Updated September 2024



STATE OF NEW JERSEY
Phil Murphy, Governor | Tahesha L. Way, Lt. Governor



DEPARTMENT OF HUMAN SERVICES
Sarah Adelman, Commissioner

Healing together is easier
than struggling alone.

A stylized illustration in a light beige color. It features two hands, one on the left and one on the right, with fingers spread. A solid heart is positioned between the palms of the two hands. The hands have simple curved lines for fingers and small dots for eyes. The entire illustration is set against a dark green background.

*Celebrate Mental Health Month and explore
more resources at mhanational.org/may*

SCHEDULE OF MENTAL HEALTH AWARENESS MONTH

Week 1 - May 1st - May 3rd

- Support Older Adults Mental Health



Week 2: May 4th - May 10th

- Build Strong Foundation for Children's Mental Health



Week 3: May 11th - May 17th

- Support for Individuals with Serious Mental Illness and Emotional Disturbance



Week 4: May 18th - May 24th

- Connect Mental Health, Co-occurring Disorders and Physical Health



Week 5: May 25th - May 31st

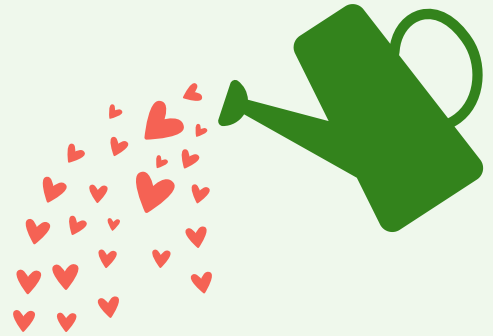
- Strength in Community Support as key to Mental Wellness





31 Days of Self Care, Connection & Growth

Mental Health Awareness Month

MAY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Set a mental health intention for the month	2 Journal 3 things you are grateful for today	3 Unplug from Social Media
4 Practice 10 minutes of mindfulness meditation	5 Say no to something that drains you	6 Write yourself a kind note	7 Identify a trigger and how to manage it	8 Take a 20 minute walk	9 Drink water like it is your job today	10 Do 10 minutes of stretching/yoga
11 Try a new healthy recipe	12 Dance or sing to your favorite song	13 Go to bed 30 minutes earlier	14 Limit caffeine or sugar today	15 Call someone you have been thinking about	16 Compliment someone today	17 Volunteer/do one random act of kindness
18 Listen without interrupting	19 Share a mental health resource	20 Write/email someone who helped you	21 Ask someone "How are you, really?"	22 Do something creative	23 Watch or read something that brings you joy	24 Declutter one small area
25 Digital detox for the evening	26 Write down 3 things that went well	27 Try a new hobby or revisit one	28 Make a self care plan for the next month	29 Reflect on your favorite moments from this challenge	30 Celebrate yourself 	31 Set 1 mental wellness goal for June 

Goal: Prioritize Your Mental Well-Being through small daily actions

2025

COMMUNITY CORNER & EVENTS

In celebration of Mental Health Awareness Month, the Blairstown Elementary Student Climate and Culture Committee is excited to highlight a special initiative called Dial-a-Smile, a simple way to brighten your day and lift your spirits. Dial-a-Smile is a toll-free phone line where anyone can call and listen to a short, uplifting recorded message. It is free and available to all. 📞 Just call 1-888-970-1557, and you'll be greeted with: "We are delighted to bring you a smile or pick-me-up today."

We encourage everyone to take a moment to call and enjoy a little positivity. It is a small act of self-care that can make a big difference.

Thank you to the Student Climate and Culture Committee for sharing this thoughtful resource and for promoting emotional wellness in our community. 😊

<https://ridgeviewecho.com/2025/04/09/blairstown-elementary-teacher-and-students-launch-dial-a-smile-program/>

St. Luke's "Just START the Conversation"

Join clinical psychotherapist Amie Allanson-Dundon and Behavioral Health Services administrator Jody McCloud Missmer team up each month to discuss real, timely mental health topics with moderator Kevin Crockett. With honesty, compassion, and practical insight, they aim to help the community navigate challenges that impact everyone's mental well-being. Their message is simple: "We Care, We Understand, and You're Not Alone."

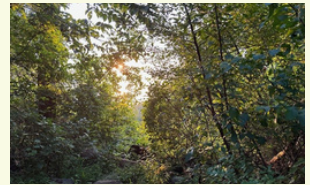
Listen to the Just START the Conversation podcast on your favorite podcast platform or visit www.slnh.org

Explore the Outdoors in Warren County

Natural Resource Areas - Marble Hill, Oxford Mountain, and White Lake
Parks - Morris Canal Greenway - Lock Street, Port Warren, Bread Lock,
Port Murray, Florence Kuipers, and Mount Rascal

Warren County Community College Walking Path

Warren County's parks offer nearly 2,000 acres of scenic forests, meadows, streams, and lakes to discover. Please visit the website to download maps as well as brochures
<https://www.warrencountynj.gov/government/land-preservation-department/open-space-preservation-recreation/park-maps>



NAMI Warren County Support Groups

1st Saturday of the Month 10:00-11:15 am

Habitat for Humanity

31 Belvidere Avenue, Washington NJ 07882

3rd Tuesday of the month 7:00-8:15 pm

Center for Family Services

492 Route 57, Washington NJ 07882

Register at www.namiwarren.org

News from the NJ Governor's Council on Mental Health Stigma

Please visit <https://www.nj.gov/mhstigmacouncil/>

COMMUNITY CORNER & EVENTS CONT.

Parent to Parent Support Groups

Tuesday, May 6th 6:00pm-7:30 pm

Tuesday, May 20th 6:00 pm -7:30 pm

HOPE One Outreach

Thursday May 8th 10:00 am-2:00 pm @Warren Community College

Tuesday May 13th 10:00 am -2:00 pm @Skoogy's Deli

Thursday May 29th 10:00 am -2:00 pm @Blairstown Airport

325 B W. Washington Avenue, Washington NJ 07882

For more information please call (908) 223-1951 or

www.parent2parentaddictionservices.com

Atlantic Health System Virtual Presentations

May is Mental Health Awareness Series

Thursday May 8th 12:00 pm - Nutrition Myths: How Eating Right Can Boost Your Mood

Wednesday May 14th 6:30 pm - Managing Burnout and Differentiating it from Being Overwhelmed

Thursday May 15th 12:00 pm - Be on the Sunny Side of Skin Cancer Prevention

Tuesday May 20th 12:00 pm- Pelvic Pain: A Psychiatrist's Approach

Wednesday May 21st 6:30 pm - Social Media and Mental Health: Guidance to Help Young People Avoid Pitfalls and Find Balance

It is not enough to simply think about or talk about good mental health. That is why we invite you to A.C.T. on your mental health:

- A for Activate: Take proactive steps each day to care for your mental health—whether it's through self-care, therapy, or healthy habits.
- C for Connection: Build meaningful connections with others, reach out for support, and engage with a community that uplifts you.
- T for Thrive: Focus on growth and resilience, working toward a life where you not only survive, but flourish.

For more information on classes (virtual or in person) and support groups please contact

Community Health at communityhealth@atlantichealth.org or call 844-472-8499 opt#3

To register for classes please visit www.atlantichealth.org

The Amazing Adventures of Water Bugs

Friday, May 9th at 6:00 pm

EnVision Center - 535 Fisher Avenue, Phillipsburg NJ 08865

Come discover tiny, amazing creatures and learn about how water bugs keep water clean. This interactive event is for kids and families.

Special Education: What Parents Need to Know

Wednesday, May 28th - 4:00-5:30pm

EnVision Center - 535 Fisher Avenue, Phillipsburg NJ 08865

Join Michele Gardner from All In Inclusive Education, as she presents a parent informational session about special education for students with disabilities in New Jersey public schools.

Please register to Sara Boehm Davis at 908-859-0122 ext. 112 or

sboehmdavis@phillipsburgha.com

COMMUNITY CORNER & EVENTS CONT.

Smiles for Our Heroes (open to Warren County residents)

Saturday, June 21st 9:00-3:00pm

Zufall Health 49 Mount Pleasant Avenue, West Orange NJ 07052

FREE Dental Services and resources for Veterans including dental exams, cleaning, fillings, dentures, oral cancer screenings, extractions and more. Join Zufall Health for a day of services, food and giveaways.

Walk-ins welcome, pre-registration is required for all dental services.

Register please call Yanira 973 325-2266 ext. 1954 or complete the form at bit.ly/SFOH2025

****Warren County is offering FREE transportation to Veterans. Please contact WC Veterans Coordinator Jacqueline Petersen (908) 475-6591 or jpetersen@co.warren.nj.us**

Warren County Bicentennial Celebration

Saturday June 28th 12:00-9:30 pm (rain date Sunday June 29th)

Warren County Community College - 475 Route 57 West, Washington NJ 07882

Bring your friends and family out for a day of music, food, fun, games and activities for everyone.

For tabling and volunteer opportunities please contact Gina Rosseland at 908 453-4381

<https://www.warrencountynjheritage.com/about/bicentennial-event-planning-volunteerism/events>

Caregiver Support Group (in-person)

1st Tuesday of each month from 1:30-2:30pm

Warren County Library Locations

6/3/2025 2 Shotwell Drive, Belvidere NJ 07823

7/1/2025 TBD

8/5/2025 40 US 46, Hackettstown NJ 07840

Join Dr. Frank Gilly, Geriatrician and Robin Ennis, Caregiver Resource & Information Specialist for an in-person support group for unpaid caregivers across the lifespan. Connect with others who understand the joys and challenges of caregiving. Share experiences and learn helpful tips. Receive information, resources and service connections. To RSVP or for questions contact RobinEnnisLLC@gmail.com or at 908-866-1333.

Tri County CMO Training Department

Is offering iMPACTFUL film screenings to schools and community partners. Select one or more films from the Mental Health Trilogy to watch as a community. Each screening will be followed by a panel discussion. If interested, please contact TCCMO Training Depart. @trainingdepartment@tricounty.org

If you would like to learn more about volunteer opportunities or ways to get involved contact (908) 475-6331 or email rbooth@co.warren.nj.us



Celebrating Mental Health Awareness Month With

National Alliance on Mental Illness

"In Every Story, There's Strength" highlights the resilience and diverse experiences that shape mental health journeys within our community. This initiative celebrates the power of storytelling as a means to foster connection, understanding, and hope.

Key Components

Storytelling & Personal Narratives – Offering a platform for ambassadors, advocates, and individuals to share their personal mental health journeys, fostering connection and reducing stigma.

Diverse Audience Engagement – Ensuring representation from various perspectives.

Media & Advocacy Strategy – Driving engagement through leading publications, social media movements, and community partnerships under the hashtag **#MyMentalHealth**.

Throughout this campaign we hope to foster:

- Resilience & Hope
- Connection & Understanding
- Community & the Power of a Collective
- Empowerment & Action

"In Every Story, There's Strength" reminds us that by sharing our journeys, we not only find strength within ourselves but also encourage others to seek help and share their own stories.

Designed for year-round relevance, this theme extends beyond MHAM, creating opportunities for ongoing storytelling and educational initiatives that inspire and empower individuals to embrace their unique strengths.

My mEnTaL HeAlTh sToRy iS....



A stylized American flag graphic is positioned on the left side of the poster. It features a blue field with white stars in the upper left and red and white stripes in the lower right. The stripes have a hand-painted, brush-stroke texture.

— ★ ★ ★ —

WARREN COUNTY VETERANS

**Are you a Veteran who needs
free dental services?**

Attend the **Smiles for Our Heroes**
event in West Orange, NJ on
Saturday, June 21st

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Warren County is offering
FREE TRANSPORTATION
to Veterans**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**FOR TRANSPORTATION
CONTACT BY JUNE 2ND**

Warren County Veterans
Coordinator Jacqueline Petersen
at (908) 475-6591 or
jpetersen@co.warren.nj.us

— ★ ★ ★ —

MINDFUL ART:

Discovering the Benefits of Painting"

May 15, 2025

2:00

**Artist Guided
No Experience Needed**

Reduce stress & anxiety
Boost creativity
Improve focus & mindfulness
Meet like-minded people

Limited Spots

Available

Registration Required! Secure
your place now before it fills up.

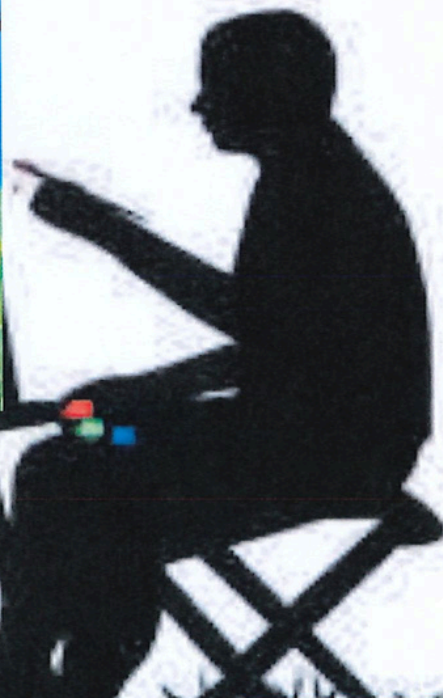
Call Sara 908)859-0122 ext. 112

or email

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