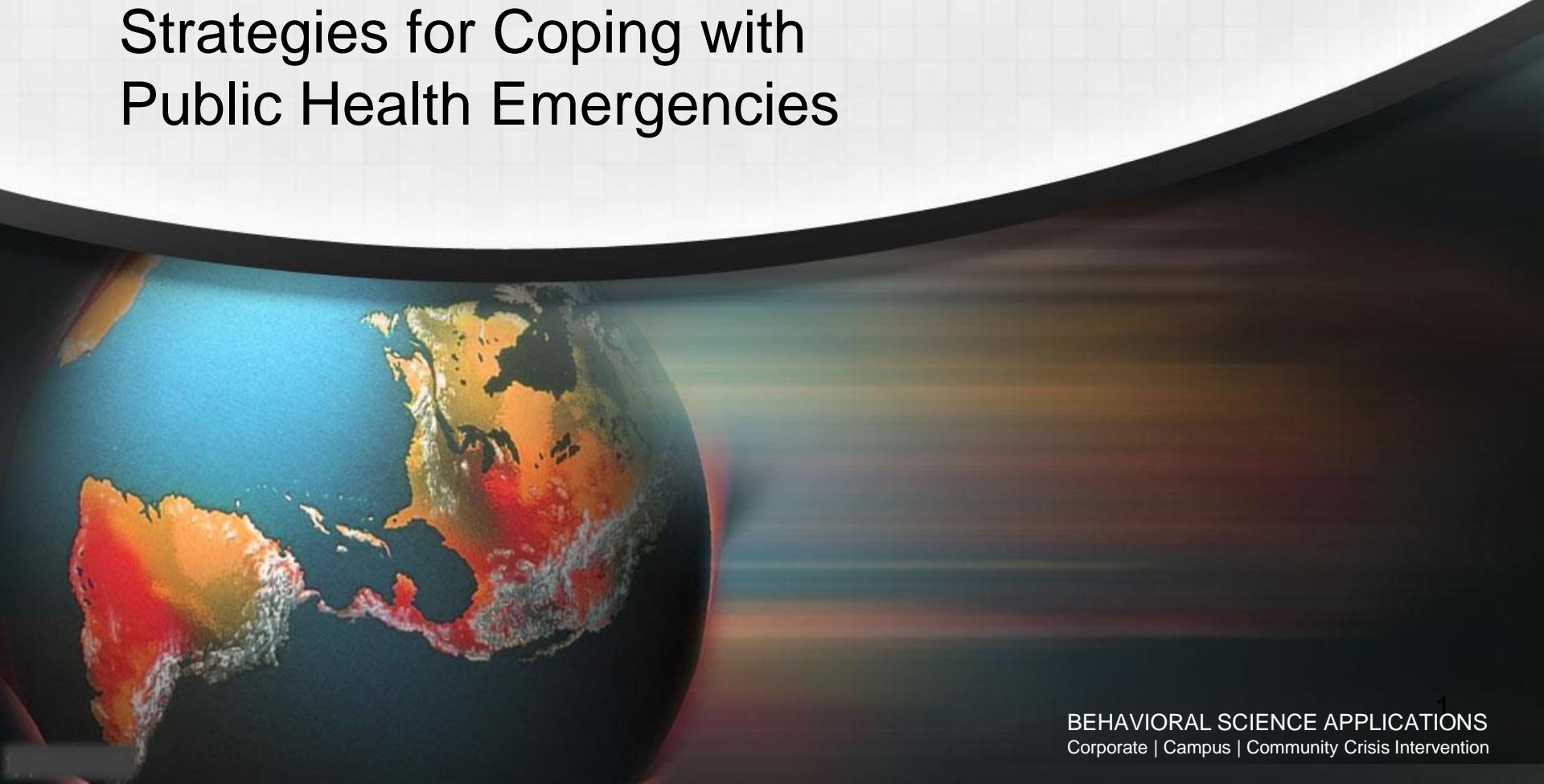


**Please stand by...
Our program will begin shortly.**

Strategies for Coping with Public Health Emergencies



Strategies for Coping with Public Health Emergencies



Introduction [1]

- **Public health emergencies are predictably unpredictable**
- It is impossible to predict when the next one will occur or its impact
- Because we cannot predict how bad a future event will be, advance planning is needed for multiple scenarios (e.g. moderate, severe, or very severe)
- Public health emergencies are threats that affects the human assets of an organization or community, rather than physical or technological assets
- **These types of emergencies are very sensitive to human behavior, communication and perception of risk**

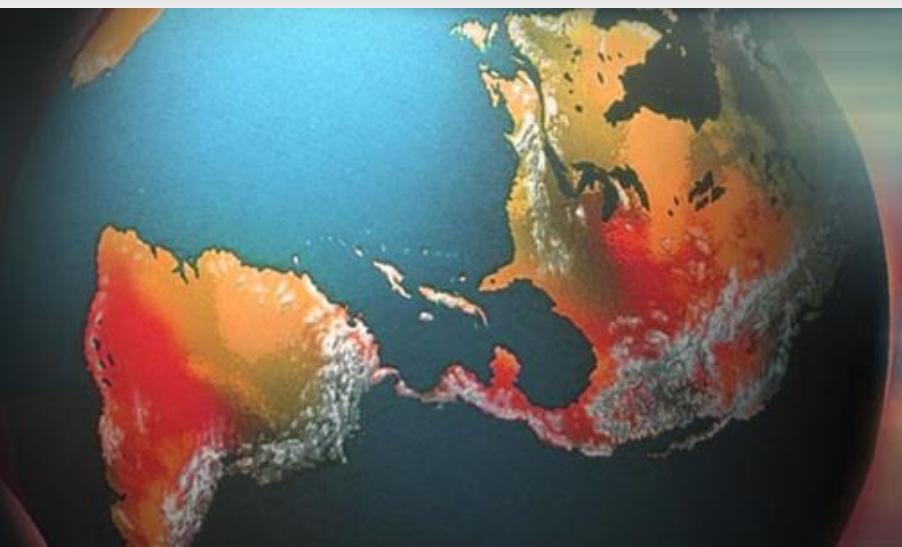
Our Goal

- Our goal is not to build up fear around health emergencies
- **It is to empower community leaders and members to better manage fear and negative behaviors associated with a frightening event**
- Our focus will be primarily on health emergency-specific emotional reactions, and strategies and techniques for coping



Anticipating the Psycho-Social Consequences of COVID-19

- We must acknowledge that stress and psychological trauma from a pandemic will happen and take specific steps to address it proactively
- In a survey of Hong Kong residents about SARS, **nearly two-thirds of respondents expressed helplessness, with nearly half saying their mental health had severely or moderately deteriorated because of the epidemic**
- Sixteen percent demonstrated posttraumatic stress symptoms. Similar mental health implications should be anticipated in the U.S.



Behavioral Health Impact of Disasters

A Critical Concept

Lewin's Equation

$$B = f(P, E)$$

Behavior is a Function
of Person and Environment



Typical Behavioral Response Types

Type I

Neighbor-helps-neighbor

Type II

Neighbor-fears-neighbor

Type III

Neighbor-competes-with-neighbor



Key Concepts [1]

- Everyone who experiences a disaster is affected by it in some way
- People typically pull together during and after a disaster
- Stress and grief are common reactions to uncommon situations
- People's natural resilience will support individual and collective recovery



Key Concepts [2]

Typical outcomes of disaster:

- Some will have severe reactions
- Few will develop diagnosable conditions
- Most do not seek treatment
- Survivors often reject help



Types of Traumatic Events

- Natural Disasters
- Technological Disasters
- Disasters of Human Intention
- Other Interpersonal Violence
- Sudden Traumatic Loss
- Serious Medical Illness
 - *Many others*



Prevalence

- 3/4 of the U.S. population will be exposed to some event that meets the stressor criteria for PTSD
- About 11-15% of the individuals who are exposed to such traumatic events go on to develop full blown PTSD syndrome
- The prevalence of psychiatric illness in disaster-affected communities generally increases by 20% in the 3 years following the incident
- Following the Oklahoma City Bombing, 41% of survivors had diagnosable mental health conditions

(WHO, 1992; Green, 1994)

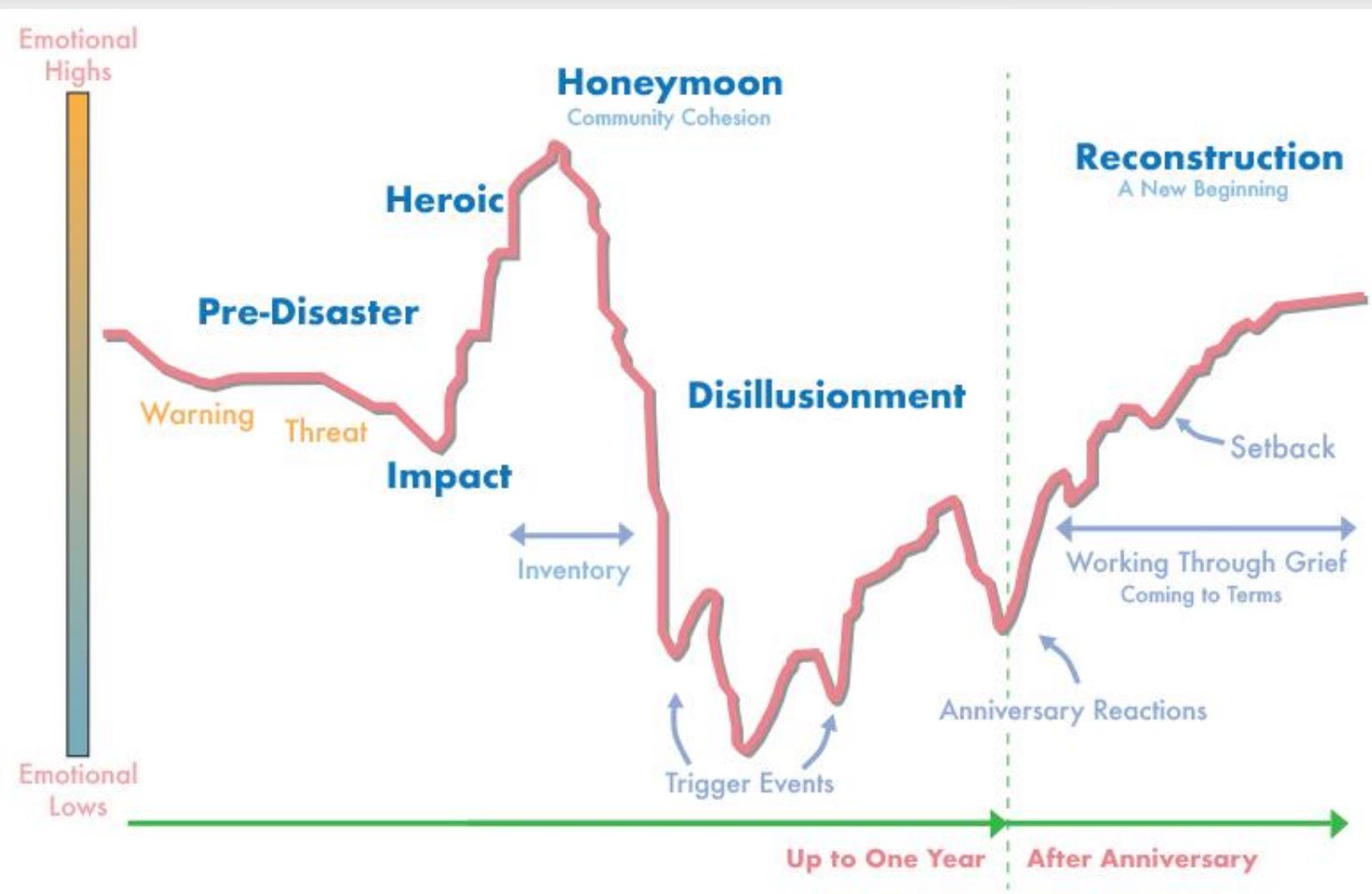
Impact of Events

Two Types of Trauma

- Individual trauma:
 - May cause stress and grief
 - May cause fatigue, irritability, hopelessness, and relationship conflicts
- Collective trauma:
 - May damage community support
 - May affect individual coping

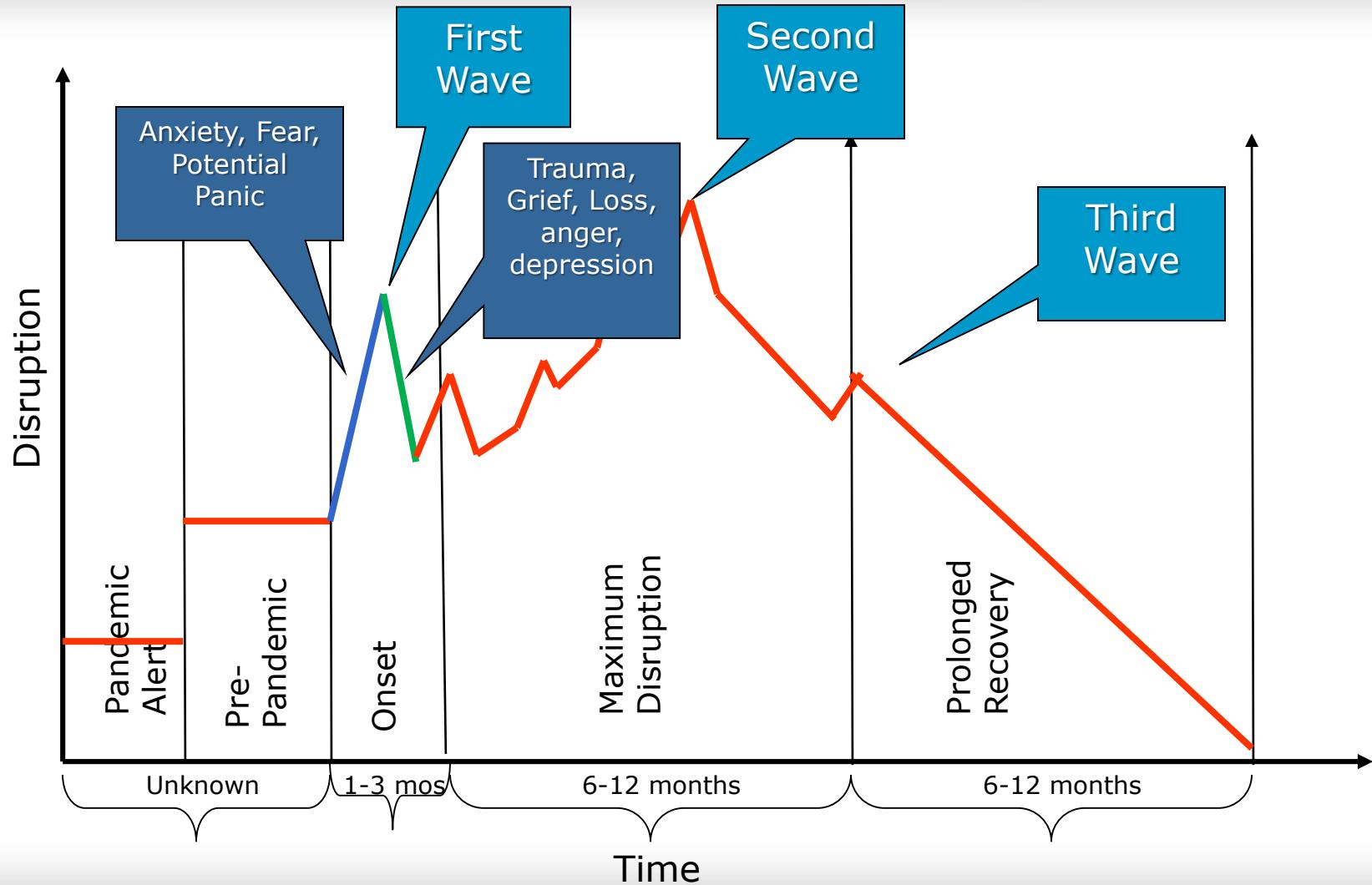


Typical Phases of Disaster



Pandemic Planning Framework

Adapted from Connell, P., "Banks and Avian Flu: Planning for a Possible Pandemic, 2006.



Traumatic Defined [1]

“Traumatic stress refers to the emotional, cognitive, behavioral and physiological experiences of individuals who are exposed to, or who witness, events that overwhelm their coping and problem solving abilities”

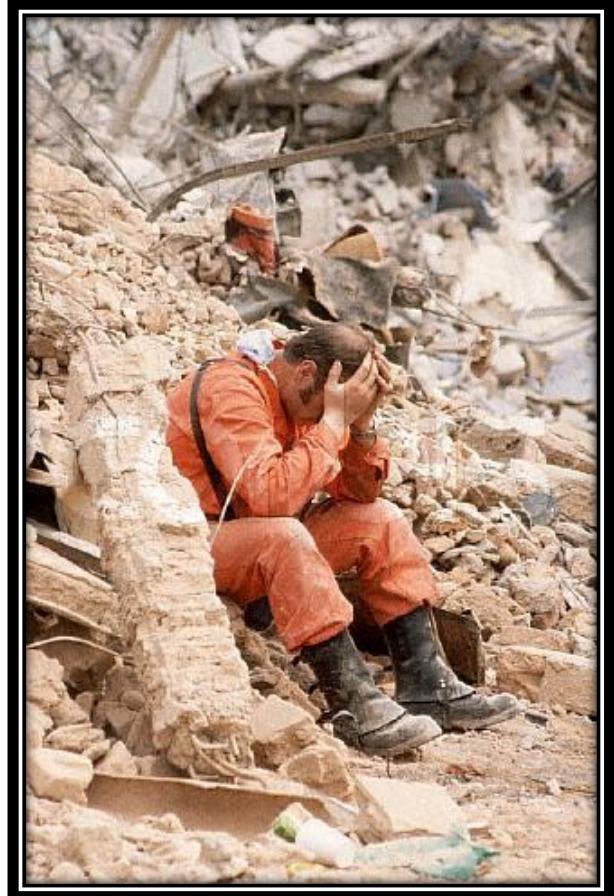
-Lerner & Shelton, 2001



Traumatic Defined [2]

“Traumatic stress disables people, causes disease, precipitates mental disorders, leads to substance abuse, and destroys relationships and families. Additionally, traumatic stress reactions may lead to Posttraumatic Stress Disorder (PTSD)”

-Lerner & Shelton, 2001



Typical Disaster Stress Reactions

Physical

- Shock symptoms
- Insomnia
- Loss of appetite
- Headaches
- Muscle weakness
- Elevated vital signs

Cognitive

- Distractibility
- Duration/Sequence distortion
- Declining work/school performance
- Recurrent intrusive recollections
- Flashbacks, Nightmares

Affective

- Depressed, anxious
- Numbing
- Constricted affect
- Guilt, shame, doubt
- Intolerance of response
- Global pessimism

Behavioral

- Clinging, isolation
- Thrill seeking, counter-phobic
- Re-enactments of the trauma
- Increased substance abuse
- Hypervigilance
- Elevated startle reflex

Spiritual Reactions

Spiritual beliefs influence how people make sense of the world:

- Survivors may seek the comfort that comes from spiritual beliefs
- Spiritual beliefs will assist some survivors with coping and resilience
- Survivors may question their beliefs and life structure



The Body's Response

Our bodies are “*hard-wired*” to respond to crisis events:

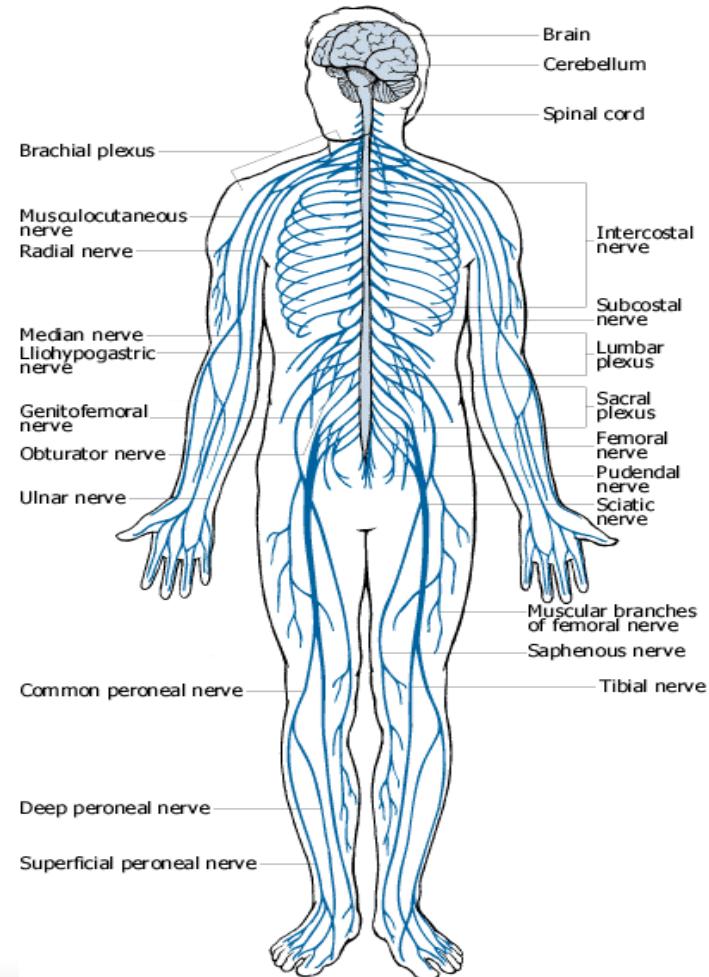
Autonomic Nervous System (ANS) consists of:

- Sympathetic (SNS)
- Parasympathetic (PNS)

SNS = Fight or Flight

PNS = Relaxation

We normally operate in a state of “homeostasis” or balance between both systems.

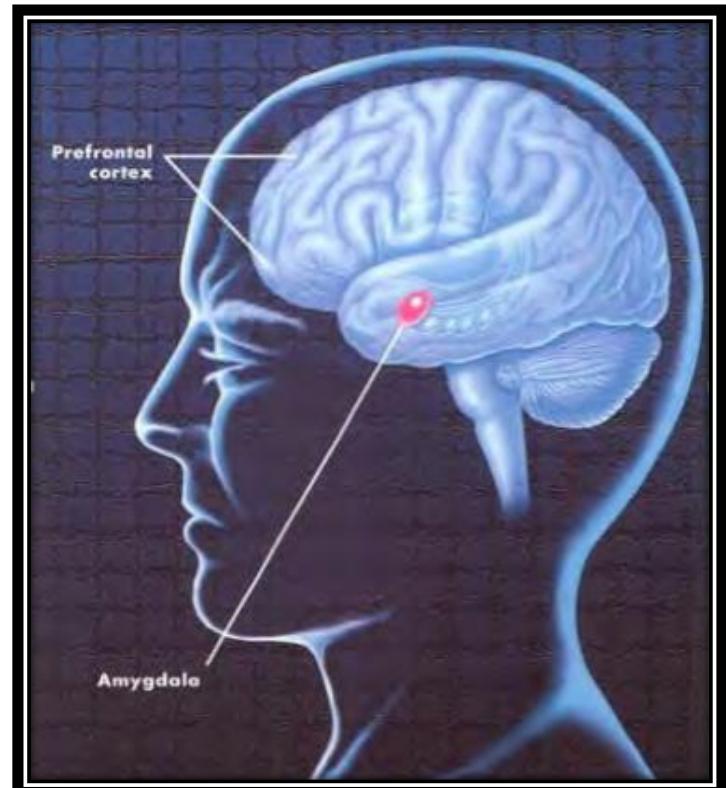


The Brain's Response

In response to crises and traumatic events, we tend to experience greater activation of our limbic system, also known as *the “emotional brain.”*

This can influence:

- Problem solving
- Decision making
- Judgment
- Logic
- Reasoning
- Impulse control
- Verbal processing



All critical functions to resolve a crisis

Atypical Responses

Physical

- Chest pain
- Respiratory Trouble
- Loss of Consciousness
- Cardiac arrhythmias or palpitations

Affective

- Suicidal Ideation
- Homicidal Ideation
- Catatonia
- Mania

Cognitive

- Pervasive disorientation
- Blackouts
- Psychotic Symptoms
- Amnesia



Behavioral

- Self-injurious acts
- Total lack of self-care
- Dangerousness to self, others and property



The Emotional Impact of Public Health Emergencies

The Dread Factor

- Uncontrollability
 - + Unfamiliarity
 - + Unimaginability
 - + Suffering
 - + Scale of loss
 - + Unfairness
-

Dread



Ripley, A. 2008. "Unthinkable: Who Survives Disaster When Disaster Strikes and Why"

Uncertainty is Uncomfortable [1]

- Anxiety is related to fear of the unknown. It is normal to feel anxious and worried about a disease, especially if there is no known cure, or if the disease cause frightening illness or injuries
- By paying attention to your own feelings and taking care of your own emotional needs, you can better help friends and family members handle their concerns



Uncertainty is Uncomfortable [2]

- It can be difficult to get away from the continuous news cycle about the novel coronavirus disease, COVID-19, that is spreading across the country and around the globe
- The daily updates, lines at stores, and the precautions enacted to protect communities from infection can certainly lead to fear and anxiety
- There's a lot of uncertainty about how the virus might spread, and fear and anxiety about the threat it poses to ourselves and our loved ones now and in the future
- Uncertainty and unfamiliarity with this kind of health threat can result in a range of powerful emotions that can make coping with the situation even more challenging

COVID-19 & Stress

- The outbreak of coronavirus disease 2019 (COVID-19) can be very frightening and stressful
- Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children
- Effectively coping with stress will make you, the people you care about, and your community stronger
- Managing the emotional impact of a health crisis can also help you stay physically healthier; stress management can strengthen your immune system



We All React Differently

- As the COVID-19 situation unfolds, news reports, travel restrictions, and concerns for your own and your loved ones' health can cause people to experience a wide range of powerful thoughts, feelings and reactions
- While emotionally uncomfortable, stress and anxiety are a normal reactions in a crisis situation, and it is important to remember that...

Everyone reacts differently to stressful situations

- How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in
- It is important to try to tolerate your own reactions and those of others around you

Normal Reactions to Abnormal Events

- Fear and anxiety to the COVID-19 emergency are understandable; they are ***normal reactions to an abnormal situation***
- People who may be more strongly affected by the stress of this situation include:
 - Older people and people with chronic diseases who are at higher risk for COVID-19
 - Children and teens
 - People who are helping with the response to COVID-19, like doctors and other health care providers, or first responders
 - People who have certain mental health conditions including problems with substance use

COVID-19 Stress Reactions

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs



Normal Emotional Reactions

- Anxiety is related to the fear of the unknown, and all of us are vulnerable to this type of reaction at different times and in the face of different threats
- As reports from the media and public officials provide new and sometimes frightening information, it is understandable to have many different types of reactions. These reactions may be:
 - Physical
 - Emotional
 - Mental
 - Behavioral
 - Spiritual or existential



Physical Reactions may include...



- Headaches
- Tiredness/fatigue
- Increased pulse
- Elevated blood pressure
- Changes in appetite
- Unexplained aches or pains
- Trouble sleeping
- Stomach aches

Emotional Reactions can be...

- Panic
 - Anxiety
 - Distrust
 - Fear
 - Anger
 - Irritability
 - Sadness
- Blame
 - Feeling overwhelmed
 - Increased stress



Cognitive Reactions are...

mental reactions involving how we think and what we think about. Such reactions include:



- Trouble concentrating
- Problems at work or school
- Memory problems
- Troubling thoughts related to health issues

Behavioral Reactions Often Involve...

- Fixation with health emergency news stories
- Avoiding others
- Substance abuse
- Excessive cleaning or washing
- Being overly cautious



Grief and Loss in Health Crises



- Health crises can involve a *loss* of some kind
- Both sudden and anticipated losses can trigger grief reactions that can feel very destabilizing
- It is important to recognize that grief can have a significant impact on physical and mental health, so don't keep your feelings to yourself....reach out for support

Mental Health Vulnerabilities [1]

- Individuals with pre-existing mental health conditions do not necessarily experience greater problems due to the shock and awe of a crisis
- Difficulties arise from disruption of:
 - Medications
 - Services
 - Supports

All of which may be impacted by the COVID-19 event



When to Seek Professional Help

- When fear and anxiety are excessive, or when they get in the way of one's ability to function on an everyday basis, those are cues signaling that one may be experiencing clinical levels of anxiety



On the Frontlines

In a pandemic there may be many non-traditional “first responders.”

These frontline workers can include:

- First Responders
- Hospital & Healthcare workers
- Grocery store employees
- Bus Drivers
- Mental Health workers
- Farmers
- Food Service Workers
- Delivery Workers



...and many others

Affects on First Responders & First Receivers [1]

- In a public health emergency, hospital, healthcare and public health workers may be considered the “*first responders*,” in addition to police, fire and EMS personnel
- Research conducted with these first responders following the SARS outbreaks in Hong Kong and Toronto yield some valuable lessons



Affects on First Responders & First Receivers [2]



Some of those lessons are:

- Health care workers get sick and die at the same rate as the general public
- Emotional distress among health care workers was higher than the general public
- Some health care workers, including physicians, refused work assignments or avoided contagious patients
- Many health care workers stayed away from home to protect their family from infection

First Responder Stress

Police, fire, EMS and military resources such as the National Guard will have additional challenges. They themselves may experience:

- Illness
- Personal loss
- Depletion in their ranks
- Person vs. Role conflict (*i.e., a pull to be home caring for loved ones, or protecting personal property*)

All at a time when the need to maintain peace, provide security for critical infrastructure points, and enforce mandates, such as quarantine and travel restrictions, may be at peak demands



Responder/Receiver Issues

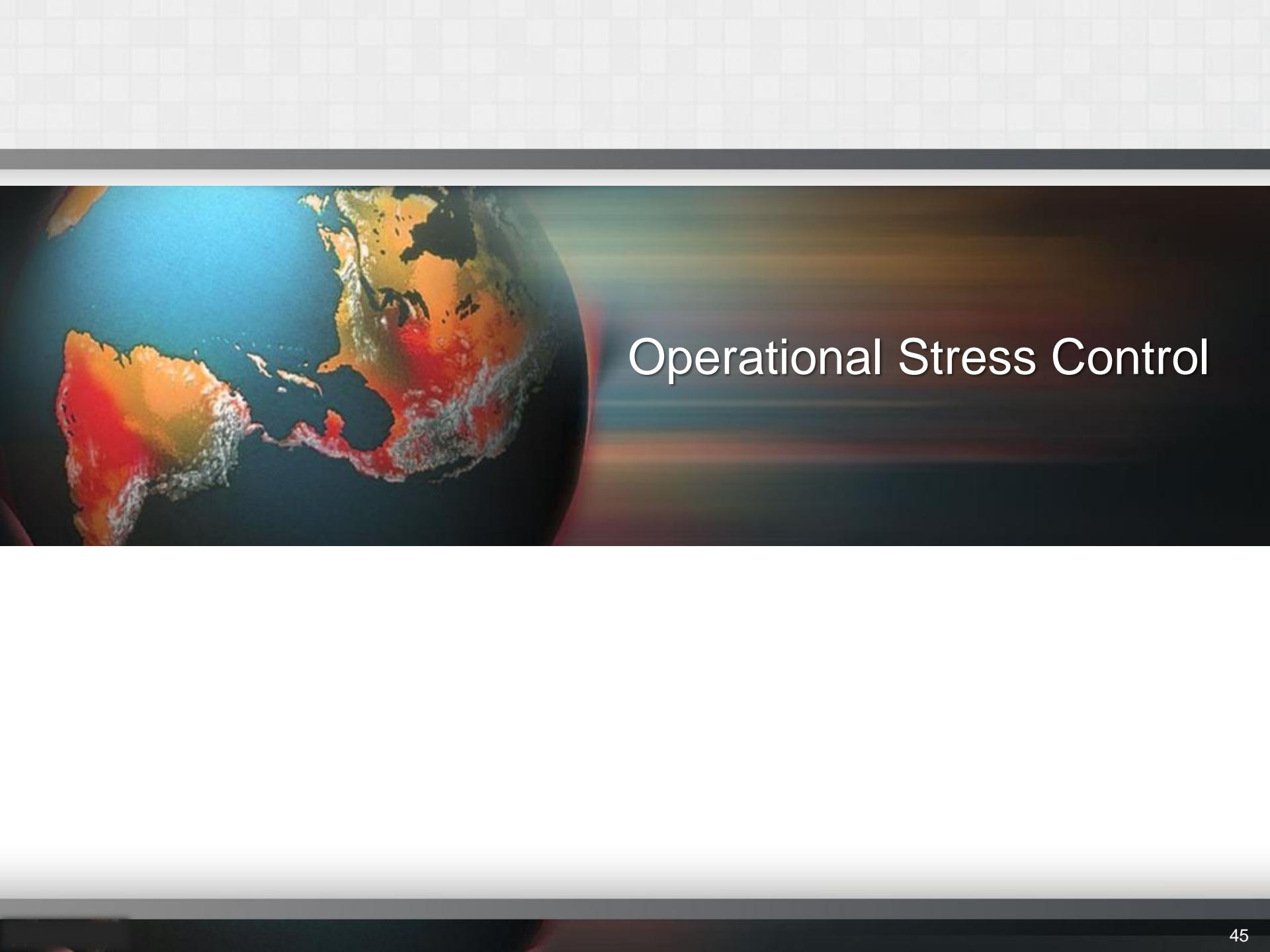


- Prolonged separation from family
- Constant pressure to keep performing
- A sense of ineffectiveness
- Extreme fatigue, sadness, etc.
- Stigmatization for oneself or family members

Quarantine & Isolation (Q&I)

- During a Q & I event, people are placed in quarantine or isolated in order to contain a contagious disease. Their freedom is restricted, causing considerable distress
- Those placed in restrictions may suffer the additional burdens of anger, depression, anxiety, loneliness, fear and/or grief
- The reactions may last long after the orders are lifted





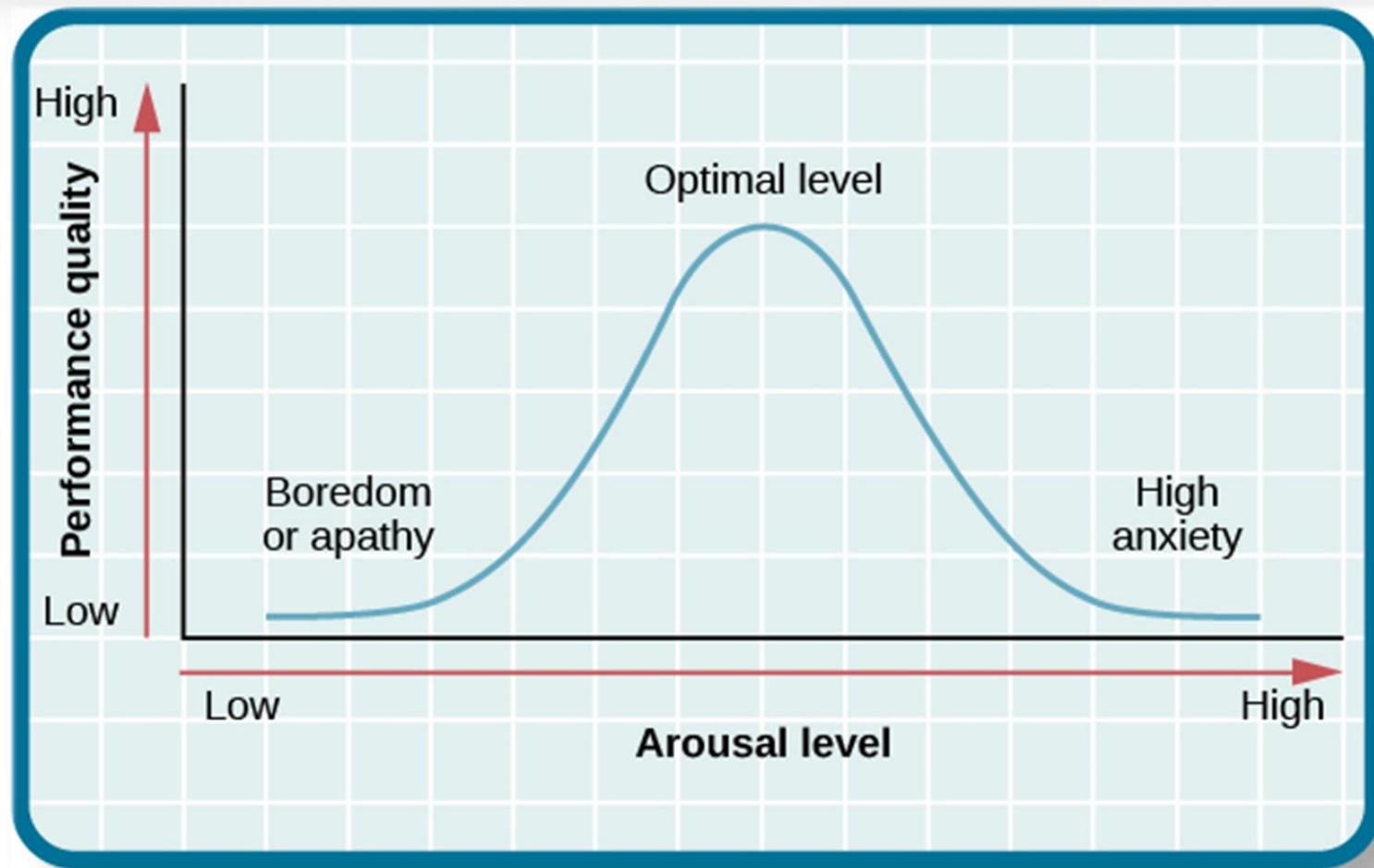
Operational Stress Control

Defining Operational Stress

- The expected and predictable emotional, intellectual, physical, and/or behavioral reactions of employee who have been exposed to extreme stress in direct or indirect support of the organization's operations
- Operational Stress reactions vary in quality and severity as a function of operational conditions, such as intensity, duration, leadership, effective communication, team morale, team cohesion, and perceived importance of the mission



The Stress-Performance Link



The Yerkes-Dodson Law of Stress Response

Task Saturation

- “*Task Saturation*” is too much to do with not enough time, not enough tools, and not enough resources. It can be real or imagined, but in the end it can do the same thing
- When the sum of these tasks exceeds the individual’s capability to deal with them effectively, he or she becomes task saturated and unable to perform any one of the tasks proficiently

As task saturation increases,
performance decreases-
as task saturation increases,
executional errors increase



Task Saturated Workers Are Not Heroes, They are Risks

- During crisis situations, overworking and ignoring functional needs (e.g., sleep, meals, etc.) can sometimes be promoted as a badge of honor
- Don't take pride in overworking. Overworked/Task Saturated people are dangerous to the operation



Signs of Task Saturation

- Shutting Down is when you simply stop performing
- Cognitive Lock In is sticking with your first decision, no matter what
- Compartmentalizing/Target Fixation is an intense focus on one thing to the exclusion of all else
- Channelizing is when you act busy, but all your doing is organizing and reorganizing lists and doing things sequentially, but not actually producing effective results



Operational Stress Continuum



- | | | | |
|---|--|--|--|
| <ul style="list-style-type: none">• Good to go• Well trained• Prepared• Cohesive, collaborative teams• Ready homes/families | <ul style="list-style-type: none">• Distress or impairment• Mild and temporary• Anxious, irritable or sad• Physical and/or behavioral changes | <ul style="list-style-type: none">• More severe or persistent distress or impairment• May leave lasting memories or reactions | <ul style="list-style-type: none">• Stress injuries that don't heal without help• Symptoms persist, get worse or initially get better then return worse |
|---|--|--|--|

Operational Stress Control

- Operational Stress Control is the management of stress as an element of the operational environment to meet strategic and tactical goals
- *It is the application of proactive stress management for operational and wellness purposes*
- It seeks to identify the unique stressors anticipated in various crisis conditions and develop effective counter-measures



Operational Stress Control

- Recognizing and managing the effects of stress on performance under pressure
- Applied in the pre-crisis, crisis and post-crisis phase
- Intended to be used proactively across the entire life cycle of operations



Three Filters for OPSTRESS

- The Individual: Self-Awareness
- Teammates and Co-workers: Buddy Care
- Supervisors and Team Leaders: Monitoring



Operational Stress Control:

It's Everyone's Job [1]

- Operational Stress Control is not exclusively the job of the EAP or mental health service providers
- Everyone benefits by understanding:
 - The causes of stress
 - The effects of stress on wellness and performance
 - Warning signs of extreme stress reactions
 - Strategies and techniques for managing stress

...all in the interest of sustaining physical and mental health, as well as continuing/resuming operations during crisis situations

Operational Stress Control:

It's Everyone's Job [2]

- When under extreme stress we may be operating at reduced capacity and cannot fully support the organization or mission
- Supervisors and co-workers are uniquely positioned to observe and influence the psychological functioning and wellness of crisis responders in their organizations
- The two primary objectives of operational stress control are:
 - To preserve crisis responder functioning
 - To preserve individual health and well-being

**Operational Stress Control is
Psychological Force Protection
For the workforce**



Barriers to Stress Control [1]



- Stigma: The greatest obstacle to psychological health
- Possible harm to career
- Intolerance for weakness of any kind
- Belief that stress problems only happen to the mentally ill
- Intolerance or fear of those different from oneself

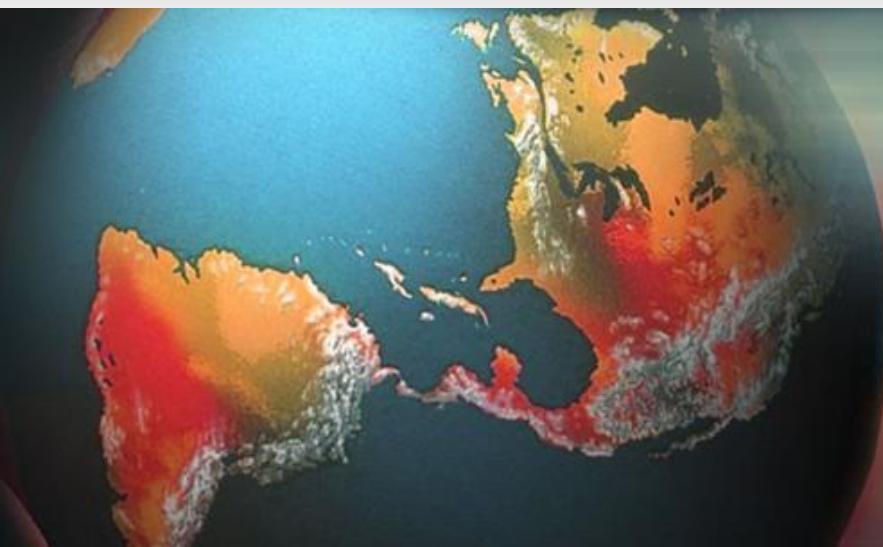
Barriers to Stress Control [2]

- It is everyone's job to help others understand that it is okay to seek help
- Ask yourself which person you would rather have working beside you, the person who has received help for their stress issues or the person who needs help but is not getting it or is self-medicating in other ways (substance abuse)?
- You may think that by taking action you'll hurt their career, but not taking action can be even worse
- We need to care about team members as a people, not just worry about their career or performance
- Getting help will not necessarily negatively impact their career, but poor job performance will

Encourage Wellness by Design

Rather than wait for the adverse effects of stress to surface, proactively engage in wellness strategies:

- build breaks for physical activity and purposeful relaxation into the daily schedule
- Plan virtual “coffee breaks” where co-workers can connect to discuss how they are responding to and managing stress
- Connect to wellness resources and use available services
- Model proactive stress management as a co-worker by giving examples of effective strategies and techniques



Strategies & Techniques for Coping

Adjust the Operational Tempo

- In a pandemic, different geographic areas will be in different stages of acuity and have different challenges
- As the operation shifts from response to recovery it will be necessary to shift the operational tempo accordingly
- You are moving from Sprint to Marathon mode
- Pace yourself and your team for the long haul



Strategies & Techniques for Coping

- Just as there is no one way to react to a health risk, there is no one best way to cope with the emotional challenges that may accompany it
- Not everyone reacts the same way, and in fact, you may react in a variety of different ways even in the course of the same day
- Each person gets through the emotional challenges in their own time and on their own terms



Become Informed

- Becoming educated and aware about the risk is a good way to manage any kind of fear
- The more we know about the real dangers, the more we can take effective steps to avoid or minimize them, thereby putting some fears to rest
- Education and accurate information is one of the best antidotes to unrealistic fears



Get Reliable Information



When faced with uncertainty about health risks, it is important to find credible sources of information.

These can include:

- Your doctor or healthcare provider
- Your local health department
- The New Jersey Department of Health at
https://www.nj.gov/health/cd/topics/covid2019_community.shtml
- The Center for Disease Control & Preparedness at
www.cdc.gov

Take a Break from the News and the Web

- Traditional media and social media, as well as information on the Internet, can heighten anxiety
- It can be helpful limit online research and exposure to news during health scares
- This is especially true when the information and level of concern are changing rapidly



Put Your Risk into Perspective



- It's important to stay aware and informed, but try to make sure your level of fear does not exceed your risk factors
- Taking the steps recommended by health officials can greatly reduce your risk; the situation is not totally out of our control

Stay Connected

- The fear associated with a public health emergency can push people apart
- People who are normally close to family and friends may avoid contact because they are afraid, they might get sick or get someone else sick
- It is important to stay connected with others. Use the phone, e-mail, or other electronic means of communication
- If you are anxious about a health risk, talk to someone who can help. This may be your doctor, a family member, friend, member of the clergy, teacher or mental health professional

Social Distancing Does Not Have to Mean Social Isolation

- There are many safe ways that we stay connected with our neighbors, friends and loved ones during this time
- There are many low-cost or no-cost technologies available to help stay connected
- If possible, you can connect over the phone or by video using several services and applications like Zoom, Skype or FaceTime
- Google Hangouts and Facebook Messenger, and simply calling, texting or emailing your contacts is a great way to stay in touch to give and receive support

Stay Active

- Staying engaged in activities that keep you busy and present can be helpful to everyone
- Exercising can be a good option if medically appropriate
- Other good activities for that can help you stay in the here and now include:
 - Reading
 - Playing or listening to music
 - Puzzles and games
- These activities can all interrupt and reduce the intensity of anxiety

Helpful Strategies: *Control What You Can Control*

- We can follow the everyday precautions that experts such as local health departments, CDC and the WHO are advising to help protect ourselves and our loved ones and prevent the spread of the disease—that's something we can control
- Otherwise, recognize that there are things about this situation that we can't control, and no amount of worry will change that



The Challenges of Quarantine

If you are advised to quarantine, there are a few helpful things to keep in mind:

- Even though it can feel very disruptive to your life, quarantine greatly helps to slow the spread of infection across a population
- Even if you have not been quarantined, it is important to have a home quarantine plan in place
- If quarantined, try to keep up a normal daily routine and maintain a positive attitude as much as possible
- Treat quarantine as an opportunity to do some of those things you never usually have time for, and remember...
- Only your doctor or the public health officials can tell you exactly when your quarantine can safely end

Coping with Quarantine [1]

- Being under quarantine can be uncomfortable and even frightening, particularly for young children
- Suggestions for coping include:
 - Staying informed about the situation with news from reliable sources
 - Talking to the other members of the family about the infection. Understanding the illness will reduce anxiety
 - Reassuring young children using age-appropriate language
 - Keeping up a normal daily routine as much as possible, or creating and sticking to a new routine, if necessary
 - Trying to maintain a positive attitude

Coping with Quarantine [2]

- Remember that quarantine won't last for long
- Think about how you've coped with difficult situations in the past and reassure yourself that you will cope with this situation, too
- Keep in touch with family members and friends via telephone, email or social media
- Exercise regularly. Options could include exercise videos, dancing, floor exercises, yoga, or using home exercise equipment, such as a stationary bicycle, if you have it
- Exercise is a proven treatment for stress and depression

Coping with Quarantine [3]

- Plan '*time out*' from each other. A family could split into teams that occupy different areas of the house at different times
 - for example, a Dad may be with one child in the garage and Mom with another child in the living room – then swap the following day
- Don't rely too heavily on the television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading
- Accept that conflict and arguments may occur. Try to resolve issues quickly. Distraction may work with young children

Reducing Boredom at Home

- Being confined to home for an extended period of time can cause boredom, stress and conflict. Suggestions include:
 - If possible, arrange with your boss to work from home
 - Ask a child's school to supply assignments, work sheets and homework by post or email
 - Take everyone's needs into account as much as possible when you plan activities
 - Remember, you don't have to spend every moment of quarantine together. Make sure everyone gets the opportunity to spend some time alone

After Being Quarantined [1]

- If a healthcare provider thinks you may have been exposed to COVID-19 and should be separated from other people, realize the act of being quarantined itself can be stressful, even if you do not get sick.
- When it is over, remember that everyone feels differently after coming out of quarantine. Some of those feelings may include :
 - Mixed emotions, including relief after quarantine
 - Fear and worry about your own health and the health of your loved ones
 - Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19



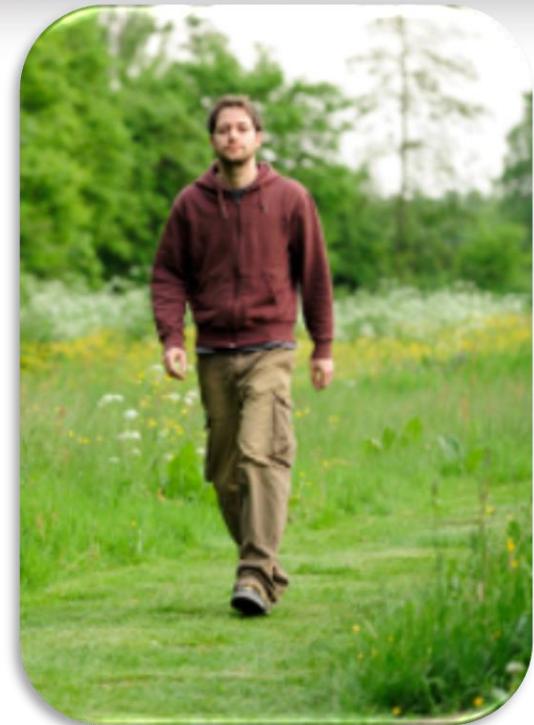
After Being Quarantined [2]

Some people will also feel:

- Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious
- Guilt about not being able to perform normal work or parenting duties during quarantine
- Other emotional or mental health changes
- Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. You can help your child cope

Building Stress Management into Your Day

- Tension and anxiety are common during health emergencies. Unfortunately, they can make it more difficult to cope with the many challenges related to the situation
- There is no easy solution to coping with COVID-19, but taking time during the day to calm yourself through relaxation exercises may make it easier to sleep, concentrate, and have energy for coping with life
- Helpful techniques include muscular relaxation exercises, breathing exercises, meditation, stretching, yoga, prayer, exercise, listening to quiet music, spending time in nature, and so on



You can be outside safely if you are keeping your distance from others. Connecting with nature is an excellent way to manage stress

Accept & Ask for Help

- Accepting help is tough for a lot of people. Most of us are more comfortable giving help than receiving it.
- But asking for help isn't weak; it's a wise thing to do when you're feeling overwhelmed
- Accepting the support of your family, friends or helpers on various helplines and chatrooms isn't going to resolve all your current challenges, but it can make a significant impact
- Practical and emotional help relieves stress and helps us feel less alone
- Being vulnerable, as we do when we ask for help, can also strengthen relationships; it allows others to better understand us and our feelings
- And don't forget that other people like to help, too. So, don't rob them of the opportunity to be supportive



Summary & Wrap Up

Closing Thoughts [1]

- Health emergencies can be very anxiety-producing
- Constant media reports can heighten fears and create unrealistic levels of fear
- In some situations, managing the fear created by a disease outbreak is of equal or greater importance as managing the disease itself
- Public health emergencies simultaneously affect people physically and emotionally, and those responses affect each other
- Therefore, it is critical to focus on both our physical and mental well-being during health emergencies

Closing Thoughts [2]

- Remember, we are all in this together
- You never have to feel all alone during a health crisis; there are many ways to stay connected and to receive support
- Managing our fear and anxiety may be challenging, but will be as necessary as managing the risk of infection
- Be kind to yourself and others. Don't worry too much about saying or doing the right thing...just reach out and let others know that you are there—that you need their support and that you are happy to give your support to them
- To paraphrase the great American poet and writer, Maya Angelou—When this is over, people will not remember what you said or did, *but they will remember how you made them feel!*

Mental Health Cares

Who cares? We do!

NJMentalHealthCares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns.

**Emotional Support During COVID-19 Outbreak
Get Help Now: 866-202-HELP (4357)**

E-mail: help@njmentalhealthcares.org

We are available 7 days a week, 8 A.M. to 8 P.M. (EST)

After hours, please leave a message and our staff will return your call within one business day.



Thank You!

- Thank you for taking the time to participate in this program
- Stay strong, stay calm, stay positive, and be patient with yourself and those around you
- Try your best to follow the important information provided by our state, national and international health authorities to keep yourself and your loved ones safe and healthy, *and...*
- As with other challenges to our state and our nation, we do our best when we all pull together. We cannot let fear and anxiety drive us apart, even when a disease forces us to keep our space



For More Information

BEHAVIORAL SCIENCE APPLICATIONS

Corporate | Campus | Community Crisis Intervention

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