

Mental Health

Mindful Activities/Stress Reduction Videos

[3 Part Breath Tutorial](#)

[Calming 4-8 Breath](#)

[Spinal Twist](#)

[Calming the Parasympathetic Nervous System](#)

Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks

[Talking to Kids About the Coronavirus Crisis](#)

[7 Science-based Strategies to Cope with Coronavirus Anxiety](#)

Coping With Stress During Infectious Disease Outbreaks

[Coping with Stress During Infectious Disease Outbreaks](#)

[5 Ways to Cope With the News](#)

[How to cope when the news makes you feel stressed and depressed](#)

[National Alliance on Mental Illness](#)

Help Lines

Immediate Danger Threat - Call 911

Who Cares? We do!

NJ Mental Health Cares - NJ's behavioral health information and referral service

Hours: M-F 8 a.m. to 8 p.m.

Toll-Free line: 877-294-HELP (4357)

TTY line for the deaf and hearing impaired: (877) 294-4356.

Psychiatric Emergency Screening Services (PESS) - For emotional crises

Bridgeway Rehabilitation Services, Somerville

Hours: 24/7

Phone: 908-526-4100

2nd Floor Youth Helpline

Call or text: 888-222-2228

NJ Hopeline

Phone: 855-654-6735

Crisis Text Line

Text: 741741

National Suicide Prevention Lifeline

Phone: 800-273-8255

If you are (dealing with)...

- **Suicidal • Homicidal • Destroying Property • Psychotic (any age)**
Call Bridgeway/P.E.S.S. Psychiatric Emergency Screening Service 908-526-4100
- **Family Conflict • Runaway Behavior • School Refusal • Human Trafficking (ages 0-17)**
Call F.C.I.U. Family Crisis Intervention Unit 908-704-6330
- **Child Abuse, Neglect • Ensuring Child Safety & Well-Being (ages 0-17)**
Call D.C.P. & P. Division of Child Protection & Permanency 877-NJ-ABUSE
- **Emotional or Behavioral Crisis • Immediate In-Home Outreach (ages 3-21)**
Call M.R.S.S. Mobile Response Stabilization Services Perform Care 877-652-7624

Supporting Documents

Challenge Journal 1.54 MB

Character Strengths Bingo 1.98 MB

Connecting with Others 1.41 MB

Coronavirus Anxiety Workbook 715.38 KB

Self-Care Strategies for Resilience During COVID-19 34.64 KB

Creating Healthy Routines 2.05 MB

Eliminating Toxic Influences 2 MB

Empathy Journal 5.32 MB

Finding the Positive After Loss 1.93 MB

Growth Mindset Posters 3.84 MB

Mindset Finder – Fortune Teller 1.48 MB

Owning Your Feelings 2.28 MB

Reaction Journal 6.1 MB

Supporting Others 2.47 MB

Wear Your Character Strengths Wristbands 6.04 MB

Related Links

- [Good Grief – Assistance for Grieving Children and Families](#)
- [Resources to Support Learning During Covid-19](#)
- [Alcohol Rehab Help](#)