

# Social, Emotional, and Wellness Newsletter



March 2021

## Helpful Sites/Resources

- [PerformCare](#) (1-877-652-7634) - Mobile Response and Stabilization Services are available 24/7 to help children who are experiencing emotional / behavioral crisis
- [Good-grief.org](#) - information & Resources
- [NJ Mental Health Cares](#) - information & referral services, 8a-8p 7 days a week
- If you or anyone you know is considering suicide or self-harm, or is anxious, depressed, upset, or needs to talk, there are people who want to help:  
**Crisis Text Line:** Text CRISIS to 741741 for free, confidential crisis counseling  
**The National Suicide Prevention Lifeline:** 1-800-273-8255
- NJ 211 - [Mental Health Resources](#)



## Social, Emotional, and Wellness

### [Click Here for the New Passaic County Resource Guide for Additional Support](#)

#### Understanding Anxiety and Depression

Anxiety disorders are real, serious medical conditions - just as real and serious as physical disorders such as heart disease or diabetes....[Read More](#)

#### How to Halt and Minimize Panic Attacks

Experiencing a panic attack can be scary. While panic attacks vary among individuals, attacks tend to share similar symptoms....[Read More](#)

#### 6 Ways to Manage Coronavirus Depression

Depression is increasing in the US, in no small part due to COVID-19. Depressive symptoms are at least three times higher than they were before the pandemic hit....[Read More](#)

### [State/Community Resources](#)

### [Elementary School Counseling Website](#)

## Institute for Prevention and Recovery



**RWJBarnabas Health Institute for Prevention and Recovery Hope and Healing Program** offers emotional support services, education, and community-based resources for individual families affected by the COVID-19 pandemic.

### Call, Click, or email

833-795-(HOPE) (833-795-4673)  
(7 Days a Week, 8am - 8pm)  
[rwjbh.org/hopeandhealing](http://rwjbh.org/hopeandhealing)  
[hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org)

### [Mindfulness Meditation](#)

Elementary

[A-Z of Coping Strategies](#)

Secondary

[Grounding Techniques](#)

