

**I've been feeling so  
anxious about COVID-19.**

**I was too...then I called the  
Crisis Counseling Program at  
Mental Health Association of  
Essex and Morris, Inc. They  
have FREE virtual support  
services.**

**Wow...free and virtual?  
Who do I call?**

**Call 973-509-9777 ext. 151  
or email  
gpalmer@mhaessexmorris.org**

**Give us a call  
between  
8:30 a.m. - 5:00 p.m.  
to learn more**



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Mental Health Association of Essex and Morris, Inc. in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, and is funded through a FEMA/SAMHSA grant.