



1 in 5 American adults will have a diagnosable mental health condition in any given year.

50 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14

“External circumstances can only cause you physical pain. Suffering is created in your mind”
Sadhguru



**Mental Health
Association
in New Jersey, Inc.**

A mental disorder or mental illness is a diagnosable illness that:

- Affects a person's thinking, emotional state, and behavior
- Disrupts the person's ability to:
 - Work
 - Carry out daily activities
 - Engage in satisfying relationships



BALANCE





What Is Mental Health?

- Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.
- Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:
 - Biological factors, such as genes or brain chemistry
 - Life experiences, such as trauma or abuse
 - Family history of mental health problems



Mental Health and Self Care Strategies

- Transcend the environment.
- Cultivate constructive acceptance.
- Visualize the ideal self.
- Use positive affirmation.
- Practice psychological counterpunching.
- Change your internal computer chip.



VISIT MHANJ.ORG

**FAMILY RESOURCES
SUBSTANCE USE**

**COVID19
INFORMATION**

**VIRTUAL
SUPPORT & LEARNING**

New Jersey

MentalHealthCares

1-866-202-HELP (4357)

Who cares? We do. Call or click for help.

NJ CONNECT
for Recovery 855-652-3737
a Helpline for Family and Friends

NJ Connect for Recovery provides a safe, nonjudgmental place for individuals and family for assistance from professional staff members on substance use issues. Calls answered live by counselors and trained family peer support specialists weekdays 8 am to 10 pm, and on Saturday and Sunday 5 pm to 10 pm, messages left during off hours returned the next business day.

The New Jersey MentalHealthCares Helpline Assistance for emotional support and information during COVID19 is available in many languages. A TTY line is available for the deaf and hearing impaired at (877) 294-4356 Hours of operation are Monday thru Friday 8 a.m. to 8 a.m.



New Jersey

Self-Help Group Clearinghouse

800-367-6274

The mission of the Clearinghouse is to help people find and form all types of self-help support