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Patrick J. Marana
Mayor

May 27, 2020

Dear Residents,

May is Mental Health Awareness month, and this year it takes on special significance because it coincides with this current health crisis and the beginnings of what is going to be a slow regional economic reopening.

During this unprecedented time in our nation's history, we are all feeling the stress of the health threat: concerns about becoming ill, uncertainty about the future, possible financial strain, and dramatic changes in daily routines. Individuals respond to stress in different ways and some are prone to negative impacts on their mood, anxiety level, sleep patterns, and overall well-being. This is a critically important time for everyone to take extra care to protect their mental health. Taking care of your mental health is an important part of proactively caring for your overall health.

The NJ Mental Health Cares Helpline offers support to individuals experiencing anxiety and worry. NJ Mental Health Cares, the state's behavioral health information and referral service, will now also offer help to people dealing with issues specifically related to the COVID-19 outbreak. State residents can call **1-866-202-HELP (4357)** for free, confidential support. Calls will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.

Let's all rigorously follow the hygiene, distancing and mask protocols and stay safe, physically and mentally.

Best Regards,

Patrick Marana