The COVID-19 pandemic has changed everyone's lives. If you live in New Jersey and are struggling with a change in mood, poor concentration, increased alcohol/drug use, or difficulty sleeping, we are here to help. Give us a call and our team will offer you guidance.

You will be offered phone support, referrals for ongoing treatment and resources to help you through these difficult times.

(833) 223 - 0011

- Everyone is adjusting to a new normal
- Intense responses require professional help
- Get treatment for mental health symptoms

Monday - Friday
9am - 5pm

https://ubhc.rutgers.edu/clinical/call-center/covid-connect.xml

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