



Northeast Counties
Association of Psychologists
(NCAP)

MAY IS MENTAL HEALTH AWARENESS MONTH!

Mental health is essential to your overall health and well-being. It is even more important to focus on mental health during the COVID-19 pandemic.



To protect your health **START NOW**



- Sunshine and air
- Temperance
- Ask for help
- Remotely connect with those you care about
- Trust in positive outcomes

- Nutrition
- Observe the safety guidelines
- Walk because every step matters

If you or someone you care about is struggling with grief, depression, anxiety, relationship issues, substance abuse, excessive stress, or is having any mental health concerns, a psychologist can help.

The following resources are available on the NCAP website:

Telepsychology services available throughout Bergen, Hudson, and Passaic counties; NJ Mental Health Cares; Domestic Violence hotline; Suicide hotline; Addictions hotline; and more.

For more information go to:

www.northeastnjpsychassoc.org

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NEW JERSEY
PSYCHOLOGICAL ASSOCIATION