Mental Health Services:

NJMentalHealthCares, the state's behavioral health hotline and referral service, is providing assistance for anyone dealing with coronavirus related anxiety, stress, or mental health issues. Residents can call 1-866-202-4357 for confidential support.

Also visit: https://afsp.org/campaigns/covid-19/

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html