



PARTNERSHIP FOR A  
**#HealthierJC**

**Mental health and substance use issues affect individuals, families, and communities.**

**As with all health issues, early detection and treatment enables more effective treatment and better outcomes.**

### **What is mental illness?**

Mental illness refers to symptoms that affect our mental health and interfere with our ability to function. It disrupts our ability to work, carry out daily activities, and engage in healthy relationships. Mental illnesses take many forms. Some are comparatively mild with limited impact; others can be disabling and even fatal (suicide, overdose, risky behaviors).

### **What is addiction?**

Addiction is a chronic brain disease characterized by the compulsive use of drugs or alcohol or patterns of behavior despite harmful consequences. Addiction may impair thinking, behavior, and body functions. It may also interfere with a person's ability to meet responsibilities at work, school, or home. A mental illness may be present before an addiction. Or the addiction can trigger or make a mental illness worse. Addiction does not discriminate; people of all backgrounds and circumstances can develop an addiction.

### **Who is affected?**

Each year, 1 in 5 Americans experience a mental health issue. Drug overdoses are now the leading cause of death for Americans under the age of 50, and an estimated 88,000 people each year die from alcohol-related causes.

### **Learning reduces stigma**

Accurate information about mental health promotes non-judgmental approaches, and encourages people to confront problems and seek help.

### **These conditions are treatable**

Seeking help is a sign of strength. Many of the worst effects of mental illness and addiction are preventable, and these conditions are treatable. As with other health issues, early detection and treatment reduce suffering and improve lives. Treatment varies with individuals and with conditions. These treatments can involve medication, therapy, behavioral strategies, and improving a person's relationships and supports. In addition to the resources listed on the next page, anyone can find support and get treatment referrals by calling **800-662-HELP**.

### **Healing & recovery are real**

As a community leader, friend, or family member, you can help people know that a better life is possible. No one needs to suffer alone. When it comes to recovery from mental illness or addiction, there is no single process or length of treatment for everyone. But countless people have been able to find improved health, better direct their own lives, and strive to reach their full potential. ***It is possible!***

# RESOURCES

## HealthierJC.com

*Search engine for all kinds of social services in the Jersey City area.*

### 2ndfloor.org

*Confidential and anonymous helpline for New Jersey's youth and young adults. "We are here to help you find solutions to the problems that you face and we are available 24/7 365 days a year."*

888-222-2228

### National Suicide Prevention Lifeline

*"We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals."*

suicidepreventionlifeline.org 800-273-8255

### National Alliance on Mental Illness

*"NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness."*

nami.org

### Bridgeway Crisis Intervention

*Hudson County residents age 18 and older who are experiencing a mental health crisis or a worsening of a mental health disorder. Referrals are accepted by phone as well as walk-ins: Mon - Fri 9am-8pm, Sat & Sun 10am-6pm, 152 Central Avenue.*

bridgewayrehab.com 201-885-2539

### Mobile Crisis Team

*24-hour Mobile Response Service available to Hudson County children or adults in need of emergency psychiatric evaluation. Call to speak with a trained Jersey City Medical Center mental health specialist.*

866-367-6023

### Health Insurance Navigation

*If you need help getting affordable health insurance, call the Jersey City Dept. of Health & Human Services.*

201-547-6800

If someone you know is at risk of an opiate overdose, you may be able to help save a life. Get information about local overdose prevention programs at [getnaloxonenow.org](http://getnaloxonenow.org).

If you are interested in Mental Health First Aid training for yourself or your organization, please contact the Department of Health & Human Services, Division of Injury Prevention at (201) 547-6806, email: [mentalhealth@jcnj.org](mailto:mentalhealth@jcnj.org).



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