



# Mental Health awareness month

Since the occurrence of COVID-19, we have all been struggling with Our “new normal.” Many of us are feeling uneasy, anxious and sad. You don’t have to feel alone as there are many mental health services available in our community. Services are confidential.

**Jewish Family & Children’s Services of Northern NJ;  
Teaneck, Fairlawn & Wayne**

Covid-19 Support: 800-541-6076

Office: 201-837-9090

[www.jfcsnj.org](http://www.jfcsnj.org)

**Jewish Family Services and Children’s Center of  
Clifton-Passaic; Clifton**

Office: 973-777-7638

<https://jfscifton.org/coronavirus>

**CarePlus New Jersey; Paramus and Fairlawn**

Office: 201-265-8200

[www.careplusnj.org](http://www.careplusnj.org)

**Vantage Health System; Dumont**

Office: 201-567-0059

<https://vantagenj.org>

**Bergen Family Center; Englewood**

Office: 201-568-0817

[www.bergenfamilycenter.org](http://www.bergenfamilycenter.org)