

CBMHS WEEKLY REFLECTION

Maintaining Mental Health During Challenging Times

Dear Friends, As we continue to face challenging times during this pandemic, many of us may be facing difficult circumstances such as the loss of a loved one. Dealing with the death of a loved one is one of the most difficult things we have to go through in life. The Coronavirus pandemic is especially painful, making it harder to say good-bye and grieve together. As we grieve, we are challenged with finding different ways of processing our grief due to social distancing and remaining safe.

Coronavirus has turned our family rituals into something we do not recognize, and our experience may not feel real. However, there are still ways to celebrate and mourn our loved ones in a meaningful way. We can connect with our families and friends via phone or computer - checking in with each other often, praying together, sharing memories, crying, and planning a celebration of their life at a later date when everyone can be reunited.

~Written by a Coronavirus family member

A BREATH EXERCISE FOR DIFFICULT DAYS

*As you inhale think or say,
"Despite _____,"*

*As you exhale think or say,
"I am grateful _____."*

*Repeat 3 times in a row as
many times as you wish
throughout your day.*

The LORD is close to the
brokenhearted and saves those
who are crushed in spirit.

Psalm 34:18



*Even though I walk
through the valley of
the shadow of
death...You are with
me.*

Psalm 23:4



Starting May 1, CBMHS will have a free, mental health **"WARM LINE"** for those experiencing emotional stress and side effects of the COVID19 pandemic and shelter-in-place order. Help is available to anyone who needs it.

Call Monday through Friday between 10am and 4pm and a licensed counselor will call you back within 24 hours! A 'warmline' is not a crisis hotline—If you need immediate assistance, call 911 or go to the emergency room.

Call the Warmline to:

- Speak to a professional counselor who will listen and provide useful guidance to help you feel better.
- Receive information about resources and social services needs including depression, grief, anger, parenting support, substance abuse, shelter needs, and more.
- Request that an outreach call be made to someone who is isolated, lonely, or may not reach out on their own.

Middlesex & Somerset County: (732) 867-8647

Monmouth & Ocean County: (732) 784-3394