



Office of the Mayor

City Hall

New Brunswick, New Jersey

Media Release

For Immediate Release

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Mental Health Telephone Support Available During COVID-19 Outbreak

*State Helpline Offers Support to Individuals
Experiencing Anxiety and Worry Related to the
Coronavirus Pandemic*

NEW BRUNSWICK, NJ (March 23, 2020) - New Jerseyans feeling the emotional and mental toll of COVID-19 can now get support from a special helpline. NJ Mental Health Cares, the state's behavioral health information and referral service, will now also offer help to people dealing with anxiety and worry related to the COVID-19 outbreak. Residents can call **1-866-202-HELP (4357)** for free, confidential support. This hotline will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.

The City of New Brunswick is the county seat for Middlesex County and home of Rutgers, The State University of New Jersey, the world headquarters for Johnson & Johnson and two globally-renowned hospitals. New Brunswick is an educationally-focused City as well as “The Healthcare City.”

All of New Brunswick’s developments provide seamless access to major transportation lines and an extensive dining scene and an arts district, located in its bustling downtown. The City is focused not only on bringing in new residents and businesses, but also on improving the lives of every one of its residents.

For more information, please visit www.cityofnewbrunswick.org.