

Stigma-Free Task Force Information & Resources

Hotlines

- National Suicide Prevention Lifeline offers free and confidential support for people in distress. (800-273-TALK)
- NJ Hopeline specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. (855-NJ-HOPELINE - 855-654-6735)
- 2nd Floor Youth Helpline is a confidential, anonymous helpline for New Jersey's youth and young adults to help find solutions to the problems at home, at school or at play. (888-222-2228 - call or text)
- ReachNJ.gov helps individuals identify, prevent, treat and recover from substance abuse. Call to speak with a resource officer and find the nearest treatment facility. (844-Reach-NJ)
- **In case of an emergency or if you, a friend of loved one are experiencing an urgent mental health crisis, call 911.**

What is Stigma-Free? Stigma is a mark of disgrace that results from the judgment of others. When someone is labeled by their illness they experience judgment and prejudice. Stigma brings experiences and feelings of shame, embarrassment, distress, hopelessness and reluctance to seek or accept help.

Studies show that one in four adults will experience a diagnosable mental disorder in any given year. Yet, more than half will not seek treatment. Why? Despite its prevalence in our society, mental health still has stigma attached to it. The same applies to substance abuse.

The primary reason individuals fail to seek the help they need is due to the stigma associated with these diseases. The main reasons cited are shame and fear of judgment from friends, family and co-workers.

The goal of Mendham's Stigma-Free Task Force is to foster a judgment-free environment around mental health issues and substance abuse and also to create inclusion for people with special needs, disabilities and any other "difference" that can make them feel marginalized, sidelined and not accepted.

The Stigma-Free Task Force wants to make sure all individuals and families feel included and supported. Let's end the stigma!

5 Ways You Can Help Create a Stigma-Free Future!

- 1. Don't blame people who have mental illness or substance use disorders.**
- 2. Always treat people with respect and encourage others around you to do the same.**
- 3. Lead with kindness.**
- 4. Teach your children to be open-minded and nonjudgmental about others.**

5. Take the Morris County Pledge to be Stigma-Free

Resources

The Morris County Department of Human Services provides help and assistance to residents in need, from children to families to seniors. Services provided by the department include financial and emergency assistance, access to mental health and substance abuse services, job training and support, prevention services for youth, support for veterans, transportation for elderly and disabled, meals on wheels and adult protective services for vulnerable adults at risk of abuse.

Morris/Sussex ResourceNet provides a wide range of information about support, resources, and services for families in Morris and Sussex counties. Check out their behavioral/mental health directory for information on local providers.

The Respite House is a safe alternative to an inpatient psychiatric hospitalization. As a peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a mental health crisis. The Respite House provides a comfortable setting in which guests can establish positive coping skills and become empowered to establish healthy habits and routines. For more information, call 862-239-9896.

Substance Abuse and Mental Health Services Administration is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

The Trevor Project provides crisis intervention and suicide prevention for LGBTQ youth.

True North offers behavioral health services to any veteran or family member from Morris & Sussex Counties, regardless of discharge status or insurance coverage. For more information or to schedule an appointment, call Atlantic Behavioral Health ACCESS Services at 1-888-247-1400.

Community Organizations & Support Groups

Active Minds is the leading nonprofit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. With more than 400 chapters nationwide, they are changing the culture on campuses and in the community by providing information, leadership opportunities and advocacy training to the next generation.

Mending Arts offer therapeutic workshops formed to improve the lives of children and adolescents suffering from the painful challenges of trauma, loss, separation, maltreatment, serious illness, or disability. For more information call Family Intervention Services: Allison Zeis, mending arts program coordinator or Ingrid Vaca-Bullaro, regional director at 973-586-5243.

Mental Health First Aid training is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.

The Morris Community Wellness Center has been providing peer-led services to grow beyond mental health and co-occurring challenges in Morris County for more than 20 years. At the center, they have computer access, an exercise area, and community meals. They link people

to employment, give computer support, and volunteer. Ongoing groups at the center include Anxiety & Depression, Mindful Living, and the Hearing Voices Network.

Morris County ID Card is a partnership of the Morris County Sheriff and Human Services offices, providing Morris County Identification Cards for residents ages 18 – 54 who may not have a driver's license or just want another form of identification. These cards are used for identification purposes only and may not be accepted by certain agencies that require a state ID (such as a driver's license).

NAMI Connection Recovery Support Group is a free, peer-led support group for adults living with mental illness. You will gain insight from hearing the challenges and successes of others living with mental illness. By sharing experiences in a safe and confidential setting, you gain hope and develop relationships. The group encourages empathy, productive discussions and a sense of community.

Parent-To-Parent is a grassroots coalition for parents and loved ones who are suffering the ravaging effects of substance abuse. It continues to fight the stigma associated with substance abuse.

On December 1, 2010, 16-year-old cherished son, brother, friend, varsity athlete and honor student T.J. Sefcik died by suicide. In the hopes of preventing other teens from following the same path, T.J.'s parents, Wendy and Steve, and his brother, Matt, share T.J.'s story of living with depression. [Learn more about Remembering T.J.](#) or contact Wendy Sefcik at 908-227-8481 or wendy@sefcikprod.com.

TLC4teens provides resources for teens and adults facing challenges related to everyday life. Hotlines are available for teens in crisis. Everyone could use some support from time to time. Seeking help is never a weakness.