## **NEED SUPPORT NOW?**



(833) 223 - 0011





The COVID-19 pandemic has changed everyone's lives. If you live in New Jersey and are struggling with a change in mood, poor concentration, increased alcohol/drug use, or difficulty sleeping, we are here to help. Give us a call and our team will offer you guidance.

You will be offered phone support, referrals for ongoing treatment and resources to help you through these difficult times.



(833) 223 - 0011 Monday - Friday, 9am - 5pm



https://ubhc.rutgers.edu/clinical/call-center/covid-connect.xml