

## Who cares? We do!

NJMentalHealthCares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns.

**Emotional Support During COVID-19 Outbreak**  
**Get Help Now: 866-202-HELP (4357)**

E-mail: [help@njmentalhealthcares.org](mailto:help@njmentalhealthcares.org)

We are available 7 days a week, 8 A.M. to 8 P.M. (EST)  
After hours, please leave a message and our staff will return your call within one business day.

<https://www.njmentalhealthcares.org/>



## Knowing the Warning Signs

### Mental Health in America

<http://workplacementalhealth.org/Mental-Health-Topics/Knowing-the-Warning-Signs>

Mental health conditions affect 1 in 5 Americans. These conditions start early in life with half of all lifetime cases starting by age 14 and three-quarters by age 24.

Knowing the warning signs of common conditions and connecting with care early leads to the best results. Yet, less than half of people experiencing mental health conditions get help. This can be costly to employers in lost productivity, lower performance, loss of high performing employees, and rising disability rates. Untreated mental health conditions also take a heavy toll, often leaving people feeling lost, alone and disconnected in the workplace.

The more we know about the warning signs of common conditions in the workplace, like depression and anxiety, the more proactive we can be in supporting ourselves and others.

### Warning Signs of Depression and Anxiety

**Depression** impacts 16% of adults during their lifetime. Warning signs include:

- Trouble sleeping, or sleeping too much
- Feeling sad
- Loss of interest in activities previously enjoyed, social withdrawal
- Difficulty concentrating and making decisions
- Changes in appetite, overeating or not eating enough
- Fatigue
- Restless activity or slowed movements and speech
- Feelings of worthlessness or guilt
- Thoughts of suicide or self-harm

**Anxiety** impacts 30% of adults during their lifetime. Warning signs include:

- Excessive worry
- Feeling nervous, irritable or on edge
- Sense of impending danger, panic or doom
- Increased heart rate
- Breathing rapidly (hyperventilation), sweating, and/or trembling
- Feeling weak or tired
- Difficulty concentrating
- Trouble sleeping
- Gastrointestinal (GI) problems

## Notice. Talk. Act.™

If you see a co-worker's behavior or performance changing over time, ask if he or she is ok. The role is not to diagnose but to express care and concern for another person. By doing so, you can make a positive difference and checking in creates an organizational culture of caring. Consider using the NOTICE. TALK. ACT.™ approach in checking in.

**NOTICE:** the warning signs and changes in another person's behavior or performance. These noticeable changes persist for two or more weeks, not just once suggesting perhaps a bad day. If the change in behavior or performance is extreme enough to warrant an immediate response, make sure you understand your role within your organization's safety protocols.

**TALK:** find a quiet and private place to ask a co-worker are you ok? Expressions of concern contribute to a supportive work environment. Also, noticeable changes—like changes in appearance or behavior—suggest everything is not ok. When talking with a co-worker, provide examples of the behavior that is worrying you, be sure not to place judgement on the individual. It is best to assume that you do not know what is happening and want to learn more from that individual's perspective. Remind the person that we all have challenging times in life when we would benefit from extra support and guidance to get through those times. Be a good listener.

**ACT:** listening is a big help, but so is connecting a person you are concerned about with care. This can start by reminding the person about the Employee Assistance Program and sharing information about how to connect with the EAP. Also, recommend that the person consider connecting with a healthcare professional. Ask how you can help connect the person with support and care. If you are worried about the person's immediate safety, do not leave the person alone. Seek emergency assistance. If not, check back in with the person in a day or two to see how things are going.

## Sharing the Warning Signs

Consider sharing the warning signs for depression and anxiety with all employees. Why? Because it helps to normalize these conditions, raises the visibility of mental health as an organizational priority and shows the organization cares about the mental health and well-being of employees.

Using approaches like **NOTICE. TALK. ACT.™** equips employees with the guidance they need in approaching a co-worker they are concerned about.

These warning signs can be shared with employees through the organization's intranet, in electronic newsletters and in communications that go out addressing the importance of overall employee health and well-being. We all have a role to play in chipping away at stigma and encouraging people to seek help when it's needed. Doing so has a high return-on-investment (ROI), plus it's the right thing to do.

## RESOURCES FOR MENTAL HEALTH & ADDICTION SERVICES

**NJ Mental Health Cares**, free, confidential help from trained specialists.

Call 1-866-202-HELP (4357) 8 am - 8 pm, daily.

<https://www.njmentalhealthcares.org/>

New Jersey  
MentalHealthCares

**Somerset County** mental health professionals, **telehealth** support,

call 908-975-9401 or (Spanish) 862-308-0430

<https://www.co.somerset.nj.us/home/showpublisheddocument?id=38007>

<https://www.co.hunterdon.nj.us/humanservices/MentalHealth/index.html>

HUNTERDON COUNTY DEPARTMENT OF HUMAN SERVICES  
**Mental Health**



Somerset County Department of  
**Human Services**  
*Guide to  
Mental Health Services  
2020*



**24-HOUR EMERGENCY SERVICES**  
In immediate life-threatening situations, always dial 911

# Gratitude IS THE BEST attitude



## The Attitude of Gratitude

It can be really difficult to think of things you are grateful for when everything in your life seems to be going wrong. Countless studies show that for many people, finding a bit of thankfulness each day can actually increase happiness levels and decrease depression. By developing an *Attitude of Gratitude*, we can feel more fulfilled and joyful each day.

An Attitude of Gratitude is a regular habit to express appreciation for all different parts of life, no matter how small.

### So how do we develop an Attitude of Gratitude?

- **Count Your Blessings:** Make a list of all the ways you are blessed. Don't just think about the blessings in your head, actually write and count them. Start with the big things and work towards smaller things.
- **Three Things:** Think of three things you are grateful for each day. You might choose something that is a constant in your life, something specific to that day, or something as simple as the sun shining that day.
- **Gratitude Journal:** Start a journal to keep track of all the things you are grateful for. During tough times, go back and read through your previous entries and focus on the blessings you indeed have.
- **Be Grateful for Yourself:** Take the time to recognize all the unique things that make you *you*! Think of the things you have accomplished (big or small), your talents, and people who you may have helped because you stayed true to yourself. Once you can appreciate yourself, your ability to see things more positively will grow.

When we train ourselves to look at life through the lens of gratitude rather than disappointment, we find ourselves happier and more at peace. There is so much to be grateful for if we just learn to look for it.

## Big Gardening Ideas For Small Spaces

Spatially challenged and think you can't garden? Think again! These small-space gardening ideas will get you growing your own delicious and nutritious food in no time!

**Vertical gardening** is the newest and most innovative concept in small-space gardening. When every square foot of floor space is at a premium, the best place to plant a garden is straight up the wall. Space saving and decorative, vertical gardens can be planted anywhere there is adequate sunlight. You can install a vertical garden along exterior walls, interior walls near south-facing windows, or even right in front of the window. Vertical gardens can also be made into privacy walls or be used to make existing privacy walls even more private.

