

PEER-TO-PEER SUPPORT LINE

**Are you sad, anxious, lonely?
Not in crisis but still struggling?
Would talking to someone help?**

PROGRAM DESCRIPTION:

The Peer-to-Peer Support Line is staffed by mental health consumers who are trained to provide non-crisis support. They will listen to what you have to say and offer you encouragement, understanding and support. Because they've experienced similar challenges and have successfully dealt with them, they know what you may be going through.



If you are experiencing grief, sadness, anger, loneliness or any other feelings that are hard to handle, please call and get the support you deserve—from people who understand.

CALL FOR EMOTIONAL SUPPORT

HOW? Call (toll free) 1-877-760-4987 or 1-866-445-3902
or 1-800-381-2059

WHEN? Between 5:00 p.m. - 10:00 p.m. 365 Days a Year

For further information, contact the Self Help, Advocacy, & Education Department
973-334-3496, ext. 518, at the Mental Health Association of Essex and Morris, Inc.

300 Littleton Road, Parsippany, New Jersey 07054
973.334.3496 ♦ www.mhaessexmorris.org ♦ 973.334.4920 (fax)

**MORRIS COUNTY
PROUD TO BE
STIGMA-FREE**