



Support Resources for Frontline Workers

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education, and community-based resources for frontline workers and their families affected by the COVID-19 pandemic:

- For more information, contact: 833-795-HOPE or hopeandhealing@rwjbh.org, or visit: www.rwjbh.org/hopeandhealing
- Free Weekly Virtual Support Groups as follows:
 - First Responders

Mondays at 8pm

"Our Responders First"

<https://zoom.us/j/96728363218?pwd=RGJnaERoemZHYkdJcVdmTUFETUhmZz09>

1 (929) 205-6099

Meeting ID: 967 2836 3218 Passcode: 237887

Wednesdays at 4pm

"Our Responders First"

<https://zoom.us/j/98149039590?pwd=T1Nld013Si9qcmRHNfDyZjZSbUo0QT09>

1 (929) 205-6099

Meeting ID: 981 4903 9590 Passcode: 898906

Thursdays at 9am

"Our Responders First"

<https://zoom.us/j/98859725166?pwd=QlZSK3lkVzFLVWQ4NjY5dDZMS05hdz09>

1 (929) 205-6099

Meeting ID: 988 5972 5166 Passcode: 835069

o Frontline/Healthcare Workers

Mondays at 10am

“Coffee Talk”

[https://zoom.us/j/93247469703?pwd=K3Y3NVdBcnQ5eHhNMWhRUVJVektGdz091\(929\)205-6099](https://zoom.us/j/93247469703?pwd=K3Y3NVdBcnQ5eHhNMWhRUVJVektGdz091(929)205-6099)

Meeting ID: 932 4746 9703 Passcode: 374382

Wednesdays at 12pm

“Healthy Steps”

[https://zoom.us/j/93438473384?pwd=ZmFOT1RaWFZieWJWSTh3eWxzMyGUT091\(929\)205-6099](https://zoom.us/j/93438473384?pwd=ZmFOT1RaWFZieWJWSTh3eWxzMyGUT091(929)205-6099)

Meeting ID: 934 3847 3384 Passcode: 115807

Thursdays at 4pm

“Happy Hour”

[https://zoom.us/j/95697045483?pwd=WTJYSGNwZ0I4N21TanFVSIFwUUMxZz091\(929\)205-6099](https://zoom.us/j/95697045483?pwd=WTJYSGNwZ0I4N21TanFVSIFwUUMxZz091(929)205-6099)

Meeting ID: 956 9704 5483 Passcode: 774386

Thursdays at 6:30pm

“Evening Stretch”

[https://zoom.us/j/92346743608?pwd=NGV3WTBjeWdEQlhjcmxxc2NWY3FFUT091\(929\)205-6099](https://zoom.us/j/92346743608?pwd=NGV3WTBjeWdEQlhjcmxxc2NWY3FFUT091(929)205-6099)

Meeting ID: 923 4674 3608 Passcode: 479491

HEAL NJ Healthcare Workers provides COVID-19 crisis counseling support, 7 days a week from 8am – 8pm to all New Jersey Healthcare Workers, their families, and caregivers statewide, with emergency support available 24/7, as well as virtual support groups and webinars:

- For more information, contact: 833-416-8773, or visit: <https://healhealthcareworkers.com/>

RISE, NJ First Responders provides COVID-19 crisis counseling support, 7 days a week from 8am – 8pm to all New Jersey first responders, including police, firefighters, EMS, National Guard, military and veterans, their families, and caregivers statewide, with emergency support available 24/7:

- For more information, contact: 833-237-4325, or visit: www.risefirstresponders.com

National Center for Peer Support is offering 24/7 confidential services, including peer counseling, assessments, referrals, prevention training, and post-intervention crisis response for those who serve others, including veterans/military, mothers, law enforcement, caregivers, child protection workers, and educators.

- For more information, call: 732-235-3355.

Cop2Cop offers a 24/7 peer support program for NJ Law Enforcement Officers and their families:

- For more information, contact: 866-267-2267 or visit: <https://njcop2cop.com/>

Virtual/Telephonic Resources for Peer Recovery Specialists:

- New Jersey Prevention Network (NJPN) created “The Confab” to be a safe space to discuss issues and strategies that may assist in peer’s health and well-being.
 - For more information, visit: <https://www.njpn.org/join-us-on-confab>
- NJPN also offers individual support sessions with Leroy Stanford, LCADC, LPC.
 - To sign up for a session, visit:
<https://calendly.com/njpnpeerservices/leroyofficehours?month=2021-02>
- New Jersey Coalition for Addiction Recovery Support (NJ CARS) is offering virtual check-in meetings for peer support and resource sharing.
 - For more information, email: cdix@preventionlinks.org
- Prevention is Key/CARES is offering “Heal the Healers” every Wednesday at 7:00pm.
 - For more information for the Zoom meetings, visit:
<https://morris.caresnj.org/zoom-with-us/#more-2521>
- Mental Health Association of New Jersey is offering a weekly virtual support group for peer support practitioners and peer recovery specialists.
 - For registration, email: consumerconnections@mhanj.org or visit:
<https://www.facebook.com/MHANJConsumerConnections/>

Additional resources for managing pandemic stress and anxiety may be found at:

- https://www.cdc.gov/coronavirus/2019-ncov/hcp/mental-health-healthcare.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fmental-health-healthcare.html
- <https://thriveglobal.com/categories/first-responders-first/>