



Give the Ultimate Gift of Mental Health

this Holiday Season

YOUR DONATION SUPPORTS:

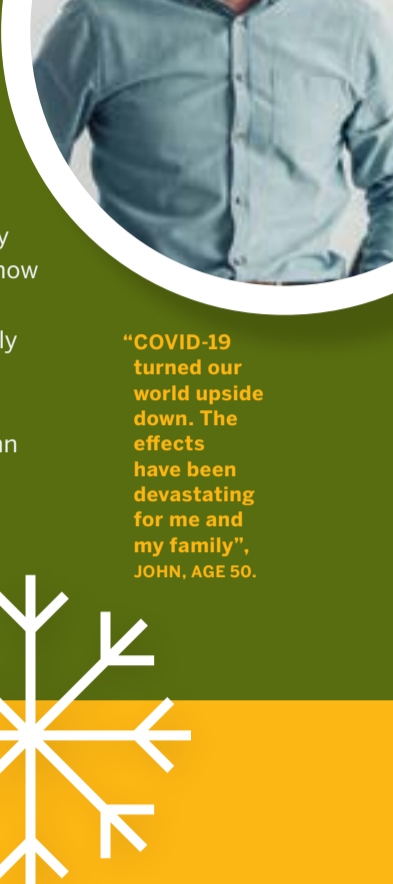
WEST BERGEN COVID-19 SUPPORT SERVICES

- Free "Warmline" for frontline workers, educators and community members experiencing stress, anxiety and depression
- An expedited grief counseling process for anyone who has suffered a loss due to the virus
- Free Community Support Programs providing help and strategies for managing stress and anxiety
- Critical therapeutic support for educators and families struggling with "Virtual" schooling

WEST BERGEN'S COVID-19 RESPONSE SERVICES ARE NOT COVERED BY INSURANCE OR PRIVATE FEES. SUPPORTING OUR COMMUNITIES THROUGH A CRISIS SUCH AS COVID IS ONE OF OUR CORE MISSIONS. YOUR SUPPORT IS VITAL IN HELPING US CONTINUE THESE SERVICES.

The Gift Of Resilience.

John, a successful sales executive in a Technology firm, lives in Bergen County with his wife and three children. Shortly after COVID hit, John's job was terminated and the family was left without their primary source of income and health insurance. With unpaid bills and family discord, John fell into a serious depression. In desperation, his wife convinced him to call West Bergen's free COVID-19 Warmline to ask for help. He's now undergoing regular teletherapy sessions, affordable because of West Bergen's sliding scale fee system. Because of the support therapy is giving him, John is now job interviewing and the family to set weekly meetings to get goals and discuss feelings. Most importantly, John and his family see a path forward.



"COVID-19 turned our world upside down. The effects have been devastating for me and my family", JOHN, AGE 50.

The Gift Of Healing.

Tom and Susan lost their 17 year old daughter Lilly in the Spring of 2019. A seemingly healthy, happy teenage girl, Lilly hid from everyone her growing despair and hopelessness. Days after being accepted into her first choice college, Lilly kissed her parents good bye and said she was going out. She never returned home.

YOUR DONATION SUPPORTS:

WEST BERGEN TRAUMA RESPONSE SERVICES

- Free and immediate therapeutic outreach and grief support
- For Families – individual and group support
- For School Districts – student and faculty support services
- For Businesses/ Employees – grief and trauma support groups
- For Community Members – grief and trauma support groups
- Three free individual therapy sessions for anyone needing additional support

WEST BERGEN'S TRAUMA RESPONSE SERVICES ARE NOT COVERED BY INSURANCE OR PRIVATE FEES. THIS IS ONE OF OUR CORE MISSIONS WITHIN THE COMMUNITY. YOUR SUPPORT IS VITAL IN HELPING US CONTINUE TO PROVIDE THIS ESSENTIAL SERVICE EACH AND EVERY TIME WE ARE CALLED UPON TO DO SO.

Tom, Susan and the entire community were in shock. That's when West Bergen stepped in. Almost immediately after school officials heard of Lilly's death, they reached out to us. Within hours, a therapist trained in trauma intervention, was at the family's home providing support and comfort to each family member as they dealt with the worst day of their life. Therapists also partnered with school officials to set up grief counseling for students at Lilly's school, and established a program to provide free individual sessions for community members.

One year later, Tom, Susan, and Lilly's siblings are slowly finding their way back. It will take time. But thanks to West Bergen, they don't have to heal alone.

"Lilly's suicide broke our hearts...and almost broke our family", TOM AND SUSAN.



The Gift Of Connection.

Brianna, a bright, 23 year old woman on the Autism Spectrum, can't find a job. In spite of the fact that she graduated college with an Accounting degree, securing employment eludes her.

For Brianna, numbers always made sense, but interactions with people were fraught with anxiety and uncertainty.

Her parents, Kathleen and Peter were worried. In spite of her intelligence and degree, Brianna's lack of social skills was a tremendous barrier to employment and they questioned whether she would ever be able to support herself or develop any kind of social network.

After learning about West Bergen's Social Discovery Program, Peter and Kathleen encouraged Brianna to enroll. Although a difficult decision for her, Brianna agreed to give West Bergen a try. Now, along with other young adults, she is learning how to better read social cues, understand body language and more comfortably conduct conversations. Through West Bergen's new "Prep for Work" program, she and others are learning communication and interview skills that hopefully will help them within the community.

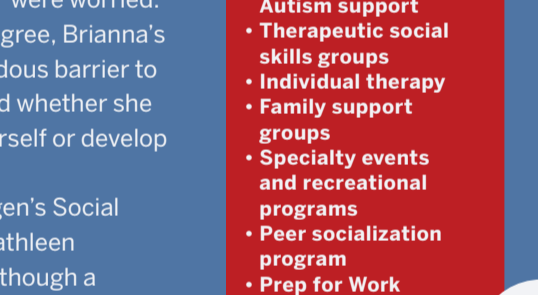
Kathleen and Peter are feeling a tremendous sense of relief. And Brianna is feeling proud.

YOUR DONATION SUPPORTS:

WEST BERGEN SOCIAL DISCOVERY PROGRAM

- Aspergers Syndrome/ Autism support
- Therapeutic social skills groups
- Individual therapy
- Family support groups
- Specialty events and recreational programs
- Peer socialization program
- Prep for Work Skills program

WEST BERGEN'S SOCIAL DISCOVERY PROGRAM IS THE REGIONAL LEADER IN OFFERING FULL DIAGNOSTIC AND COMPREHENSIVE TREATMENT SERVICES FOR CHILDREN, ADOLESCENTS, ADULTS AND FAMILY MEMBERS AFFECTED BY AUTISM SPECTRUM DISORDERS.



"Brianna is a whiz with numbers but she just can't relate to people." KATHLEEN AND PETER.

The Gift Of Hope.

Sam, age 14, lives with his mother Karen. Sam's dad left the family 5 years ago. The instability of his family life causes Sam to periodically suffer from bouts of depression and anxiety, more prevalent as he is now in his teens. But Sam always had an outlet in school, friends and activities.

When COVID hit, Sam was quarantined at home with his mother and not able to rely on the distraction of school and friends. His depression and anxiety worsened and he became angry and belligerent, eventually breaking down to his mother that he didn't see the point to his life anymore.

A desperate Karen called West Bergen, where he was immediately assigned to a therapist. In the course of treatment it was agreed that Sam would benefit from anti-depression medication to help relieve his symptoms. He was referred to one of West Bergen's Child and Adolescent prescribers for an evaluation and medication management.

After months of work, Sam has reconnected with his friends and is able to navigate between in-school and online learning. His treatment is affordable through West Bergen's sliding scale, and accessible to Sam and his mother because of teletherapy. Sam is now learning coping skills to help him work through feelings of loss, grief and anxiety. He understands that his sadness will not last forever and he's feeling stronger every day.

WEST BERGEN'S DEPRESSION PROGRAM IS LED BY A TEAM OF BOARD CERTIFIED CHILD AND ADOLESCENT PSYCHIATRISTS, ADVANCED PRACTICE NURSES, CLINICAL PSYCHOLOGISTS AND CLINICAL SOCIAL WORKERS. WE ARE PROUD TO BE A PARTNER AGENCY WITH THE CENTER FOR ADVANCEMENT IN CHILDREN'S MENTAL HEALTH AT COLUMBIA UNIVERSITY.

Our Sponsor

With profound gratitude, West Bergen Mental Healthcare, Inc. thanks **Inserra Supermarkets, Inc.** and the Inserra Family for underwriting the entire cost of this publication.



SUPPORT THOSE WHO SUPPORT OUR COMMUNITIES.

Help us meet our Goal of \$100,000

Your gift will support a full spectrum of critical psycho-therapeutic treatments for children, adolescents, adults and families suffering from trauma, depression, anxiety and other mental health issues, including those resulting from the current COVID-19 crisis.

GOLD CIRCLE SUPPORTERS	SILVER CIRCLE SUPPORTERS	BRONZE CIRCLE SUPPORTERS	COMMUNITY SUPPORTERS
A donation of \$10,000 or more	A donation of \$5,000 or more	A donation of \$2,500 or more	Any amount you can give

How to Give

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