

# Insights



In celebration of Mental Health Awareness Month, join our:

## 4th Annual Wellness Walk

We're raising \$60,000 for our 60th Anniversary and we need you! Help us raise funds to ensure that affordable and accessible mental health treatment for children, adults and families is available to all who need it.

### Walk with us *IN PERSON!*

West Bergen has joined forces with Valley Health System's Lifestyle Fitness Center for a special afternoon of Mind & Body Wellness. Here's what you can expect:

- Walk on Valley's indoor track-so the event is rain or shine!
- Take sample classes offered by Valley's fitness professionals!
- Meet your Supporting Friends and Sponsors!
- Photo booth to commemorate your participation!

IN PARTICIPATION WITH



Presenting Sponsor:



**Saturday, May 13th**

**1:00-4:00 pm**  
Valley Health Lifestyles  
1400 MacArthur Blvd,  
Mahwah, NJ

\$30 per person to participate  
\$60 to participate and receive a t-shirt designed by one of our day treatment clients



Scan here to register or visit [westbergen.org](http://westbergen.org)

### VOLUNTEER SPOTLIGHT

Susan Tozzoli shares the same compassion for those struggling with mental health as her brother, CEO Michael Tozzoli. Throughout the years, she has been a steadfast presence at the agency, volunteering wherever help is needed. Whether it's making and serving Thanksgiving dinner for Adult Day Treatment clients or organizing West Bergen's holiday gift drive, Sue is always raising her hand. She also supports West Bergen financially, and was an integral part of bringing the Center for Children & Youth playground to fruition. She also took on the task of chairing the agency's "Friends of West Bergen" fundraising and volunteer group and is an enthusiastic cheerleader for all of our community outreach efforts. But perhaps what makes her so very special to all of us is her deep love for our clients. She is devoted to them, providing warmth, love and care and making them feel valued. It's always a special day for clients and staff when Sue is around. She is truly a part of our



**"In regard to the mental health stuff, it was just there. It's been there forever, but it's really come up a lot in just knowing how important it is to work on yourself to help your team"**

-JASON SUDEIKIS



### "Ted Lasso" Shines a Spotlight On Mental Health

Cast from the hit Apple TV+ show "Ted Lasso" recently visited the White House to talk about the importance of mental health. The Emmy Award-winning show, which is in its third season, has tackled mental health issues in its storyline, chiefly through its main character played by Jason Sudeikis, a soccer coach who seeks therapy after grappling with panic attacks.

Sudeikis said to the press corps. "It's been there. It's been there forever, but it's really come up a lot in just knowing how important it is to work on yourself to help your team" said Sudeikis.

"People have really responded to that" Sudeikis says. "And myself and other members of the cast get messages daily from people thanking them for really opening their eyes to what it means to go to therapy and taking the stigma off of it".

The non-partisan visit was intended to discuss the importance of addressing your mental health to promote overall wellbeing.

Said Sudeikis, "no matter who you are, no matter where you live, no matter who you voted for, we all probably know someone, or been that person ourselves, that's struggled, that has felt isolated, that has felt alone. It's actually one of the things that we all have in common".

### COMMUNITY CORNER

#### West Bergen Wellness Walk Sponsors - The Heart of Our Community

Our Wellness Walk sponsors understand the importance of giving back to communities. Each one has a long history of supporting impactful community building projects that help our towns thrive. Their support of West Bergen and our mission helps ensure that affordable and accessible mental health resources are available to everyone. We are grateful for their support and mental health advocacy. Together, we can make a difference.

#### PRESENTING SPONSOR SHOPRITE AND INSERRA SUPERMARKETS, INC.

Inserra Supermarkets is proud of the company's long-held traditions of serving families and being a good neighbor and community member in all of the towns in which it operates ShopRite and PriceRite stores.

A true partner to the communities it serves, Inserra Supermarkets has been a longtime supporter of West Bergen and we could not be more grateful.

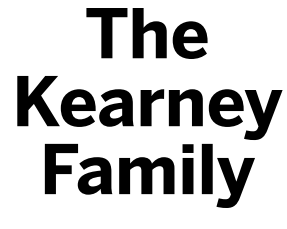


#### TEE SHIRT SPONSOR

The Columbia Bank Foundation helps support local charitable causes. Their goal is to make a difference in as many people's lives as they can, and make communities better, stronger and safer. We are proud to welcome them to the West Bergen family!



#### WELLNESS AMBASSADORS



#### Message from our CEO



Mental health is having a moment and it may very well be time for all of us to pay attention. I believe that we will look back at this period in history as the moment we all changed our relationship with mental health. We are all impacted by this issue, directly or indirectly. Be it a lived experience, a family member, friend or co-worker, someone you know is dealing with a mental health issue right now. This is the moment the responsibility of mental health shifts from researchers and clinicians to all members of our communities. We all have a role and responsibility to play in helping build and support an ecosystem of leaders, organizations, change makers and entrepreneurs not only focused on this space, but working closely together in a supportive, collaborative and effective manner.

Michael J. Tozzoli, MSW, LCSW,



**What mental health needs is more sunlight, more candor, more unashamed conversation".**

-GLENN CLOSE

### One in Four People Struggle with Mental Illness

**May is Mental Health Awareness Month.** Mental Health refers to the general state of how you regulate your behavior, feelings and thoughts. And while there's no standard for measuring what's normal for you versus what could be a concern for others, if you just don't feel like yourself, it could be a sign you need to take care of your mental health.

- 1. Disrupted Sleep**  
Poor sleep could be a red flag that you're experiencing depression or anxiety. Whether you have trouble falling asleep or difficulty staying asleep, it could be a signal of a mental health concern. Frequent oversleeping could be a sign as well.
- 2. Irritability or being more emotional than usual**  
Experiencing irritation, anger, feeling snappy and easily frustrated, or mood swings that fly from one extreme to the other could be a sign that your mental health is out of whack. Depression and anxiety can make it harder to self-regulate your thoughts and feelings, which is why you may be more reactive or sensitive than usual.
- 3. Loss of Joy**  
It's normal to have a bad day every now and then, and life is bound to bring you some sadness at some point. But if you routinely find less happiness and enjoyment in activities you used to love, it could be a sign that something's not quite right.

#### 4. Change in Appetite

There are a variety of ways depression and anxiety can affect how much you eat. For some, stress and anxiety may result in a loss of appetite. For others, binge eating comfort food can provide temporary relief from depressing thoughts and feelings. If you notice that you are overeating or undereating to the point where you observe a dramatic change in weight over a short period of time, it could be time to see help for your mental health.

**6. Low Energy**  
Feelings of fatigue and lethargy are also common in people who are struggling with their mental health. Feeling mentally or physically sluggish can make it harder to concentrate, follow conversations or think quickly. If you have low energy to the point where it's hard to get the motivation to get out of bed, consider talking to your doctor.

If something doesn't feel quite right, don't delay seeking help. Your primary care doctor can recommend next steps, which could include counseling or medication. The important thing to remember, is that you don't have to struggle. Mental illness is treatable.

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West Bergen Mental Healthcare is located at 120 Chestnut Street in Ridgewood, NJ. For more information on our programs and services, visit [westbergen.org](http://westbergen.org).

**West Bergen Warmline** West Bergen has launched a free, "Warmline" support service for anyone in the community who is experiencing stress and anxiety. **Available Monday through Friday from 9am - 5pm**, calls will be received by a West Bergen Access Clinician and a trained **West Bergen licensed therapist will return your call within 30 minutes. 201-688-7098**