



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

National Public Health Week

Public health is the science of protecting and improving the health of people and their communities by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases. Check out this video to learn more about how public health serves to Prevent, Promote, and Protect!

What is Public Health? Episode 1 of "That's Public Health"



National Cancer Control Month

- Prevention is the best medicine! Many cancers can be successfully treated if they're caught in the early stages. Learn more about screenings you should be getting at
<https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/flyers/cancer-screenings-save-lives.pdf>
- Cancer doesn't wait! Learn more about the importance of early screening at
<https://youtu.be/nI2hAOiWMuc>

Alcohol Awareness Month

- Talking to loved ones about their alcohol use can be a tricky conversation. Learn more about how to have this talk at:
<https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/alcohol-use-conversation-starters>
- The WHO has recently released a statement that no level of alcohol consumption is safe for your health. Learn more about drinking in moderation at:
<https://health.gov/myhealthfinder/health-conditions/heart-health/drink-alcohol-only-moderation>





April is National Minority Health Month!

When it comes to Public Health, cultural competency is critical to ensure the health and safety of all communities. Learn more about reducing health disparities among ethnic minorities at <https://www.minorityhealth.hhs.gov/nmhm/>

April 22nd is Earth Day!

Spending time outside in nature has been proven to reduce stress and improve overall quality of life. Take this quiz to test your knowledge on Nature and Happiness at <https://www.earthday.org/nature-and-happiness-quiz/>



Mindfulness Corner: Stress Awareness Month

- April is stress awareness month! Learn about why stress awareness and prevention is necessary to public health at <https://www.stress.org/april-is-stress-awareness-month>
- Reset your stress! Learn about how to reduce your stress levels and learn the differences between acute stress, chronic stress, and anxiety disorders at <https://files.nccih.nih.gov/press-reset-on-stress-flyer.pdf>
- Learning how to manage your stress is something that takes time and practice, yet builds resilience! Learn how to manage your stress and build resilience to it at <https://orwh.od.nih.gov/in-the-spotlight/all-articles/7-steps-manage-stress-and-build-resilience>

Community Resources

- NJ Hope and Healing
 - Free resiliency support for you and your family. Offer ways to cope and manage stress during the COVID-19 pandemic. Offer free virtual services for individuals, families and employers
 - 1-855-499-4325
 - <https://www.centerffs.org/our-services/counseling-behavioral-health/new-jersey-hope-and-healing>
- National Suicide Prevention Hotline
 - Free confidential support, 24/7, for individuals going through emergencies and coping with suicidal thoughts.
 - 1-800-273-8255, <https://suicidepreventionlifeline.org>
- Crisis Text Line
 - Mental health support and crisis intervention available 24/7 through text messaging.
 - Text: HOME to 741741, <https://www.crisistextline.org>
- Addictions Hotline of NJ
 - Provides 24/7 assistance for those suffering from substance abuse disorders.
 - 1-800-238-2333
- NJ Connect
 - Peer specialists trained to speak to those who need counseling, access to treatment and answers about recovery
 - 855-652-3737 or TTY: 877-294-4356, <https://www.njconnectforrecovery.org>
- NJ 2-1-1
 - Resource hotline designed to connect community members with resources such as food, utilities, affordable housing, rental assistance, child care, senior needs and COVID-19 related issues. Service is available 24/7
 - 2-1-1 OR Text: your ZIP code to 989-211
- Essex County Special Transportation System
 - Individuals who are 60 years of age and older, as well as those who are 18 years or older and permanently disabled are eligible. Transportation for both medical and other types of appointments available
 - 973-618-1280, <https://www.fairfieldnj.org/notices/essex-county-senior-transportation-services.pdf>
- NJ Transit Access Link (ADA Paratransit)
 - Shared ride service. There is a fee to ride. Service can be utilized for all purpose of travel including travel to places of employment, education, recreation and medical appointments
 - 973-491-4224, <https://www.njtransit.com/accessibility/access-link-ada-paratransit>
- New Jersey Poison Information and Education System
 - Trained healthcare professionals available 24/7 to answer poisoning questions and emergencies
 - CALL 800-222-1222 or TEXT 973-339-0702
 - <https://www.njpies.org/about-njpies/>