



West Caldwell Health Department

SERVING WEST CALDWELL, NORTH CALDWELL, AND FAIRFIELD

The Official Newsletter from the Health Department

May is International Nurses Month!

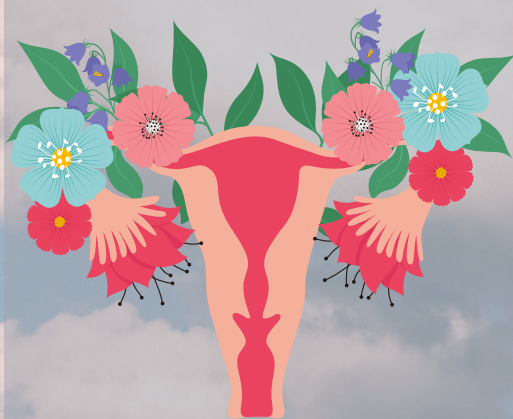
May is Mental Health Awareness Month!

- **Brain Health Awareness**
<https://www.cdc.gov/aging/publications/features/healthy-body-brain.html>
- **Stroke Awareness**
https://www.cdc.gov/stroke/docs/Know_the_Facts_About_Stroke.pdf
- **Children's Mental Health**
<https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>



Women's Health Month

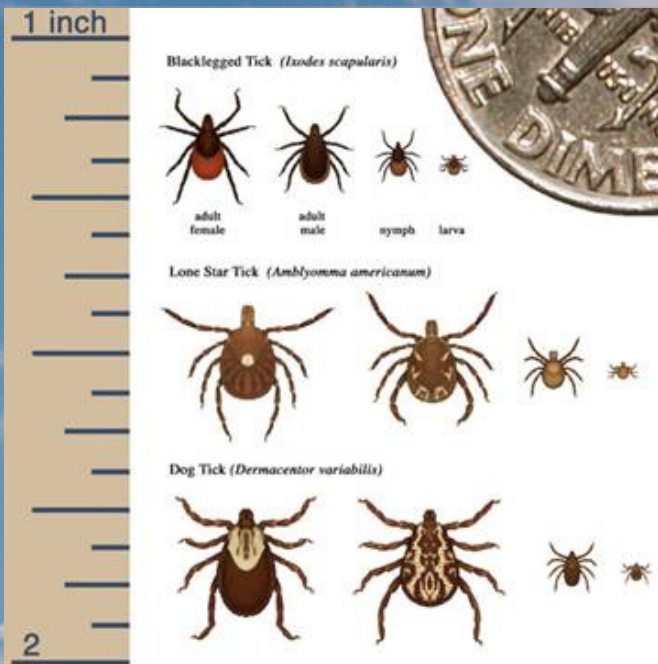
- **Preeclampsia**
<https://www.acog.org/womens-health/infographics/preeclampsia-and-pregnancy>
- **Teen Pregnancy Prevention**
<https://www.cdc.gov/vitalsigns/pdf/2015-04-vitalsigns.pdf>
- **Women's Health Week**
<https://www.womenshealth.gov/nwhw>
- **Maternal Mental Health**
<https://www.mhanational.org/conditions/pregnancy-and-postpartum-disorders>



Skin Cancer Awareness Month

- <https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/infographics/skin-cancer-prevention-infographic-print.pdf>



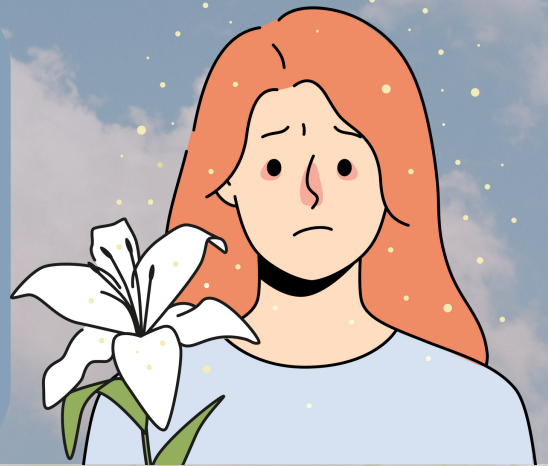


Lyme Disease/Tickborne Illnesses

- <https://www.nj.gov/health/cd/documents/tick%20brochure%202017%20final.pdf>
- <https://www.lymedisease.org/assets/lyme-disease-basics.pdf>

Asthma and Allergy Awareness

- https://www.nhlbi.nih.gov/sites/default/files/publications/asthma_in_our_communities.pdf



Mindfulness Corner: Yoga on the Mind

<https://www.mhanj.org/content/uploads/2023/05/May-H4H-Flyer.pdf>



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/>