

UMDNJ/University Behavioral

HealthCare (UBHC) UBHC, headed by Christopher Kosseff is one of the largest providers of behavioral health services in the country, with over 30 locations across New Jersey.

UMDNJ/New Jersey Medical School (NJMS)

Our Mission

The mission of New Jersey Medical School is to educate students, physicians, and scientists to meet society's current and future health-care needs through patient-centered education; pioneering research; innovative clinical, rehabilitative and preventive care; and collaborative community outreach.

Our Vision

To create, transmit and utilize knowledge to shape the future of medicine and to enhance the quality of life for the people of New Jersey.

Visit our website for useful tips, information and a simple self-assessment test to check yourself for stress- as well as links to valuable resources
www.mom2momnow.webs.com

About



MOM2MOM is a grant funded program, made possible by the generous support of The Healthcare Foundation of New Jersey and presented by a collaboration between UMDNJ/University Behavioral Healthcare (UBHC) and UMDNJ/ New Jersey Medical School (NJMS).



1-877-914-MOM2

1-877-914-6662

MOM  **MOM**

1-877-914-MOM2

You are caring for your special needs child.

Who is caring for you?

MOM2MOM

Helpline Program

Our focus is caring for you.



What is MOM2MOM?

Imagine the daily worry. How will my child's life unfold? How will this diagnosis of special needs impact relationships with family members and friends, finances and overall health and well-being?

Mothers of special needs children can feel devastated, shocked and consumed by guilt. But research shows that there are few, if any, supports for mothers' mental health. Rather, resources largely focus on helping them care of their children, and not for themselves.

Depression and divorce rates for these women also exceed those of women who do not have special needs children. Therefore, it is critical to decrease the mental health burden on moms of special needs children.

University of Medicine and Dentistry of New Jersey (UMDNJ)-University Behavioral HealthCare (UBHC) and UMDNJ-New Jersey Medical School have collaborated to establish the MOM2MOM helpline.

Moms understand moms.
That is why we started

MOM2MOM
1-877-914-MOM2



MOM2MOM Services

The MOM2MOM helpline **1-877-914-MOM2** is staffed by trained peer mom mentors who are moms with a special needs child just like you. We are also staffed by licensed professionals, and trained Mental Health specialists.

Having a special needs child can be very stressful, and sometimes it helps to be able to confide in another mom who is going through the same issues, and who understands your feelings.

When the issues run deeper, MOM2MOM is ready to help you and your family find a compatible professional for treatment if necessary.

Whenever you need us
we are here for you.

MOM2MOM

1-877-914-MOM2

MOM2MOM is always confidential while ensuring the safety and wellbeing of all involved.

We are there for you **1-877-914-MOM2 (6662)**

Call MOM2MOM

Get help and be heard

**24 hours a day/ 7 days a week:
1-877-914-MOM2 (6662)**

- ◇ **Peer and clinical support services.** If you want to talk with another mom who understands what you are going through, MOM2MOM staff are ready to listen.
- ◇ **Clinical Assessments.** If you are not sure how severe the problem is, one of our experienced counselors will provide an assessment and follow-up with a network of resources in your area.
- ◇ **Referrals.** Our Network Providers are trained to treat the unique needs of moms with special needs kids. Services include: counseling, family therapy, mental health needs, substance abuse, return to wellness or other treatment..
- ◇ **Stress Management.** Mom2Mom offers to help moms handle and manage the day-to-day stress they may be facing.