# If you or someone you know is contemplating suicide or needs help PLEASE CALL

St. Clare's Hospital

HOTLINE: 973-625-0280

Morristown Memorial Hospital HOTLINE: 973-540-0100

<u>Contact We Care</u>: **HOTLINE: 908-232-2880** 

Or Text Monday - Friday from 4-10pm

"CWC" to 839863





Special Thanks

Mayor Russell Felter

Jefferson Township Town Council

Jefferson Township Municipal Alliance Committee

The Junior Woman's Club of Jefferson Township





## Jefferson Township CONNECT

1033 Weldon Road, Lake Hopatcong, New Jersey 07849

jeffersontownshipconnect@gmail.com



https://www.facebook.com/JeffersonTownshipConnect

### Jefferson Township



raising mental health awareness

TOGETHER WE CAN...



#### Together we can...

...achieve greater results
...break down barriers
...promote positive reinforcement
...discover solutions
...make an impact in the community
...educate one another
...help those in need

...make a difference.

#### Who We Are

The goal of **CONNECT** is to engage and unify the community through a philosophy of mental health awareness, wellness, recovery and support.

**CONNECT** Mental Health project was formed in 2011 in response to the impact of one too many suicides in the community. This project includes volunteers from all backgrounds.

One of **CONNECT**'s founding member's, lifetime Jefferson Township resident, Councilwoman, and 2014 Jefferson Township Citizen of the Year, Debi Merz, was recently recognized by the *New Jersey Mental Health Association*. She was a recipient of their annual Golden Bell Leadership Award for her efforts to erase stigma and provide mental health awareness here in our community.



Erasing stigma one connection at a time...

#### **JT CONNECT**

- December's Remembrance Luminary Lighting
- Spring Walk for Well-Being
- Out of the Darkness Team Walks
- Mental Health Month in May
- Other CONNECTIONS for awareness & education

Through your donations
CONNECT
may continue to bring these and
other programs to our community

**CONNECT** is always looking for committed community members and organizations to partner with who would like to be part of this ongoing effort.

Please contact **JT CONNECT** for information on becoming a volunteer or to participate in one of our many programs.

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