

Health

NewBridge offers solutions and services in these stressful times

With economic concerns added to day-to-day family and work obligations, many people are suffering from too much stress. In fact, according to Gallup-Healthways Well-Being Index, 58 percent of Americans reported struggling at the end of 2008 in several areas of their lives. These areas included emotional and physical health, employment-related issues, and overall quality of life.

Fortunately, NewBridge, a non-profit provider of behavioral health and education programs, offers strategies and a complete continuum of services to help people deal with tough times, as well as to maintain balance in their lives.

"With May being Mental Health Month, this is an ideal time to remind the community about what they can do to cope with

stress," said L. Michelle Borden, associate executive director, NewBridge. "No matter what situation comes up in life, it can be easy to feel overwhelmed. There are steps one can take to counter the negative effects of stress – get physically active, get plenty of rest, eat well, connect with others. However, if the problem is more severe, NewBridge offers a wide range of services to provide additional sup-

port."

NewBridge continuously reaches out to residents, community organizations and schools through dialogue nights, where teens and parents are brought together to promote open communication; professional trainings; career and educational training to teens; and stress management courses to raise awareness about pressing issues. NewBridge also provides

counseling; support to seniors; and substance abuse prevention and treatment.

If you feel like you could benefit from speaking with a professional about issues large or small, NewBridge can help. Call toll-free 888-746-9333. For more information, call NewBridge at 973-686-2200 or visit www.newbridge.org.