



WOMEN'S ASSOCIATION MORRISTOWN MEDICAL CENTER



**Women's Association for Morristown Medical Center
Virtual Spring 2021 Fundraiser**

Benefitting Atlantic Behavioral Health at Morristown Medical Center

As the COVID-19 pandemic has swept our nation, our state and our communities, the focus on mental health has become even more important in our daily lives. Over the last year, growing numbers of community members have turned to Atlantic Behavioral Health at Morristown Medical Center to help them cope with the emotional impact of this health crisis.

"The pandemic has had major effects on our lives. For some, it has created new stressors – anxiety, fear and grief – and for others it has exacerbated existing conditions like depression or substance abuse. The good news is people today are more willing to openly discuss their challenges and ask for help," Thomas Zaubler, MD, chairman of the hospital's behavioral medicine program, said.

Women's Association for Morristown Medical Center (WAMMC) President Katie Nolle agrees. "Mental health impacts each of us daily. We need to reinforce that seeking help is a sign of strength not weakness. We're all feeling the emotional effects from the isolation of COVID-19, but hope is on the horizon."

Blue Skies will benefit Atlantic Behavioral Health at Morristown Medical Center, which provides expert, compassionate care for:

- Anxiety, depression and other mental/emotional problems
- Substance misuse and other addictions
- Family and relationship issues
- Physical abuse and domestic violence
- Social/emotional difficulties related to disability or illness
- Personal trauma and loss
- Physical, cognitive and neurological problems
- Psychosocial difficulties related to medical illness

Specialized services include addiction psychiatry, child, adolescent and geriatric psychiatry, outpatient behavioral and psychiatric therapy, inpatient psychiatry, emergency and crisis intervention, psychiatric and behavioral support in primary care physician offices, and interventions for hospitalized elderly patients to minimize the risk of cognitive decline and delirium.

For details on ***Blue Skies*** visit wammc.org

The path to good mental health is a step-by-step journey of treatment, hope and healing.