

## At Mom2Mom, we want to help.

We understand the unique needs of mothers of children with special needs and offer a confidential peer-support helpline, online live chat, support groups and resiliency events.

Mothers of children with special needs, who are trained peer counselors, answer our helpline and lead our support groups. They have walked in your shoes and have a deep understanding of your unique concerns and issues.

Whether you are suffering from stress, anxiety or other emotional pain due to your role as a caregiver to a child with special needs, or need assistance with resources, give us a call. We can help.

**Visit our website for Live Chat  
with a peer counselor and more  
information on our programs,  
support groups and events.  
[www.mom2mom.us.com](http://www.mom2mom.us.com)**

## About Mom2Mom

Mom2Mom is a statewide program funded by the New Jersey Department of Children and Families and directed by University Behavioral HealthCare (UBHC).

UBHC is one of the largest behavioral healthcare providers in the country, with over 30 locations across New Jersey.

**1-877-914-MOM2**

**1-877-914-6662**

**[www.mom2mom.us.com](http://www.mom2mom.us.com)**



MOM  MOM  
**1-877-914-MOM2**

*You're caring  
for your special  
needs child.*

*Who is caring  
for you?*



UBHC  
UNIVERSITY  
BEHAVIORAL HEALTHCARE

 DEPARTMENT OF  
CHILDREN AND FAMILIES

# Moms understand moms — that's why we started the Mom2Mom helpline.

## Mom2Mom Peer Services

When the stress that accompanies caring for a child with special needs gets to you, sometimes it helps to be able to talk to someone who is living a similar life and can lend an empathetic ear.

When the issues run deeper, Mom2Mom can help you find a compatible professional for treatment if necessary.

The Mom2Mom 24/7 peer support helpline (1-877-914-MOM2) and other programs are staffed by mothers of children with special needs who have been trained as counselors with the support of mental health clinicians.



Don't bear this stress alone. Call Mom2Mom today or log on to the website for a Live Chat and get help — 24 hour a day, 7 days a week, including:

- **Mom2Mom Peer Support and Clinical Services.** If you just want to vent to another mom who knows what you're going through, Mom2Mom staff are ready to listen.
- **Clinical Telephone Assessments.** If you're not sure how severe the problem is, one of our experienced professional counselors will provide an assessment and follow-up with a vast network of professional resources throughout the state.
- **Referrals to a Mom2Mom Network of Service Providers.** Case management for your child and you.
- **Mom2Mom Support Groups.** Join other mothers of children with special needs and Mom2Mom peer counselors at regular support group meetings throughout the state.

Everyday we hear from moms of children with special needs about issues such as:

- Family and parenting concerns
- Depression
- School concerns
- Anxiety
- Marital problems
- Development concerns
- Medical problems
- Legal concerns
- Physical/sexual abuse



*Remember Mom2Mom: maintaining confidentiality and caring for your mental and emotional health so that you can care for your family.*