

# Business Owners and Our Mental Well-Being During COVID-19

As business owners, paying attention to our mental health should be a top priority. In addition to the personal and professional stressors faced by the general population, many of us are also experiencing increased stress levels while worrying about our employees, customers, finances, and the future of our storefronts and companies during COVID-19.



**When stress, anxiety, and depression strike, there is no need to endure it alone or suffer in silence.**

**The Howell Alliance for substance use prevention and mental health awareness provides a comprehensive list of behavioral health support resources and on-going mental health information to ensure you get the help you need. To access this information...**

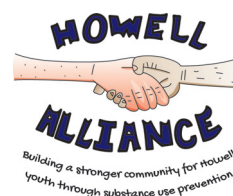
- Find support resources online:  
<http://www.twp.howell.nj.us/540/Substance-UseMental-Health-Support-Servi>
- Join Friends of the Howell Alliance on Facebook for mental health updates:  
<https://www.facebook.com/groups/howellalliancefriends>
- Call the Howell Alliance: 732-938-4500 ext. 4012 (limited hours; CALL 9-1-1 for an emergency)

**If you feel stressed, anxious or depressed, find help by...**

- Making an appointment with your physician
- Contacting your insurance company for service providers
- Reaching out to 24-7 helplines, such as
  - National Suicide Prevention Lifeline (800-273-8255)
  - NJ Hopeline (855-654-6735)
  - SAMHSA's National Helpline (800-662-4357)
  - Crisis Text Line (text "home" to 741741)
- Prioritizing self-care and time for you; find mindfulness, breathing, and resiliency tips at  
<http://www.twp.howell.nj.us/565/Stress-Relief>

## Remember

- You are not alone
- Help is available
- Support and check in with one another



*A joint initiative between the Howell Township Business Recovery Task Force and the Howell Alliance for substance use prevention and mental health awareness.*