

OPEN TO
CUMBERLAND
COUNTY
RESIDENTS

ENTER THE ANNUAL
STIGMA-FREE

Art Contest

The **Cumberland County Stigma-Free Campaign** is a county-wide initiative that aims to prevent and eliminate the stigma associated with mental illness by helping to make conversations about mental health part of everyday discussions and to encourage individuals and families who are affected by a mental illness to seek assistance without the fear of being negatively judged.

Artwork will be judged on creative representation of what it means to be stigma - free or what being "Proud to be Stigma - free" looks like.

Each submission enters your name for a chance to win a \$50.00 visa gift card and a chance to have your art included in The Cumberland County, "Be Stigma Free," Calendar

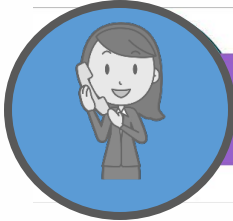
Contest is sponsored by Cumberland County
Department of Human Services
Mental Health & Additions Board

Questions? Contact Sharon Mewborn
Sharonme@CumberlandCountyNJ.gov
856-391-1638



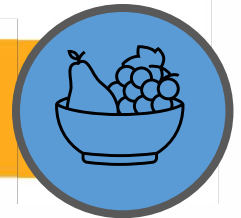
**CUMBERLAND
PROUD TO BE
STIGMA-FREE**

Coping with Stress



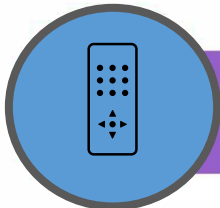
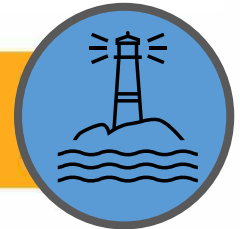
It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Contact your friends and family.

Maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones and friends.



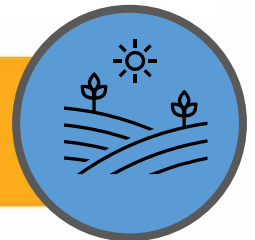
Don't use smoking, alcohol or other drugs to deal with your emotions. If you feel overwhelmed, talk to a health worker or counselor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

If you or a friend or family member has a mental illness, seek the type of help that is best for you/them. Stigma associated with mental illness hurts everyone. We should all do our share to be stigma-free.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during any challenging time of your life.



Suicide and
Crisis Lifeline:
988

**Emergency
s
Call 911**



**Cumberland County Department of Human Services
856-459-3080**

Melissa J. Niles, MS, LPC, LCADC, CCS, DRCC
**Cumberland County Human Services Department Head
Cumberland County Board of County Commissioners**

Douglas Albrecht, *Director* • Antonio Romero, *Deputy* • Carol Musso • Donna Pearson •
Joseph Sileo • Victoria Groetsch-Lods • John Capizola, Jr

Source:
World Health
Organization

