

# **If your child is in crisis, GET HELP!**

**Social distancing can create a feeling of isolation from friends and support systems.**

**For children and youth with behavior disorders or mental health diagnoses, COVID-19 may heighten their anxiety and distress.**

**NJ's free Mobile Response services provide safe, real-time emergency counseling and therapies, 24/7/365.**

**Don't wait! Call the Children's System of Care at 1-877-652-7624.**

