

MAY NEWSLETTER

MONTCLAIR HEALTH DEPARTMENT

SERVING MONTCLAIR AND CEDAR GROVE

May is Mental Health Awareness Month

Compiled by Vanessa Dessources, MPH, CPH, CHES

**MENTAL
HEALTH
MATTERS**
*Break the Silence.
End the Stigma.*

Scan this QR
code to access
our new Mental
Health Resource
Guide



On Sunday, May 4th, the Montclair Department of Health and Human Services held a Mental Health Awareness Walk that was funded through a grant from the Partner for Health Foundation. The slogan for the initiative is Mental Health Matters. Break the Silence. End the Stigma.

We were happy to be joined by various other community partner organizations who provided their own resources and education including Mental Health Association, NAMI Essex/Passaic, NAMI Morris, Essex Health & Wellness Recovery Center, Selin's Whisper, and the ARRIVE Together Program (RWJ and Montclair Police). We are grateful for their support of the Montclair HD's mental health initiative. We were also able to provide participants with various gear, mental health goodies, healthy snacks and water through the grant and donations from various Montclair community entities including Reach Out Montclair, Whole Foods Montclair and ACME Montclair.

Mental health should not be stigmatized topic. We hope we can continue to emphasize the importance of mental health in all populations and communities. We also hope that we can have an even bigger and better awareness event next year!

**Mental Health Initiative
funded by a grant from:**



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SAVE THE DATE:
Mental Health
Awareness Month
Walk on 5/4
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.....
Montclair Health
Department
Immunization
Clinics

Listen & Learn

Public Health on Call

John Hopkins Bloomberg School of Public Health

887 – It's Tick Season!

May is Lyme and Tickborne Diseases Awareness Month. In this episode: Dr. Nicole Baumgarth talks all things ticks including how climate change is increasing their territory, the diseases they spread such as Lyme and Heartland virus, disease prevention, and the latest on vaccines and treatments.

Guest: Dr. Nicole Baumgarth is the director of the Johns Hopkins Lyme and Tickborne Diseases Research and Education Institute.

Host: Stephanie Desmon, MA, is a former journalist, author, and the director of public relations and communications for the Johns Hopkins Center for Communication Programs, the largest center at the Johns Hopkins Bloomberg School of Public Health.



Hope Start With Us

National Alliance on Mental Illness

Episode 73: ope Starts With Us: Living With Anxiety and Thriving as Young Adults

May is National Anxiety Awareness Month, so four members of NAMI Next Gen joined NAMI CEO Daniel H. Gillison, Jr. to talk about their experiences with anxiety. In this episode, Srihitha Dasari, Nadiyah Fisher, Anuj Gandhi, and Caitlyn Jennings share stories about their mental health journeys with us. Their conversation will cover their personal experiences, the many different types of anxiety, some ideas for managing anxiety, how mental health education can help youth, and more.

HOW CAN I LISTEN?

To listen to any of the podcasts listed above, scan the QR Code

----- OR -----

search the name of the podcast in the Spotify app or website.

SAVE CANCER SCREENING- MAY 2025

The SAVE Cancer Screening program provides various cancers screenings to those who are low-income, uninsured/under-insured. Each screening has its own eligibility criteria.

**Please reach out to
nb766@njms.rutgers.edu for
more information.**



**SAVE
Cancer Screening
May 2025**

Please Contact us
973-972-7007 ** 973-972-0310
ma1907@njms.rutgers.edu
nb766@njms.rutgers.edu

Tuesday, May 6th Mary Eliza 394 University Ave., Newark, NJ, 07102 Breast Screening 9:00 AM - 3:00 PM	Friday, May 9th 294 Ferry St., Newark, NJ, 07105 Breast & Cervical Screening 9:00 AM - 3:00 PM
Wednesday, May 14th 140 Bergen St., Newark, NJ, 07103 Prostate Screening 1:00 PM - 4:30 PM	Thursday, May 15th 298 South Orange Ave., Newark, 07103 Breast & Cervical Screening 9:00 AM - 3:00 PM
Friday, May 16th Mobile Clinic Somewhere in Essex County More Information Coming Soon Breast & Cervical Screening	Sunday, May 18th Haitian Flag Day Festival 1 Civic Square, Irvington, NJ, 07111 2:00 PM - 6:00 PM
Wednesday, May 28th 394 University Ave., Newark, NJ, 07102 Breast Screening 9:00 AM - 3:00 PM	Thursday, May 29th 29 North Day St., Orange, 07050 Breast & Cervical Screening 9:00 AM - 3:00 PM

SERENITY FAMILY SUPPORT GROUP

A support group held by the Essex Health & Wellness Recovery Center in order to find peace and healing for those affected by the opioid epidemic.

Tuesdays 6pm - 7pm
101 Park Street Montclair, NJ 07042
Suite 4

**For more information, contact Marisa (201)-
280- 8499**

**Scan the QR Code
to access the
Montclair Health
Department Padlet
that includes
resources, flyers,
calendars and
upcoming wellness
events in the
community!!**



**REACHING OUT MONTCLAIR
AND COMMUNITY PARTNERS**
**Family
HEALTH FAIR**

Free Health Screenings and Information including:

- Prostate and Breast Cancer Awareness
- Blood Pressure Screening
- Glucose Screening
- Mental Health Resources
- Nutrition
- LGBTQ+ Health
- Health Education
- Division of Family Assistance and Benefits
- Annie's Army Swab Drive
- AND MORE!!

Breakfast and Lunch will be served!

For the full list of health fair offerings and community partners, please refer to our resource guide by scanning the QR code.

**SATURDAY
JUNE 14TH, 2025
10AM - 2PM
AT WALLY CHOICE
COMMUNITY CENTER
45 MAPLE AVENUE,
MONTCLAIR, NJ 07042**

For more information, please reach out to reachingoutmontclair@gmail.com!

Montclair Health Department Immunization Clinics

Montclair Health Department offers immunization clinics on the first and third Tuesdays of every month.

To make an appointment, please call 973-509-4970 or email
mginter@montclairnjusa.org.

205 Claremont Ave, 3rd Floor, Montclair, NJ 07042

