

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

August 2026



To Everything There Is a Season

There are moments when you can almost feel a season changing before the calendar catches up. The days grow a little shorter, mornings feel a little cooler and back-to-school signs begin appearing in stores. Even if you're not quite ready to say goodbye to summer, the next season is quietly making its way toward us.

Transitions are a natural part of life, yet we often move from one season to the next without pausing to notice where we've been or where we'd like to go. Taking even a few moments to reflect can help us approach change with greater intention and less stress.

As summer gradually gives way to fall, take a moment to reflect:

Notice the small shifts around you.

Pause before rushing into what's next.

Choose how you want to enter the new season—with intention.

As you reflect, consider the different areas of your life:

Relationships

- Who would you like to reconnect with after the busy summer months?
- Is there someone you've been meaning to call, visit or spend more time with?



Health

- Before the busy fall season begins, consider scheduling preventive healthcare appointments for yourself and your family. Taking care of your physical health now can help reduce stress later.

Boundaries

- As calendars begin to fill, think about what you want to say "yes" to—and what you may need to decline.
- Consider how you can protect time for rest, family and activities that matter most to you.

Gratitude

- Take a moment to appreciate what this season has brought you before rushing into the next one.
- Reflect on experiences, relationships or accomplishments that have enriched your summer.

Mental Health Check-In

- Ask yourself: *"How am I really doing?"*
- Seasonal transitions can bring excitement, but they can also reveal stress, burnout or fatigue that may have gone unnoticed during busy months.
- Take time to acknowledge your emotional well-being with the same care you give your physical health.

Back-to-School Preparation

- Take inventory of clothing, school supplies and any necessary medical appointments.
- Reestablish healthy routines around sleep, meals and screen time.
- Remember that transitions can be both exciting and stressful for children and parents alike.



The New Season at Work

- If you haven't taken time off yet, consider scheduling a break before the busy fall season.
- Take a moment to recognize what you've accomplished so far this year and the challenges you've successfully navigated. Celebrate the wins.
- Identify one or two key priorities instead of trying to do everything at once.
- Reconnect with colleagues and look for opportunities to support one another.

Personal Growth

- Consider what habits, worries or expectations you may be ready to leave behind.
- Make time for reading, journaling, learning or reconnecting with hobbies that bring you joy.
- Think about one personal goal you'd like to pursue during the months ahead.
- Reach out for support if you're feeling stuck or overwhelmed.

Need Support?

Life transitions, even positive ones, can sometimes feel overwhelming. Whether you're managing stress, family responsibilities, relationship concerns, workplace challenges or simply navigating change, CONCERN-EAP is here to help. Support is confidential and available whenever you need it. Call us at 973-451-0025.

Summer isn't over just yet. There are still sunsets to enjoy, walks to take, books to read and conversations to have. Savor these remaining weeks while also giving yourself time to think about what comes next.

Every season offers an opportunity to begin again. With a little reflection and planning, you can step into the next chapter feeling more prepared, more intentional and ready for whatever it may bring.



If you feel you or someone you know may harm themselves or someone else:

Suicide and Crisis Lifeline: 988

The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386

Veterans Crisis Line: Dial 988 and Press 1

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline: 1-800-656-4673

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

ADDICTION RESOURCES

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#))

[Also visit the online treatment locator. Call: 1-800-662-HELP \(4357\)](#)

Alcoholics Anonymous - [Northern New Jersey AA - Meeting Finder \(nnjaa.org\)](#)

Narcotics Anonymous - [NA Meetings in NJ \(narcoticsanonymousnj.org\)](#)

NJ Self Help Clearinghouse 800-367-6274 - [FIND A GROUP | NJSHGCH \(njgroups.org\)](#)

Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Atlantic Health Chilton Medical Center: 973-831-5078

Atlantic Health Hackettstown Medical Center 908-454 -5141

Atlantic Health Morristown Medical Center: 973-540-0100

Atlantic Health Overlook Medical Center: 908-522-3586

Atlantic Health Newton Medical Center: 973-383-0973

Website: www.atlantichealth.org