

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

July 2026

Mental Health and Families: Building Resilience Together

Every family has its ups and downs. Between busy schedules, work demands, school activities, caregiving responsibilities and everyday stress, it can be challenging to stay connected. Yet those daily interactions—sharing a meal, checking in with one another or simply listening—can have a powerful impact on mental and emotional well-being.

Families are often where we first learn how to communicate, solve problems and cope with life's challenges. While no family is perfect, strong relationships can provide comfort, encouragement and a sense of belonging during difficult times.

Why Family Connections Matter

Feeling supported by family can help people manage stress, build confidence and navigate change more effectively. Whether it's celebrating successes, offering encouragement or helping someone through a tough day, positive family relationships can strengthen resilience at every stage of life.

Life's challenges can sometimes put pressure on families. Financial concerns, health issues, busy schedules or major life transitions may create stress and affect how family members interact with one another. During these times, small efforts to stay connected can make a big difference.

Simple Ways to Support Family Well-Being

- **Be Available to Talk:** Regular conversations help family members feel heard and understood. A quick check-in at dinner or during a walk can open the door to meaningful connection.
- **Listen with Empathy:** Sometimes people don't need solutions—they simply want someone to listen. Taking time to understand another person's perspective helps build trust and strengthens relationships.
- **Spend Quality Time Together:** Shared activities, whether it's cooking a meal, playing a game, or enjoying time outdoors, create opportunities for connection and positive memories.
- **Model Healthy Habits:** Children and teens learn by watching the adults around them. Prioritizing self-care, managing stress in healthy ways and asking for help when needed can set a positive example.
- **Ask for Support:** Family members don't have to handle every challenge alone. Friends, community organizations, church or religious organizations and healthcare professionals can provide valuable guidance and support when needed.

Building Resilience Together

Resilience isn't about avoiding challenges—it's about learning how to move through them together. Families build resilience when they communicate openly, support one another and adapt to change with patience and understanding.

Small actions often have the greatest impact. Expressing appreciation, sharing a laugh, offering encouragement or spending a few extra minutes together can help strengthen family bonds and improve emotional well-being.

Takeaway

Strong families aren't defined by having no problems. They're built through connection, communication and support. By being available for one another and creating space for open conversations, families can help every member feel valued, understood and supported. The everyday moments matter. When families work together to nurture healthy relationships, they create a foundation for resilience, well-being and lasting connection.

Need Support?

If you or a loved one is experiencing family stress or mental health challenges, support is available. Contact the ACCESS Center of Atlantic Behavioral Health at 888-247-1400.



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