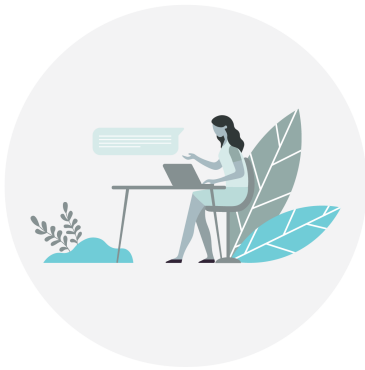


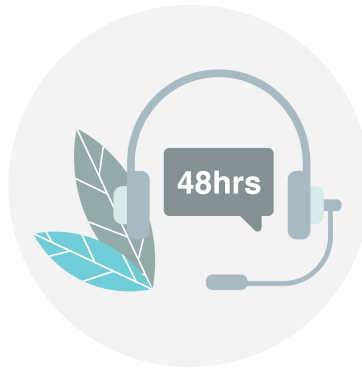
Are you feeling depressed, anxious, or stressed because of the pandemic? You're not alone.

The City of Paterson has partnered with The Center for Innovation at St. Joseph's Health to provide free mental well-being services for Paterson Residents: well-being for me.



1. Sign Up

Fill out the electronic form below. You'll need to upload a proof of residency (NJ Driver License, NJ Non-Driver ID, or Cable / Phone / Internet Provider Bill).



2. Approval

If eligible, in 2 business days you'll get an email for your first appointment. If not eligible, you'll receive an email with some alternative resources.



3. Your Appointment

Begin your free, 8-week therapy program with Well-Being for Me and AbleTo. Your appointment is private and won't be shared.

Who is eligible?

The first 1,000 adult Paterson residents who:

- 1) Provide proof of residency (NJ Driver License, NJ Non-Driver ID, or a utility bill)
- 2) Per household, make less than:
1<\$57,700; 2<\$65,950; 3< 74,200; 4<\$82,400;
5<\$89,000; 6<\$95,600; 7<\$102,200; 8<\$108,000
- 3) Have been directly impacted by the pandemic and have not received mental health benefits from other federal resources due to COVID-19.

When does it start?

September 7, 2021 through December 31, 2021.

What do you get?

Virtual counseling (up to 8 sessions) and well-being tools from our private 3rd party partner, AbleTo. Therapy sessions will be available in English and Spanish with translation available for other languages. You can connect through the app (iPhone or Android), a website, call, text, or printed materials.

**Scan the QR Code
with your phone
camera to get
started**

www.theinlab.org/well

