

UPDATE FROM NAMI NJ EXECUTIVE DIRECTOR ABOUT COVID-19 (Coronavirus)

March 16, 2020

Dear NAMI Family,

In our communication from last week, we said that we would be monitoring the situation statewide with the novel Coronavirus (COVID-19). Since that time, the situation across the country has required a more rigorous response. NAMI NJ will be responsive to the calls for social isolation and limited in-person interaction. We will be taking the following steps:

- The NAMI NJ office will be closed to the public from Monday March 16 – Friday March 27.
- While NAMI NJ staff and volunteers will not be physically in our office, we will still be actively working remotely and will still be accessible to conduct business through email and phone calls during regular business hours of 9:00 a.m. to 5:00 p.m. Information and referral services are available 8:00 a.m. to 4:00 p.m., Monday through Friday.
- NAMI NJ Strategic Planning sessions scheduled 3/19 and 3/26 have been canceled, and will be rescheduled.
- Many of our affiliates have postponed their classes and support groups. We are continuing to be in touch with our local affiliates and will continue to update our coronavirus information hub: (Link to [naminj coronavirus page](#)). Please check back frequently to see updates as they become available.
- To continue to provide support, NAMI NJ will be holding weekly support groups online, through a platform called Zoom. A link will be shared on the page: [www.naminj.org/covid19](#)

Our foremost concern is for the health and wellbeing of you, your family, and the broader public. We have been reading the evidence on “flattening the curve” to avoid overwhelming our healthcare system. While the vast majority of individuals who become infected will recover, there are likely to be more significant impacts on the elderly and individuals with underlying health conditions. Slowing down the spread of the virus may enable our healthcare system to respond to the increased infections we are likely to see.

Thank you for your understanding in these challenging times. We may not be able to come together as we are used to – **but we will still come together.** We may not be able to sit in a room together right now – but thanks to technology we can still connect by phone and by zoom. Even in times like these...**you are never alone.** We are here, and will continue to be here as this ends, and we continue with the regular way of providing services.

“Be strong now, because things will get better. It might be stormy now, but it can’t rain forever.”

-Unknown

Be safe and stay healthy.

Thank you,

A handwritten signature in black ink, appearing to read "Meredith Masin Blount".

Meredith Masin Blount
Executive Director