



# MOM MOM

## 1-877-914-MOM2...MOM

1-877-914-6662

*The "MOM 2 MOM" Helpline Program*  
*University of Medicine & Dentistry of New Jersey*

**You're caring for your special needs child...Who is caring for you?**

**At Mom 2 Mom our focus is caring for you....**

Mothers with special needs children are at risk for depression and related disorders (Reuters, 4/18/2008). Studies show parents of special needs children have significantly higher divorce rates than those with typically developing children. Medical illness, financial stressors, faith based issues, and employment struggles often accompany the challenges of being a primary caregiver of a special needs child.

When you become a mother it is often a miraculous experience in your life. When your child is identified as having special needs, it is potentially the most devastating experience of your life.

As the primary caregiver mothers try to "fix" everything for their child. Some challenges cannot be fixed, but rather adapted to. The "MOM 2 MOM" Peer Support Helpline Program answers the need.

An abundance of resources for children with special needs have been established with a focus on advocacy, education, and financial support for those loved ones.

The missing link however has been the recognition for the needed services for the primary caregiver's mental health and wellness, specifically a service for mothers.

By dialing **1-877-914- MOM2** (1-877-914-6662) **MOM 2 MOM** helpline program a mother of a child with special needs will receive the following services;

**Mom 2 Mom Peer Support**- M2M Peer Supporters will be available to provide telephone peer support to callers in need. Moms of special needs children trained in peer counseling and crisis support will offer peer support, explain resources, and explore your needs. Mom 2 Mom peer support is also available through our website for a live chat experience online.

**Mom 2 Mom Clinical Assessment** -M2M Clinicians will be on the helpline as part of the team of clinical professionals available to do telephonic assessment and gauge the depression, anxiety, and family & marital issues, etc. that may be impacting your life.

**Mom 2 Mom Network**- A M2M database of specially trained service providers will be available for referrals for your mental health needs.

**MOM 2 MOM Support Groups**- Within your communities Mom Peer Supporters will be available every month for Mom 2 Mom support groups.

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THE HEALTHCARE FOUNDATION OF NEW JERSEY  
Founded by the Jewish Community