

FIVE FAST FACTS FOR FRIDAY

MOM2MOM Helpline



- 27/7 Peer to Peer Support: 877-914-6662
- The MOM2MOM 24/7 peer support helpline and other programs are staffed by mothers of children with special needs who have been trained as counselors with the support of mental health clinicians.
- Established in 2010 MOM2MOM is a statewide non-profit organization funded by the New Jersey Department of Children and Families (DCF) and directed by University Behavioral HealthCare (UBHC).
- MOM2MOM is driven to provide a compassionate and encouraging environment for mothers, and all caregivers, of children with special needs to come together and share support.
- The MOM2MOM also offers in person support groups open to all family members.