

## **CAMHOP-NJ**

### **CHINESE AMERICAN MENTAL HEALTH OUTREACH PROGRAM IN NEW JERSEY**



#### **WHAT IS CAMHOP-NJ?**

CAMHOP-NJ is a NAMI New Jersey initiative to serve immigrant families of Chinese origin who are affected by mental illnesses, including Chinese immigrants from mainland China, Hong Kong, Taiwan and other countries and regions, through support, education and advocacy. Our free services include family support groups, referral services, advocacy, community workshops, and educational materials in Chinese. CAMHOP pronounces like “Golden Crane” in Chinese. The crane is a symbol of health and longevity in the Chinese culture.

#### **WHAT ARE THE GOALS OF CAMHOP-NJ?**

CAMHOP-NJ has four major goals:

- Increase awareness among Chinese immigrants in NJ that mental illness can be treated, and that anyone can be affected by mental illness – there are no barriers based on class, education or background.
- Help Chinese American individuals and families affected by mental illness set up local self-help groups where they learn coping skills through sharing with people with similar experience.
- Provide referral service for Chinese speaking mental health providers to Chinese families and individuals who have limited English skills.
- Help mental health professionals in NJ to be aware of and sensitive to Chinese culture on mental health issues and understand the unique struggles that Chinese American individuals and families face when seeking services.

#### **CHINESE SELF-HELP GROUP**

CAMHOP Self-help group meetings are for Chinese families and individuals coping with mental illnesses in NJ. The goal of self-help support groups is to provide Chinese immigrant families who struggle with mental health issues with a safe environment to have emotional support discussions, linkages with available resources, exchange successful coping strategies, etc.

##### **Atlantic City meetings**

###### **Family Support**

**Date:** Every 2nd Wednesday

**Time:** 10am-11:30am

**Location:** 7 North Georgia Ave, Atlantic City, NJ

Please call Cheeka Wu at (732) 718-2292

##### **Bridgewater meetings**

###### **Family & Peer Support**

**Date:** Every 3rd Thursday

**Time:** 7:00pm-8:30pm

**Location:** Richard Hall Community Mental Health Center, 500 N Bridge St, Bridgewater, NJ

##### **Edison meetings**

###### **Family & Peer Support**

**Date:** Every 2nd Thursday

**Time:** 7:00pm-8:20pm

**Location:** University Behavioral HealthCare, 100 Metroplex Drive, Suite 200, Edison, NJ

##### **Piscataway meetings**

###### **Peer Support**

**Date:** Every 4th Monday

**Time:** 7:30pm-8:45pm

**Location:** University Behavioral HealthCare, Room C101, 671 Hoes Lane West, Piscataway, NJ

**Program contact: Maggie at 732-940-0991, or e-mail [camhop@naminj.org](mailto:camhop@naminj.org)  
Visit our website at <http://www.naminj.org/programs/camhop/camhop.html>**

全美精神疾病聯盟—新澤西分部

## 金鶴計劃

### 新澤西華人心理健康推廣計劃



#### 什麼是金鶴計劃?

金鶴計劃是由全美精神疾病聯盟新澤西分部創始和推動的新澤西華人心理健康推廣計劃。此計劃是為了幫助新州華人(包括來自中國大陸、香港、臺灣的移民及其後代)對心理健康與精神疾病有正確的理解，從而減少對精神疾病的歧視；並為需要專業幫助的家庭提供華語資訊及支持。此計劃名為金鶴，乃取“鶴”在中國文化中健康長壽之意。

#### 金鶴計劃有什麼使命?

金鶴計劃的使命有四方面：

- 提高新州華人有關心理健康與精神疾病的意識，減少對精神疾病的歧視，並助其認識到精神疾病可通過專業治療與社會支持而得到好轉。
- 扶立新州華人精神疾病自助團體，鼓勵受心理健康問題和精神疾病困擾的個人和家庭藉著互相交流而更好地面對精神疾病所造成的長期考驗。
- 為英文水平欠佳的新州華人提供華語心理健康轉診服務。
- 幫助新州心理精神科專業人士認識中國文化有關心理精神健康的部分，以及了解華裔病人及其家人在尋求治療中面對的困難。

#### 金鶴計劃支持小組

我們華語支持小組的目的是向受心理疾病困擾的華人家庭提供一個安全的環境以相互支持，交流治療信息和成功面對疾病的方法。我們偶爾邀請心理疾病領域的專家作免費諮詢。

##### Atlantic City 聚會

###### 家屬互助

日期: 每月第二個周三

時間: 上午 10:00 am - 11:30am

地點: 7 North Georgia Ave, Atlantic City, NJ 08401

請電(732) 718-2292 胡小姐

##### Bridgewater 聚會

###### 家屬、患者互助

日期: 每月第三個周四

時間: 晚上 7:00 - 8:30pm

地點: Richard Hall

Community Mental Health Center, 500 N Bridge St, Bridgewater, NJ 08807

##### Edison 聚會

###### 家屬、患者互助

日期: 每月第二個周四

時間: 晚上 7:00 - 8:20pm

地點: University

Behavioral HealthCare, 100 Metroplex Drive, Suite 200, Edison, NJ 08817

##### Piscataway 聚會

###### 患者互助

日期: 每月第四個周一

時間: 晚上 7:30 - 8:45pm

地點: University Behavioral

HealthCare, Room C101, 671 Hoes Lane West, Piscataway, NJ 08854

聯繫人: Maggie 電話: 732-940-0991 電郵: [camhop@naminj.org](mailto:camhop@naminj.org)

請訪問我們的網站 <http://www.naminj.org/programs/camhop/camhop.html>