RVRR Wellness Resource

Introduction:

Some people run to help deal with mental health issues and some run because running supports overall physical and mental well-being. Running is a "sport" associated with physical fitness but it is also entwined with mental fitness.

However beneficial, we realize that running can cause or not totally alleviate personal struggles. Runners can suffer from performance anxiety, disappointment, and envy. Sometimes training goes wrong or despite our best efforts, race day pace is not what we'd hoped for. Depression can creep in when we are injured and/or struggling with performance, professional, and personal issues.

Please use these resources or share them as needed.

National and State Resources

988 Suicide & Crisis Lifeline
Dialing 988 provides 24/7, free and confidential support for people in distress, prevention and crises resources for you or your loved ones, and best practices for professional in the United States.
https://988lifeline.org/

NJ Suicide Prevention Hopeline

1-855-NJHopeline
1-855-654-6735

State of New Jersey
Department of Human Services
Division of Mental Health and Addiction Services
https://www.state.nj.us/humanservices/dmhas/home/hotlines/

Road Runners Club of America
Mental Health Guide for Runners
https://www.rrca.org/education/for-runners/mental-health-guide/

National Library of Medicine
A Scoping Review of the Relationship between Running and Mental Health
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7663387/

The Counseling and Wellness Center of New Jersey
Discussion of Cognitive Behavior Therapy and useful resources
http://thecwcnj.com/counseling
http://thecwcnj.com/homework

Running and Cycling Safety Tips

Local Resources:

Healing and Resilient NJ-aimed at providing individuals, communities and organizations with the skills and resources needed to heal from trauma and to foster resilience.

https://healingandresilient.nj.gov/

Stress Care of New Jersey (Matawan and Manalapan)
https://www.stresscareclinic.com/

Behavioral Health and Substance Abuse Counseling
https://nbcounselingcenter.org/

New Hope Integrated Behavioral Healthcare (Behavioral Health related to addictions)

https://newhopeibhc.org/

Catholic Charities (Hunterdon, Middlesex, Somerset, Warren counties)

https://ccdom.org/

Richard Hall Community Health and Wellness Center

https://www.co.somerset.nj.us/government/human-services/mental-health

University Behavioral Health Care (Rutgers)

https://ubhc.rutgers.edu/

The Passion Care Center (Bilingual)

https://thepassioncarecenter.com/