

# *Trinitas Regional Medical Center*

## *News Release*

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FOR IMMEDIATE RELEASE

### **Tough Times in Economy Prompt Helpful Measures at Trinitas Regional Medical Center**

#### *Support Groups Are Established at Two Locations*

**Elizabeth, New Jersey** As the severe downturn in the economy affects ever-growing numbers of individuals and families across the country, those affected in Union County are encouraged to look no further than the mental health professionals at the Department of Behavioral Health and Psychiatry of Trinitas Regional Medical Center (TRMC). Trinitas Regional Medical Center has established two free support groups available in Elizabeth (908) 994-7559 and Cranford (908) 276-2244.

The support groups are designed to provide assistance in learning how to cope with the multiple challenges that the recession presents. Those interested may register for these free weekly support groups by calling the numbers above.

“Many people understandably are having a very difficult time coping with paying their bills. Families and individuals are under a great deal of stress,” says James Lape, Senior Vice President/Behavioral Health & Psychiatry and Long Term Care. “The support groups will offer opportunities for people to share their concerns under the guidance of mental health professionals who can provide positive suggestions and recommendations for improving coping skills to help during these very difficult times.”

The Elizabeth location (654 East Jersey Street) will host support groups on Mondays 11:00 am –12:00 pm beginning January 12, 2009. The Cranford location

(300 North Avenue East) will host support groups Wednesday evenings 7:00-8:00 pm beginning January 14, 2009.

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## **About Trinitas Regional Medical Center**

Trinitas Regional Medical Center is a major center for comprehensive health services for those who live and work in Central New Jersey. Offering 531 beds,

Trinitas is distinguished by no less than ten Centers of Excellence, which include: the Trinitas Comprehensive Cancer Center; the Trinitas School of Nursing;

the Center for Wound Healing & Hyperbaric Medicine; the Sleep Disorders Center; cardiology services, maternal/child health services; diabetes management; women's services, renal care; behavioral health services, and senior services. The Department of Behavioral Health & Psychiatry offers one of the most comprehensive services in the state for the psychiatric treatment of children and adults. Trinitas serves as the Center for End-Stage Renal Care for Eastern Union County. Trinitas is a Catholic teaching hospital sponsored by the Sisters of Charity of Saint Elizabeth in partnership with Elizabethtown Healthcare Foundation. For more information on Trinitas Regional Medical Center, visit: [www.Trinitas.org](http://www.Trinitas.org) or call (908) 994-5138.

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