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To all New Jersey State PBA Membership:

My name is Dr. Peter Killeen and I am the Stress Counselor for the Port Authority of NY and NJ Police Unions. I reached out this morning to Dr. Stefanelli, Clinical Services Coordinator for your PBA, and PBA VP Marc Kovar to offer to your union membership mental health services on behalf of myself and Dr. Anastasia (Stacy) Pytal.

Our hope is that each and every one of you, and your loved ones, remain healthy and safe during a time that can only be described as uncertain and very strange due to COVID-19. We are all being challenged professionally, personally and as a society during this pandemic. Each of you stand on the front line, dealing with the anxious public and keeping peace and order throughout the cities and towns where your departments are located. Much of our uncertainty lies in the fact that we do not have an end date or a roadmap as to where we are heading with the progression of the virus, creating extraordinary stress; and strange because in many of our neighborhoods, the streets are empty, the grocery aisles bare and for most of us, being subject to a curfew.

In the past several weeks, collectively and generally speaking, we have all gone from business as usual, to being aware of the breakout with some concerns, to being at full blown risk, seeing panic unfold all over our country, the words "pandemic," "quarantine," "social distancing," to seeing our norms, values and lives changed indefinitely. No definitive end date, no guarantees, in some cases - no answers. I want you all to know that **your mental and physical health and your safety are a priority during this very precarious time**. If you need any assistance or just want to talk, at any time, please do not hesitate to reach out to either myself or Dr. Pytal by phone to share some of your personal concerns.

***All phone calls are confidential.***

Keep Safe and Alert!

Warmest regards,

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