

## ON-LINE ACTIVITIES FOR YOUR PLEASURE

[BROADWAY HD:  
Free Broadway Streaming](#)

[TRAVEL & LEISURE:  
These 12 Museums  
Offer Virtual Tours  
You Can Take On Your Couch](#)

[CLASS CENTRAL: 450 Free  
Ivy League On-Line Courses](#)

[NATIONAL PARKS SERVICE:  
Explore Parks On-Line](#)

[BUSINESS INSIDER:  
103 of Netflix's Notable  
Original TV Shows,  
Ranked From Worst to Best](#)

[NYAM.ORG: Free Coloring Books](#)

[Animal Planet: Puppy Bowl Live Streaming](#)  
[PLAYBILL.COM: Metropolitan Opera Offers Free Streams](#)

[@TheMHEditor: Catch Up  
On The Latest Mental Health News](#)

### [The Science of Well-Being](#)

In this free, on-line course engage in a series of challenges designed to increase happiness and build more productive habits.

Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change.

## QUICKLINKS TO GOOD NEWS

[CMS.GOV:Telehealth  
Benefits Expanded  
for Medicare Beneficiaries  
During COVID-19 Outbreak](#)

[NJTV NEWS: Bill Would  
Bolster Mental Health  
Services for College Students](#)

[HOUSTON CHRONICLE:  
How to Keep](#)

Your Mental Health  
in Check During  
The Coronavirus Pandemic

MHTTC: Tools for  
Behavioral Health Professionals  
During a Public Health Crisis

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**NJ Mental Health Cares is offering help to people  
dealing with anxiety and worry related to the Novel COVID-19 outbreak.**

**NJ Human Services' Division of Mental Health and Addiction Services provides support  
to the Mental Health Association in NJ (MHANJ) to operate the line.**

**Call 1-866-202-HELP (4357) for free, confidential support.  
The line will be answered from 8-8, seven days a week by live trained specialists.**