

## SUICIDE/DEPRESSION SERVICES

<b>Local Police</b>	<u>CALL:</u> 911	Call your local police department emergency assistance.
<b>PESS: Psychiatric Emergency Screening Services</b> <a href="https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/conditions/psychiatric-emergency-screening-service/">https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/conditions/psychiatric-emergency-screening-service/</a>	<u>CALL:</u> 732-886-4474 (Monmouth County)  866-904-4474 (Ocean County)	Call for emergency assistance if you believe your child is at risk for self-harm
<b>National Suicide Prevention Lifeline</b> <a href="https://988lifeline.org/">https://988lifeline.org/</a>	<u>CALL:</u> 800-273-8255 <u>CALL or TEXT:</u> 988	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<b>Contact of Ocean &amp; Monmouth Counties</b> <a href="https://contactoceanmonmouth.org">https://contactoceanmonmouth.org</a>	<u>Crisis Helplines:</u> 732-240-6100 609-693-5834  <u>Info and Referrals:</u> 732-240-6105	CONTACT of Ocean & Monmouth Counties, provides trained telephone listeners who respond to human needs 24 hours every day. This organization offers free confidential crisis intervention, information on available resources, and referral to community services.
<b>Crisis Text Line</b> <a href="https://crisistextline.org">https://crisistextline.org</a>	<u>TEXT:</u> Text HOME to 741741	Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.
<b>New Jersey Suicide Prevention Hopeline</b> <a href="https://njhopeline.com/">https://njhopeline.com/</a>	<u>CALL:</u> 1-855-654-6735 <u>TEXT:</u> <a href="mailto:njhopeline@ubhc.rutgers.edu">njhopeline@ubhc.rutgers.edu</a>	Specialists are available for confidential telephone, chat or text counseling and support 24 hours a day, 7 day per week.
<b>2nd Floor Youth Helpline</b> <a href="https://www.2ndfloor.org/">https://www.2ndfloor.org/</a>	<u>CALL or TEXT:</u> 888-222-2228	2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. Available 24/7 365 days a year.

<p><b>The Trevor Project</b>  <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a></p>	<p><u>CALL:</u>  1-866-488-7386  <u>TEXT:</u>  Text START to 678-678</p>	<p>The Trevor Project provides information and support to LGBTQI+ young people 24/7.</p>
<b>COUNSELING SERVICES</b>		
<p><b>PerformCare New Jersey</b>  <a href="https://www.performcarenj.org/about/index.aspx">https://www.performcarenj.org/about/index.aspx</a></p>	<p>877-652-7624</p>	<p>PerformCare provides free services for children, youth, and young adults who are experiencing emotional and behavioral challenges, are impacted by substance use treatment needs, or have an intellectual/developmental disability.</p>
<p><b>Bright Harbor Healthcare</b>  (Formerly Ocean Mental Health Services)  <a href="https://brightharbor.org/">https://brightharbor.org/</a></p>	<p>732-349-5550</p>	<p>Bright Harbor Healthcare provides counseling and mental health services as well as integrated healthcare programs that include addiction and detox services, health, wellness, and primary care services.</p>
<p><b>St. Francis Counseling Services</b>  <a href="https://www.stfranciscenterlbi.org/counseling-service">https://www.stfranciscenterlbi.org/counseling-service</a></p>	<p><u>Counseling Center:</u>  609-494-1554   <u>Sexual Abuse &amp; Assault Program:</u>  609-494-1094</p>	<p>St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues. All services are provided in both English and Spanish.</p>
<b>YOUTH SERVICES</b>		
<p><b>Ocean's Harbor House</b>  <a href="https://www.oceansharborhouse.org/">https://www.oceansharborhouse.org/</a></p>	<p><u>Emergency Shelter:</u>  732-929-0660   <u>Transitional Living Program:</u>  732-281-0822   <u>Family Crisis Intervention Unit:</u>  732-240-3638</p>	<p>Emergency Shelter provides shelter, support, counseling and crisis intervention services to homeless, runaway, abused, neglected and abandoned and at-risk youth, ages 10-19.</p> <p>Supervised Transitional Living provides group home services which include educational and vocational counseling for up to 18 months for youth ages 16-21.</p> <p>Family Crisis Intervention Unit, is a state mandated court diversion program offering free case management, family engagement and crisis counseling services to Ocean County youth up to 18 years old.</p>

<p><b>National Runaway Safeline</b>  <a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a></p>	<p>CALL:  1-800-RUNAWAY</p>	<p>The National Runaway Safeline provides free and anonymous 24 hour support for runaway children. Can access “Home Free” program, providing free bus tickets to runaway youth back home or to alternate living arrangements.</p>
<p><b>NJ Division of Child Protection &amp; Permanency</b>  <a href="https://www.nj.gov/dcf/about/divisions/dcpp/">https://www.nj.gov/dcf/about/divisions/dcpp/</a></p>	<p>CALL:  1-877-NJABUSE</p>	<p>Child Protection and Permanency, CP&amp;P (formerly the Division of Youth and Family Services, DYFS), is New Jersey’s child protection and child welfare agency within the Department of Children and Families.  The Child Abuse Hotline receives all reports of child abuse and neglect 24-hours a day, 7-days a week.</p>
<b>SUBSTANCE ABUSE SERVICES</b>		
<p><b>Ocean County Health Department</b>  <a href="https://www.ochd.org/">https://www.ochd.org/</a></p>	<p>CALL:  800-342-9738  732-341-9700</p>	<p>The Alcohol and Drug Unit at the Ocean County Health Department contracts with Substance Abuse agencies in the local community to provide services to Ocean County residents. The Alcohol and Drug Unit provides services on a continuum of care ranging from detoxification and inpatient to outpatient services.</p>
<p><b>Preferred Behavioral Health Group</b>  <a href="https://www.preferredbehavioral.org/">https://www.preferredbehavioral.org/</a></p>	<p>CALL:  732-367-4700</p>	<p>Preferred Behavioral Health Group is an outpatient mental health program providing Ocean and Monmouth county youths age 4-18 and their caregivers with the assistance, support and education to manage depression, anxiety, domestic issues, behavior and other disorders.</p>
<p><b>NJ Connect For Recovery</b>  <a href="https://www.njconnectforrecovery.org/">https://www.njconnectforrecovery.org/</a></p>	<p>CALL:  855-652-3737</p>	<p>The NJ Connect for Recovery Call Line provides support for those concerned with their own opiate use and, those who are experiencing distress related to the opiate use of a friend or family member.</p>

**Please be sure to keep your child’s school counselor informed so they can support the efforts being addressed outside of school.**