

SUICIDE/DEPRESSION SERVICES

Local Police	<u>CALL:</u> 911	Call your local police department emergency assistance.
PESS: Psychiatric Emergency Screening Services	<u>CALL:</u> 866-904-4474 (Ocean County) 732-886-4474 (Monmouth County)	Call for emergency assistance if you believe your son/daughter is at risk for self-harm S. Ocean Medical Center PESS Direct Extension (609) 978-8972
National Suicide Prevention Lifeline	<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.
CONTACT of Ocean & Monmouth Counties	<u>Crisis Helpline CALL:</u> 732-240-6100 <u>Info & Referrals CALL:</u> 732-240-6105	CONTACT Crisis Helpline, provides trained telephone listeners who respond to human needs 24 hours every day. This organization offers free confidential crisis intervention and information on available resources. Contact's "First Call for Help" line provides linkages to resources such as childcare, legal services, housing, counseling, self-help groups and immigration
2 nd Floor Youth Helpline https://www.2ndfloor.org/	<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.
The Trevor Project https://www.thetrevorproject.org/	<u>CALL:</u> 866-488-7386 <u>TEXT:</u> 678-678	The Trevor Project provides support and information to LGBTQI+ young people 24/7, 365 days a year. On-line chat option is available on the website.

COUNSELING SERVICES

PerformCare New Jersey	<u>CALL:</u> 877-652-7624	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. Access available 24/7.
Bright Harbor Healthcare https://brightharbor.org/	<u>CALL:</u> 732-349-5550	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.
Family Crisis Intervention Unit (via Bright Harbor Healthcare services) https://brightharbor.org/family-crisis-intervention-unit/	<u>CALL:</u> 908-770-2926 <u>E-MAIL:</u> FCIU@brightharbor.org	FCIU's focus is to intervene in family conflicts, preventing the need for formal or future legal involvement and enhance family well-being FCIU provides short-term, supportive family counseling and, depending on the identified concerns, connect youth and families to appropriate community resources for on-going support.
St. Francis Counseling Services	<u>CALL:</u> 609-494-1554 <u>Sexual Abuse & Assault Program:</u> 609-494-1094	St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues. The Family Support Department also offers various programs such as parenting groups, anger management & more. For victims of sexual abuse and their family members who are residents of Ocean County: Ongoing Therapy, Community Education Program Services are provided in English and Spanish.

YOUTH SERVICES

<p>Ocean's Harbor House https://www.oceansharborhouse.org/</p>	<p><u>CALL:</u> <u>Transitional Living Program (TLP):</u> 732-281-0822</p> <p><u>Family Shelter:</u> 732-929-0660</p>	<p>Ocean's Harbor House TLP meets the needs of older youth, ages 16-21 by providing supervised housing, everyday life skills, budgeting/financial management etc., in order to become self-sufficient, independent adults.</p> <p>The Family Shelter empowers families with children to regain their foothold in the community and helps to transition them to independence</p>
<p>National Runaway Hotline</p>	<p><u>CALL:</u> 1-800-RUNAWAY 1-800-786-2929</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>NJ Division of Child Protection & Permanency</p>	<p><u>CALL:</u> 877-NJABUSE</p> <p><u>S. Ocean County Local Office:</u> 732-908-5900 800-442-6232</p>	<p>Child Protection and Permanency, CP&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.</p> <p>The Child Abuse Hotline receives all reports of child abuse and neglect 24-hours a day, 7-days a week.</p>

SUBSTANCE ABUSE SERVICES

<p>Ocean County Health Department</p>	<p><u>CALL:</u> 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>
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Preferred Behavioral Health Group	<u>CALL:</u> 732-367-4700	Preferred Behavioral Health Group is a outpatient mental health program providing Ocean county youths age 4-18 and their caregivers with the assistance, support and education to manage depression, anxiety, domestic issues, behavior, substance use issues and other disorders.
NJ Connect For Recovery	<u>CALL:</u> 855-652-3737	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.

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