

Helplines

Helplines provide support to callers in need. By providing individuals with the opportunity to talk about their feelings, helplines can help prevent a mental health crisis. Below there are general helplines as well as helplines for more specific communities and needs.

<p><u>Suicide & Crisis Helpline</u> Open 24/7</p>	<p>Call: 9-8-8 Text: 9-8-8 <u>Chat online</u> TTY: 7-1-1, 9-8-8 Spanish: 888-628-9454</p>	<p>This resource provides free and confidential emotional support to people in suicidal crisis or emotional distress.</p>
<p><u>Crisis Text Line</u> Open 24/7</p>	<p>Text: Home to 741-741</p>	<p>This Text Line's trained volunteers support people in crisis.</p>
<p><u>NJ Mental Health Cares</u> Daily 8 am to 8 pm</p>	<p>Call: 866-202- 4357 TTY: 877-294-4356</p>	<p>This is NJ's behavioral health information and referral service. Specialists provide counseling, and connects callers to the mental health services.</p>
<p><u>Peer Recovery WarmLine</u> Weekdays 8 am - 10 pm Weekends 5 pm - 10 pm Holidays 3 pm - 10 pm</p>	<p>Call: 877-292-5588 TTY: 877-294-4356</p>	<p>This is a peer-run service providing ongoing support to those with mental health struggles as they work towards their recovery.</p>
<p><u>Children's Mobile</u> Open 24/7</p>	<p>Call: 877-652-7624</p>	<p>Children's Mobile responds to the needs of children and families in crisis in Bergen County. It strives to maintain children in safe and stable living arrangements by providing interventions designed to stabilize and improve relationships within the family while also addressing areas of stress.</p>

Specialized Helplines		
<p><u>Maternal Mental Health Hotline</u> Open 24/7</p>	<p>Call or text 1-833-TLC-MAMA (1-833-852-6262). TTY: 711 and then 1-833-852-6262</p>	<p>This hotline offers confidential support before, during, and after pregnancy.</p>

<p><u>NJ Connect for Recovery Call Line</u> Weekdays 8 am – 8 pm Weekends 10 am – 4 pm Holidays 3 pm – 10 pm</p>	<p>Call: 855-652-3737 TTY: 877-294-4356</p>	<p>This Call Line focuses on helping people who are experiencing distress related to the substance use disorder of a family member or friend. Callers are connected with Certified Alcohol and Drug Counselors and Peer Specialists.</p>
<p><u>NJ Disaster Mental Health</u> Activated during emergencies</p>	<p>Call: 877-294-4357 TTY: 877-294-4356</p>	<p>This helpline provides mental health services during a natural or man-made disaster or terrorist attack. The helpline is equipped to quickly develop resources.</p>
<p><u>Parents Anonymous</u> Open 24/7</p>	<p>Call: 800-843-5437</p>	<p>This helpline helps callers work through their frustrations before a crisis occurs. Callers speak to trained volunteers who provide empathic listening and refer them to resources.</p>
<p><u>2NDFLOOR Youth Helpline</u> Open 24/7</p>	<p>Call: 888-222-2228</p>	<p>This youth helpline serves teens and young adults in NJ. Youth are assisted with their daily life challenges by professional staff and trained volunteers.</p>
<p><u>Care2Caregivers</u> Weekdays 8:30 am to 4:30 pm</p>	<p>Call: 800-424-2494</p>	<p>This is a support line for anyone caring for a person with memory loss. Trained staff, with lived caregiving experience, provides resources, coaching, tips on coping.</p>
<p><u>MOM2MOM</u> Open 24/7</p>	<p>Call: 877-914-6662</p>	<p>This helpline provides peer support to mothers with special needs children.</p>
<p><u>THE TREVOR PROJECT</u> Open 24/7</p>	<p>Call: 866-488-7386 Text: START to 678-678</p>	<p>These helplines provide crisis intervention and suicide prevention for LGBTQ youth.</p>