

# NJ Mental Health Resources

**If you or someone you know is in crisis,  
please dial 911 or call Jefferson Crisis Center at 856-428-4357.  
You can also call 1-800-273-TALK (8255) to reach a 24-hour crisis  
center or text MHA to 741741 at the Crisis Text Line.**

## Resources For Immediate Response

### [Disaster Distress Helpline.](#)

Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

### [Crisis Text Line](#)

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

### [The Trevor Project](#)

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll-free confidential suicide hotline for LGBTQ youth.

### [Dial 2-1-1](#)

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

### [National Domestic Violence Hotline](#)

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

### [NJ Addictions Hotline](#)

For anyone desiring assistance or referral for treatment, call 1-844-276-2777. This hotline is available 24 hours a day, 7 days a week. You can also call the Camden County Addiction Local Hotline at 856-374-6361

[Camden County Mental Health and Addiction Resources](#) For a full list of available county services

# NJ Mental Health Resources

## State/National Resources

[NJ Hope Line](#) for suicide prevention, available at 1-855-654-6735.

[PerformCare](#) partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. New Jersey Children's System of Care addresses behavioral, mental health, or emotional challenges and provides access to needed services. The contact number is 1-877-652-7624.

- **Mobile response stabilization services (MRSS)-** PerformCare also has options to authorize mobile response stabilization services (MRSS) to come to your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.

The [NJHelps](#) Services Home Page is designed to give consumers a “one-stop” shopping resource for the wide range of programs, information, and services provided by the Department of Human Services and its partners, to assist individuals, families, and communities throughout the State of New Jersey.

The [Rutgers University Behavioral Health Care](#) has a center that connects callers to the appropriate division of statewide behavioral health services system at 1-800-969-5300.

The [Substance Abuse and Mental Health Services Administration](#) (SAMHSA) has a national helpline at 1-800-985-5990, or text officials there at TalkWithUs to 66746 (TTY 1-800-846-8517).

[Crisis Text Line](#): Free text line, 24/7 support for those in crisis. Text HOME to 741741

[2nd Floor Youth Helpline of NJ](#) - CALL 888-222-2228 a confidential and anonymous helpline for New Jersey's youth and young adults. They are available 24/7.

[NJ Domestic Violence Hotline](#) - Provides a statewide 24-hour, seven-day-a-week domestic violence hotline to serve domestic violence victims and others seeking information about domestic violence. The Hotline provides bilingual service and is accessible to the hearing impaired. For help, call the Domestic Violence Hotline at 1-800-572-SAFE (7233).

[State of New Jersey: Directory of Mental Health Services](#) - Tip: start with your county's resources first.

[Mental Health Guide for High School Students](#) - A variety of resources designed to help high school students tackle common mental health issues.

# **NJ Mental Health Resources**

## **Tips for Taking Care of Your Mental Health During Coronavirus Closures**

- Take breaks from watching, reading, or listening to social media and news stories about COVID-19. It's okay to stay informed, but overexposing ourselves to too much information can be stressful and overwhelming.
- Make sure you are still taking care of your body! Getting enough sleep, eating healthy, and making sure we are still moving around can help us take care of our mental health. Some ideas to consider:
  - Practice mindfulness and/or meditation.
  - Make sure to get some fresh air and sunlight, maybe sit by a window while doing homework/or reading, do a quick workout in your own yard, etc.
  - Use home workout videos to keep moving and exercising.
  - Find some healthy recipes and try your hand at cooking. Not only are you fueling your body with healthy food, but it could also be a fun experience!
- Make time to connect with others who live in your home or with friends through phone calls or video chats. Talk with people you trust about your concerns and how you are feeling.
- Practice hobbies and activities you enjoy. It's important to keep up on school and work, but fun and enjoyment are also factors that promote positive mental health. This could also be a good time to try something you've never had the time to do. Sites like Youtube have plenty of free how-to videos that can help you learn new skills, such as new dance moves, cooking techniques, or how to crochet.

## **Additional Resources**

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (SAMHSA)

[Care for Your Coronavirus Anxiety](#)

[Helping Children Cope with Emergencies](#)

[Children and Youth with Special Healthcare Needs in Emergencies](#)

[10 Things To Do With Your Teens While 'Social Distancing' During the COVID-19 Pandemic](#)

[Parent Resources: Stress & Coping](#)