

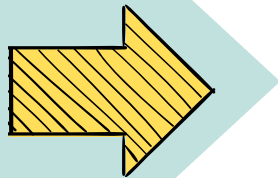
MENTAL HEALTH RESOURCES

If you are in crisis, or you know someone who is there are ways to get help. Use these resources to find help for yourself, a friend or a family member

Emergency Health Services:

- Police Department: 9-1-1
- National Suicide Prevention Lifeline: 1-800-273-TALK(8255)

Counseling within the Community



[NJ 211:](#)

Information & Referral Search

[Psychology Today:](#)

Extensive directory of local therapists

[Division of Family Guidance :](#)

Clinical, residential, educational, correctional and case management services

Hotlines

Serve callers in crisis, but also serve to provide a listening ear for people who

- [NJ Hope Line:](#)
- [NJ Mental Health Cares](#)