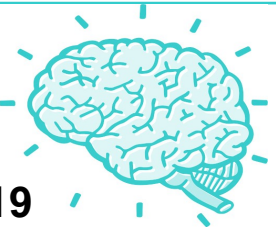


MIND YOUR HEALTH



New Jersey Mental Health Resources During COVID-19

Phone Resources

NJ Mental Health Cares - 1-866-HELP (4357) - 8am-8pm, 7 days a week - COVID-19 Related

NJ Hopeline - 1-855-NJ-HOPELINE (654-6735) 24/7 Peer Support/Suicide Prevention

National Suicide Prevention Lifeline - 1-800-273-TALK (8255)

Caring Contact - (908) 232-2880 - Volunteer Staffed Caring and Crisis Hotline

2ndFloor - Call or Text 1-888-222-2228 - For Youth

Trevor Project - 1-866-488-7386 or Text 678678 - 24/7 LGBTQ Youth Support

Safe + Sound - 1-866-685-1122 - 24/7 Call or Text Somerset County Domestic Violence Support

JBWS - 1-877-782-2873 24-Hour Helpline and Referral for Domestic Violence in NJ

Bridgeway PESS - (908)526-4100 - Crisis Intervention/Mobile Outreach

Reach NJ - 1-844-REACHNJ (732-2465) 24/7 Substance Use Disorder Help

NJ Addiction Services Hotline - (844) 276-2777

NJ Opiate Addiction Helpline - (855) 652-3737

Peer Recovery Warmline - 1-877-526-4100 - Peer Run Telephone Support

National Alliance on Mental Illness (NAMI) - 1-800-950-NAMI (6264) - M-F 10am-6pm

Call (General COVID-19 Questions): 2-1-1 - 7am - 7pm

Call (Clinical Questions): 1-800-962-1253 - 24/7

Text NJCOVID to 898-211 to receive alerts

Live Text—Text your zip code to 898-211

741741 is a *dedicated* text crisis number in the United States staffed by trained volunteers. The keyword you text will get you to different organizations. Some examples:

“HEART” will direct to Caring Contact’s crisis text line,

“NAMI” will direct to NAMI National’s crisis text line,

“HOME” will direct to the Crisis Text Line,

“TALK” will direct to the American Foundation for Suicide Prevention’s (AFSP) crisis text line.

Websites

American Foundation for Suicide Prevention - <https://afsp.org/>

New Jersey Hopeline - <http://www.njhopeline.com/>

National Suicide Prevention Lifeline - <https://suicidepreventionlifeline.org/>

NAMI NJ - <https://www.naminj.org/>

Substance Abuse & Mental Health Services Administration (SAMHSA) - <https://www.samhsa.gov/>

SMART Recovery - <https://www.smartrecovery.org/community/> - Online Peer Support

AA Phone Meetings - <http://aaphonemeetings.org/>

NA Phone Meetings - <http://www.nabyphone.com/>

Somerset County Human Services - <https://www.co.somerset.nj.us/government/human-services>

Morris County Human Services - <https://hs.morriscountynj.gov/>

NJ Department of Human Services - <https://www.state.nj.us/humanservices/>

COVID-19 Specific Human Services Updates - <https://nj.gov/humanservices/coronavirus.html>

NJ Mental Health Cares - <https://www.njmentalhealthcares.org/>

COVID-19 Information Hub - <https://covid19.nj.gov/>



Bernards Township Health Department

Basking Ridge, NJ 07920

P. 908.204.2520 F. 908.204.3075

www.bernardshealth.org

Contractual Health Agency for:

Bernards Township

Bernardsville Borough

Chester Borough

Long Hill Township

Mendham Borough

Peapack and Gladstone Borough