



U.S. CENTER
**MENTAL HEALTH
& SPORT**

National Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

National Suicide Prevention Lifeline

988

Deaf or Hard of Hearing

For TTY Users: Use your preferred relay service or dial 711 then 1-800-273-8255

En Español

1-888-628-9454

Crisis Text Line

Text "HOME" to 741741

Boys Town National Hotline

1-800-448-3000

Text "VOICE" to 20121

IM Alive – Online Crisis Chat

www.imalive.org

LGBT National Hotline

1-888-843-4564

LGBT National Help Talkline

1-800-246-7743

National Mental Health Hotline

1-866-903-3787

National Alliance of Mental Illness (NAMI)

1-800-950-NAMI (6264)

Text "NAMI" to 741741

Online Chat Tool at www.nami.org/help

National Eating Disorders Association (NEDA)

1-800-931-2237

Text – Crisis

"NEDA" to 741741

Text – Non-Crisis

1-800-931-2237

RAINN: Rape Abuse and Incest National Network

1-800-656-HOPE (4673)

Live Chat at www.rainn.org

Samaritans

1-877-870-HOPE (4673)

Text 1-877-870-HOPE (4673)

<https://www.samaritans.org/>

SAMHSA National Helpline (Substance Abuse and Mental Health Services Administration)

1-800-662-HELP (4357)

Treatment Referral via Text

Text your 5 digit zip code to 435748 (HELP4U)

Deaf or Hard of Hearing TTY: 1-800-487-4889

Teen Line

1-800-852-8336

Text "TEEN" to 839863

<https://www.teenline.org/>

The Trevor Project

1-866-488-7386

Text "START" to 678678

Live Chat at www.thetrevorproject.org/get-help

Trans Lifeline

1-877-565-8860

<https://translifeline.org/>

Veterans Crisis Line

1-800-273-TALK (8255) + Press 1

Text 838255

Youthline

1-877-968-8491

Text "teen2teen" to 839863



U.S. CENTER MENTAL HEALTH & SPORT

New Jersey Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

2nd Floor Youth Help Line

Call or Text

888-222-2228

A confidential and anonymous helpline for New Jersey's youth and young adults to help find solutions to problems faced at home, at school or at play.



American Foundation for Suicide Prevention (AFSP) NJ

In a Crisis Call 988

In a Crisis Text "TALK" to: 741741

Saves lives by providing education and support to the Garden State. Delivers innovative prevention programs, educating about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

NAMI NJ

Email info@naminj.org

A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness programs.

Mental Health Association (MHA) in NJ

Call for Emotional Support 866-202-HELP (4357)

Call for Substance Abuse Help 855-652-3737

A statewide non-profit organization that strives for children and adults to achieve victory over mental health and substance use disorders through advocacy, education, training and services.

NJ 211

Call 211

Text your zip code to: 898-211

Chat On website (see icon in upper right corner)

Email info@nj211.org

Provides information and referrals to social services and other assistance such as for crisis & emergency, housing, food, and health. Caring local experts are available to help, 24/7. Calls to 211 are confidential and can be anonymous.

NJ Connect for Recovery

Call 855-652-3737

TTY 877-294-4356

Offers a confidential, non-judgmental hotline for individuals struggling with addiction to heroin or prescription painkillers.

NJ Department of Health and Human Services – Division of Mental Health and Addiction Services

Provides information and resources that are helpful for Wellness and Recovery for individuals living with mental illness.

NJ Local Emergency Mental Health Screening Centers

Use the pdf in the link to find a screening center near you for psychiatric emergencies, crisis intervention services, information and referral.

NJ Mental Health Cares Hotline

Call 866-202-4357

TTY 877-294-4356

Email help@njmentalhealthcares.org

Provides free, confidential mental health information and referral hotline that connects callers to mental health and substance abuse services.

NJ Peer Recovery Warmline

877-292-5588

A peer-run service, providing ongoing telephone support to mental health consumers. Callers are introduced to a peer in their area to set up mutual ongoing support. This service also provides mental health information and referrals.

SPAN Parent Advocacy Network

Call 973-642-8100

Email info@spanadvocacy.org

Committed to children and families with the greatest need due to disability or special health/mental health needs; poverty; discrimination based on race/ethnicity, gender, gender identity, sexual orientation, language, immigrant or homeless status; involvement in the child welfare or juvenile justice systems; geographic location; or other special circumstances. SPAN's individual assistance, workshops, and resources are available in languages other than English.



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New York Crisis Resources

If someone is in immediate danger, call 911 or go to the local emergency room. Explain that it is a psychiatric emergency and ask for someone with psychiatric experience.

New York State Office of Mental Health: Mental Health and Wellness Information

Call: 1-800-597-8481

A state-wide operator of psychiatric centers that provides mental health services, with a focus on hope and recovery for adults and children with serious mental illnesses. Numerous mental health resources that are free to the public are available on their website.

NAMI NY

Hotline: 518-245-9160

Email: info@naminy.org

A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness through education, support, advocacy and public awareness programs.

Mental Health Association in New York State

Call: 800-766-6177 or (518) 434-0439

Email: infocenter@mhanys.org

Dedicated to ending the stigma surrounding mental health and improving the lives of families and individuals across the state by providing resources, training, and promoting wellness.

New York State Office of Addiction Services and Support (OASAS)

24/7 Hotline: Call 1-877-8-HOPENY or Text HOPENY (467369)

The New York State OASAS is one of the nation's largest substance use disorder networks that provides addiction recovery services and support. Counselors and specialists assist individuals recovering from alcoholism and substance abuse, problems gambling, and provide prevention services.

New York Health Association

Call or Text: (212) 664-7656

Email: Info@NYHealthFoundation.org

The NY Health Association is working to improve the lives of all New Yorkers by implementing new health care policies, equitable programming, and using grant funding to better the communities. Their focus is primarily on people of color and others who have been marginalized historically.

NYC 988

Call: 988

Free, confidential connection to mental health services available in over 200 languages. The 24/7/365 hotline can help connect those who are struggling to a counselor or other services via phone, text, or chat on the app. Those who are hard of hearing can dial 711 and then 988.

New York Mental Health Counselors Association

Call: (518) 461-8200 (executive director contact)

A state-wide non-profit organization made of 120 community based organizations that provide mental health and substance abuse recovery to New Yorkers in need. The mission is to increase the availability of effective behavioral health services to children and families.

New York State Department of Health- Mental Health and Addiction

Call: 1-866-881-2809 (Public Health Duty Officer Helpline)

Email: dohweb@health.ny.gov

Provides information regarding resources for immediate help (crisis hotlines), treatment services for those struggling with mental illness and addiction, and insurance parity laws.

Mental Health Empowerment Project

Call: 518-434-1393

Non-profit organization that provides information regarding peer run programs in the different regions of NYS: Long Island, NYC, Hudson River, Central, and Western regions.

New York State Psychiatric Institute

Call: 646-774-5000

Offers inpatient and outpatient treatment through various clinical treatments, including clinical psychology, nursing, social work, occupational therapy, and recreational therapy. The Patient and Family Library and Learning Education Center located in the institute provides education and information about how to help those who have a mental illness and their families.