

Emergency/Crisis Contacts and Other Resources

For a life-threatening emergency, always dial 911

National Suicide Prevention Lifeline: 1-800-273-8255
para español 1-888-628-9454 Prevención del Suicidio Nacional)

NJ Hopeline: 1-855-654-6735

The NJ Hopeline has specialists available 24/7 who offer counseling and support over the phone

2nd Floor Youth Helpline: 1-888-222-2228 (call or text)

2ND FLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play

Bergen County Covid 19 Resource page: <https://www.co.bergen.nj.us/health-promotion/2019-novel-corona-virus>

Bergen's Promise: <https://www.bergenspromise.org/>

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Hackensack Meridian: <https://www.hackensackmeridianhealth.org/>

Perform Care: 1-877-652-7624 <https://www.performcarenj.org/index.aspx>

N J Mental Health 1-866-202-HELP

Free Counseling over the phone Monday - Sunday 8 a.m. - 8 p.m.

Good Grief www.good-grief.org

Processing grief, art work, letters and sharing memories

Crisis Text Line: Text NJ or HOME or HOLA to 741741

Alcohol & Drug Abuse Helpline: 1-800-331-2900

Child Abuse/Neglect Hotline: 1-877-652-2873

Domestic Violence Hotline: 1-800-572-7233

Health & Human Services Helpline: 2-1-1

Homeless Prevention: 201-336-6490

Juvenile/Family Crisis Unit: 201-336-7360

LGBTQ+HELP: 1-866-488-7386