



NEED TO TALK TO SOMEONE ABOUT YOUR FEELINGS? WANT TO GROW IN YOUR SOCIAL AND ACADEMIC SKILLS? TALK TO YOUR SCHOOL'S NJ4S REPRESENTATIVE!

NJ4S is a program offered by the State of New Jersey to bring emotional support and skill-building workshops right to your school. You can learn coping strategies when dealing with stress, ways to handle bullying, how to talk to your parents about what's on your mind, and more!

The presentations, programs, and group activities offered through NJ4S are a fun way to learn about yourself, and to grow into a healthy, resilient adult.

Beyond larger group activities, NJ4S staff may be able to talk to you one-on-one or in a small group about specific challenges you are facing in your life.

If you want help, or if you want to suggest a topic for your local NJ4S staff to present to your school or in your community, contact your school's NJ4S representative to ask for services.

YOUR SCHOOL REPRESENTATIVE IS:

NAME

PREFERRED CONTACT METHOD



To see which services or activities are already offered in your community, visit the NJ4S website. Events take place in schools, community buildings (like libraries or recreation centers), and even online.

NJ4S is for non-emergency situations. For a life-threatening emergency, dial 911 or call the Suicide and Crisis Hotline at 988.