NJ Mental Health Resources for Students and Parents

988
Mental Health Crisis and Suicide Prevention Hotline

1-877-652-2873
NJ Hotline to Report Child Abuse/Neglect

211
Get Connected to Vital Community Resources

2NDFLOOR

Give yourself a second when you feel overwhelmed. Download the app for 24/7 support. Chat anonymously with professional counselors about whatever is on your mind with the 2NDFLOOR app or by texting or calling at 888-222-2228. It only takes a second to get help.
https://www.2ndfloor

NJ4S

NJ4S offers youth mental health programming all summer long. These events are free to students, their families, and community members. To see a list of upcoming events at your local NJ4S hub, scan here and identify your county.
nj4s.nj.gov

Prevent Suicide NJ

For a multitude of resources including a behavioral health provider directory, visit
https://www.preventsuicidenj.org

SPTS Parent Toolkit

For resources for parents on how to help your child through mental health crises, download the the Parent Caregiver Toolkit and visit the Not My Kid guided training.
https://sptsusa.org/parents/

https://linktr.ee/njmentalhealthresources

Above is a link, and to the right is a QR code that includes all of this flyer's resources for easy access.