

## Resources

### 988 Suicide & Crisis Lifeline

24/7 free and confidential one-on-one support for mental health, suicide and substance use-related problems for anyone

Call or Text 988

Chat at [chat.988lifeline.org](https://chat.988lifeline.org)

### 2NDFLOOR Youth Helpline

24/7 free and confidential helpline for New Jersey's youth and young adults

Call or Text 1-888-222-2228

### The Trevor Project

24/7 free and confidential counseling support for LGBTQ+ youth and young adults

Call 1-866-488-7386

Text "START" to 678-678

Chat at [chat.trvr.org](https://chat.trvr.org)

### NJ MentalHealthCares

Behavioral health information and referral service

Monday - Friday, 8AM to 8PM

1-866-202-HELP (4357)

### NJ 2-1-1

24/7 Information and referral for health and human service programs

Call 2-1-1 or 1-877-652-1148

Text your zip code to 898-211

### The Peer Recovery Warmline

Peer-run support for mental health consumers working towards recovery

Monday - Friday, 8AM to 10PM

Saturday - Sunday 5PM to 10PM

Call 1-877-292-5588

### ReachNJ

24/7 referral service for substance use treatment

Call 1-844-732-2465

### Cop2Cop

24/7 confidential peer support for NJ law enforcement and their families

Call 1-866-Cop2Cop (267-2267)

### Vet2Vet

24/7 support for New Jersey National Guard members, active military personnel, veterans, their families, and caregivers

Call 1-866-838-7654

### Veterans Crisis Line

24/7 confidential crisis support for veterans and their loved ones

Call 988 and press "1"

Text 838255

Chat at [veteranscrisisline.net](https://veteranscrisisline.net)

NEW JERSEY HUMAN SERVICES



# DMHAS

Division of Mental Health  
and Addiction Services

5 Commerce Way, Suite 100

PO Box 362

Trenton, NJ 08625

1-800-382-6717

[www.nj.gov/humanservices/dmhas](http://www.nj.gov/humanservices/dmhas)



# 988 | SUICIDE & CRISIS LIFELINE

# SUICIDE IS Preventable



*There is Hope.  
There is Help.*

Learn about getting help if you  
are depressed or thinking about  
suicide.

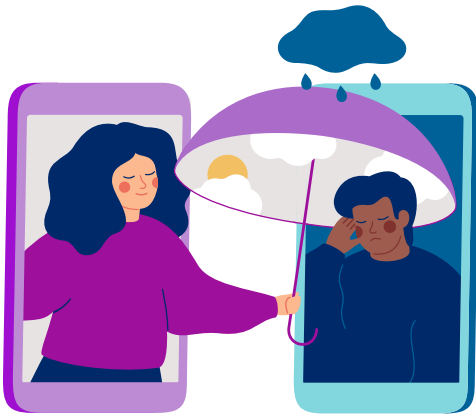


NEW JERSEY HUMAN SERVICES

## DMHAS

Division of Mental Health  
and Addiction Services

New Jersey Department of Human Services  
Division of Mental Health and Addiction Services



**You are not alone. If you feel like life is not worth living, reach out for help.**

**If you are having thoughts of suicide or need support now**



### **Call or Text 988**

to connect with a skilled, caring crisis counselor for 24/7 free and confidential support.

**In a life-threatening emergency, call 911.**

## **Do You Need Help?**

### **What you might be thinking or feeling**

- The pain seems overwhelming and unbearable.
- You feel hopeless, like there is no point in living.
- You are consumed by negative and disturbing thoughts.
- You cannot imagine any solution to your problems other than suicide.
- You imagine death as a relief.
- You think everyone would be better off without you.
- You feel worthless.
- You feel lonely.

### **Get Help Right Away**

- Call a behavioral health specialist.
- Contact the **988 Suicide & Crisis Lifeline**, available 24 hours a day, every day via call, text and chat.
- Call 911 or your local emergency number if in a life-threatening emergency.
- Seek help from your doctor or another healthcare professional.
- Reach out to a close friend or loved one. Contact a minister, spiritual leader or someone else in your faith community.
- Create a safety plan.



**To create a safety plan, scan the QR code or visit [mysafetyplan.org](https://mysafetyplan.org)**

## **What to Expect**

### **When you Call 988**



You will hear an automated message while your call is being routed to your local 988 Lifeline center.



We will play you a little music while you are connected. A trained crisis counselor will answer the phone.



The counselor will listen to you provide support and help connect you to local resources.

### **When you Text 988**



You will receive a welcome message. You can stop the interaction at any time by texting "STOP."



You will be asked a set of questions to assist the counselor including: Do you have thoughts of suicide? On a scale of 1-5, how upset are you?



A live counselor will be with you shortly. They will understand how your problem is affecting you, provide support, and help connect you to local resources.

### **When you Chat 988**

[chat.988lifeline.org](https://chat.988lifeline.org)



You will be asked a set of questions including: Do you have thoughts of suicide? On a scale of 1-5, how upset are you?



You will be notified that you have entered the chat queue.



A live counselor will enter the chat. They will understand how your problem is affecting you, provide support, and connect you to local resources.