

# Howell Township School District

## Community Resource Guide

<p style="text-align: center;"><b><u>Crisis Services</u></b></p> <p>Psychiatric Emergency Screening Service (PESS) -  <b>Monmouth Medical Center: 732-923-6999</b></p> <ul style="list-style-type: none"> <li>• Service may be used at hospital, school, or in home.</li> </ul> <p><b>Mobile Response: 1-877-652-7624</b></p> <ul style="list-style-type: none"> <li>• Hotline for immediate response to crisis situations</li> </ul>	<p style="text-align: center;"><b><u>Local Hospitals</u></b></p> <p><b>CentraState Medical Center: 732-780-6023</b></p> <p><b>Monmouth Medical Center: 732-923-6999</b></p> <p><b>Jersey Shore Medical Center: 732-776-4555</b></p>
<p style="text-align: center;"><b><u>Talk Hotlines &amp; Websites</u></b>  (Parents &amp; Students)</p> <p><b>2<sup>nd</sup> Floor Youth Helpline</b></p> <ul style="list-style-type: none"> <li>• 1-888-222-2228</li> <li>• <a href="http://www.2ndfloor.org">www.2ndfloor.org</a></li> </ul> <p><b>National Suicide Prevention Lifeline</b></p> <ul style="list-style-type: none"> <li>• 1-800-273-8255</li> <li>• Text "TALK" 741741</li> <li>• <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a></li> </ul> <p><b>Self-Abuse Finally Ends (SAFE)</b></p> <ul style="list-style-type: none"> <li>• 1-800-366-8288</li> <li>• <a href="https://selfinjury.com/">https://selfinjury.com/</a></li> </ul> <p><b>The Trevor Project</b></p> <ul style="list-style-type: none"> <li>• 1-866-488-7386</li> <li>• <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a></li> </ul> <p><b>Addictions Hotline of NJ</b></p> <ul style="list-style-type: none"> <li>• 1-800-238-233</li> </ul> <p><b>National Teen Dating Abuse Hotline</b></p> <ul style="list-style-type: none"> <li>• 1-866-331-9474</li> <li>• Text "lovies" to 22522</li> </ul> <p><b>Division of Mental Health &amp; Addiction Services</b></p> <ul style="list-style-type: none"> <li>• 1-800-382-6717</li> </ul>	<p style="text-align: center;"><b><u>Parent Helplines</u></b></p> <p><b>PFLAG (Parents, Families, Friends of Lesbians &amp; Gays)</b></p> <ul style="list-style-type: none"> <li>• 908-300-4227</li> <li>• <a href="http://www.pflagnj.org/">http://www.pflagnj.org/</a></li> </ul> <p><b>National Parent/ Family Helplines:</b></p> <ul style="list-style-type: none"> <li>• <a href="http://www.nationalparenthelpline.org/">http://www.nationalparenthelpline.org/</a></li> <li>• 1-800-843-5437</li> </ul> <p><b>MOM 2 MOM:</b></p> <ul style="list-style-type: none"> <li>• 1-877-914-6662</li> <li>• <a href="http://www.mom2mom.us.com/">http://www.mom2mom.us.com/</a></li> </ul> <p><b>Traumatic Loss Coalition of Monmouth County:</b></p> <ul style="list-style-type: none"> <li>• 732-431-7200</li> </ul> <p><b>Community YMCA Traumatic Loss Coalition:</b></p> <ul style="list-style-type: none"> <li>• 732-956-7782</li> </ul> <p><b>Help Line (Information &amp; Referral)</b></p> <ul style="list-style-type: none"> <li>• 211</li> <li>• <a href="http://www.211.org/">http://www.211.org/</a></li> </ul> <p><b>NJ Domestic Violence Hotline</b></p> <ul style="list-style-type: none"> <li>• 1-800-572-7233</li> </ul> <p><b>New Jersey Coalition Against Sexual Assault</b></p> <ul style="list-style-type: none"> <li>• 1-800-601-7200</li> </ul>
<p style="text-align: center;"><b><u>Mental Health/Substance Abuse IOP/</u></b>  <b><u>Partial Care</u></b></p> <p><b>CPC Behavioral Healthcare: 732-987-8200</b></p> <p><b>CPC Addiction Recovery Services: 732-842-2000</b></p> <p><b>Community YMCA Counseling: 732-290-9040</b></p> <p><b>Perform Care: 1-877-652-7624</b></p> <p><b>New Hope Foundation: 732-946-3030 (Inpatient)/</b>  <b>732-308-0113 (Outpatient)</b></p> <p><b>High Focus Center: 732-303-9900</b></p> <p><b>GenPsych: 1-855-436-7792</b></p> <p><b>Stress Care of New Jersey: 732-679-4500</b></p> <p><b>YMCA Young People's Program: 732-290-9040 ext. 0</b></p> <p><b>Rainbows: 908-720-7044</b></p>	<p style="text-align: center;"><b><u>Family Resources</u></b></p> <p><b>Catholic Charities: 800-360-7711</b></p> <p><b>Family Crisis Intervention Unit: 732-542-2444,</b>  <b>After-hours emergency line: 732-996-7645</b></p> <p><b>Family Based Service Association of NJ: 732-542-4502</b></p> <p><b>Monmouth Resource Net: <a href="http://www.monmouthresourcenet.org">www.monmouthresourcenet.org</a></b></p> <p><b>Open Door: 732-780-1089</b></p> <p><b>Division of Social Services: 732-431-6000</b></p> <p><b>Mon. Co. Council for Young Children: 732-768-2630</b></p> <p><b>Mon. Co. Family Support Organization: 732-542-4502</b></p> <p><b>Howell Alliance: 732-938-4500</b></p>
<p><b>*You can visit <a href="http://www.psychologytoday.com">www.psychologytoday.com</a> to obtain information on counselors in your area who accept your insurance and specialize in your area of concern.</b></p>	