

New Jersey Regional Crisis Hotlines

Perform Care: 1-877-652-7624 -this is a 24 hour mobile response service to be accessed by parent/guardians in the case of an immediate emergency or concern. You will be connected to a licensed clinician who will help you decide what to do. If there is an emergency, you will be connected to Mobile Response and Stabilization Services (MRSS), which is available 24 hours a day/ 7 days a week. MRSS is a program for children and adolescents who have escalating emotional or behavioral problems. A staff member will come to the child's location within one hour and attempt to stabilize the immediate situation. To prevent further crises and help resolve problems, MRSS remains available for up to eight weeks to support connections to continuing services.

2nd Floor Helpline: 1-(888) 222-2228 Geared for children and young adults ages 10-24 years of age. Free and confidential helpline for youth ages 10-24 to call 24/7. Visit the web site at: www.2ndfloor.org

First Call for Help: Dial 211 or 1-800-435-7555:

- Family Crisis Intervention (Adolescent): 24 hour: 1-908-298-7800
- Addictions Hotline of NJ: 24 hr: 1-800-238-2333
- Gambling: 1-800-GAMBLER
- Parents Anonymous Helpline-Referral: 1-800-THE-KIDS
- National Child Abuse Hotline: 1800-422-4453
- National Suicide Prevention Lifeline: 1-800-273-TALK
- NJ Mental Health Cares: 1-866-202-HELP
- National Runaway Switchboard: 1-800-RUNAWAY
- NJ AIDS/STD Hotline: 24hr: 1-800-624-2377

Family Crisis Intervention Unit and Wrap Around Services 732-542-2444

Youth Emergency Assessment Services 732-431-2000

Young People's Program-ages 3-12, 732-290-9040 ext. 0

Monmouth County

(732) 222-3030: Monmouth Medical Center - Mobile Screening.

(732) 923-6999: Monmouth Medical Center - Crisis Hotline.

(732) 776-2325: Jersey Shore Medical Center (Neptune) telephone and in-person crisis services

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse and Incest National Network's free and confidential hotline operates 24/7. The hotline has answered more than one million calls from sexual assault victims as well as their families, partners and friends.

The American Association of Suicidology (202) 237-2280
www.suicidology.org

The American Foundation for Suicide Prevention (888) 333-AFSP (2377)

Compassionate Friends : for parents who have lost children of any age (siblings too) 877-969-0010 www.compassionatefriends.org

Alcoholics Anonymous www.aa.org

Al-Anon Family Group Headquarters www.al-anon.alateen.org

National Center for Post Traumatic Stress Disorder www.ncptsd.org
802-296-6300

Depression and Bipolar Support Alliance www.dbsalliance.org

Narcotics Anonymous www.na.org

National Association of Anorexia Nervosa and Associated Disorders www.anad.org

National Crisis Hot-lines and Websites

www.hivtest.org Centers for Disease Control and Prevention

How do you know if you are HIV positive? Get tested. You can learn about the different types of tests and type in your ZIP code to find a testing center near you. You will get the 4-1-1 on National HIV Testing Day

www.childhelp.org **Childhelp**

This resource is for young people who are being abused or know someone who is. There you will find articles, tips, resources, a child abuse quiz and the facts about what happens when someone reports an incident. There is also information on identification and prevention of all kinds of abuse.

www.Rainn.org Rape, Abuse and Incest National Network

The most comprehensive online resource for information about sexual assault, RAINN's on-line library highlights statistics, types of sexual assault and their effects, prevention, and the laws that can help you.

www.stopbullyingnow.hrsa.gov **STOP BULLYING NOW!**

You may be getting bullied or maybe you are the bully. Either way, the bullying needs to stop. This web site has podcasts and games as well as information about why kids bully and what to do about it if you see it, feel it, or do it.

New Jersey Mental Health Cares

Free, Confidential Mental Health Information and Referral

Call 1-866-202-HELP (4357) or visit: www.njmentalhealthcares.org