

# MENTAL HEALTH & CRISIS RESOURCES



## National Suicide Hotline

1-800-273-TALK (8255) - 24/7 emotional support for people in suicidal crisis or emotional distress.



## 988 Suicide & Crisis Lifeline

988 (Call or Text) - 24/7, free and confidential support for people in distress, prevention and crisis resources.

## 2nd Floor Youth Helpline

1-888-222-2228 - 24/7, confidential, and anonymous helpline for youth and young adults in New Jersey.



## Trevor Project

1-866-488-7386 - Provides 24/7 suicide prevention and crisis intervention for LGBTQ+ youth



## PerformCare

1-877-652-7624 - Access to behavioral health services, intellectual and developmental disability services, and substance use treatment.

## NJ Addictions Services Hotline

1-844-276-2777 - 24/7 hotline for information and referral to substance abuse treatment agencies throughout NJ.



YOU GOT THIS!