

Mental Health Resources

National Suicide Prevention Lifeline

Call 800-273-TALK (8255)

www.suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people ages 13–24

Trevor Lifeline:

1-866-488-7386

Text TREVOR to 1-202-304-1200

www.trevorproject.org

NJ Hopeline

Provides 24/7 Crisis Support - staffed by mental health professionals and peer support specialists. This service is available to callers of all ages for confidential support, assessment and referral.

1-855-654-6735

www.njhopeline.com

2ND FLOOR Youth Helpline

Confidentially serves youth and young adults (ages 10 to 24). Youth who call are assisted with their daily life challenges by professional staff and trained volunteers.

888-222-2228

www.2ndfloor.org

NAMI Mercer County Parents and Teachers as Allies

Focuses on helping school professionals and parents better understand the early warning signs of mental illness in children and adolescents and how to best link families to appropriate services

609-799-8994

Middlesex/Mercer County Resources:

Family Guidance Center of Central NJ 800-813-0555

Jewish Family & Children's Services 609-987-8100

Trinity Counseling Service 609-924-0060

Family Crisis Intervention Unit of Mercer Co. 609-989-6082
UMDNJ/University Behavioral HealthCare (24 hr.) 732-235-5700
Substance Abuse Hotline 800-225-0196
MOBILE Response and Stabilization Services 609-584-0790
Princeton Psychological Center, LLC 609-658-0368
Good Grief 609-498-6674
Corner House 609-924-8018

Other links:

<https://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/>

<https://good-grief.org/resources/>

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/addressing-grief>