

BERGEN COUNTY RESOURCES



STARTING THE CONVERSATION

Having someone to talk to is important if you feel lonely, isolated, or confused. Such feelings can harm your social-emotional life. If you think you can not speak to your parents, guidance counselor, teachers, or student assistance coordinator, there are professionals outside the scope of the school who can help.

EDUCATION



If you feel like you need someone to talk to, there are steps you can take to build more social connections and get the support you need. Asking for help can be scary. However, you do not need to walk this path alone.

DO NOT BE AFRAID

No matter what is bothering you, there is someone who can help; all you need to do is to reach out.

ISSUES

Substance abuse, mental health, domestic violence, pregnancy, homelessness, LGBTQ, etc. Do not feel helpless, services are here to help you

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