



BARNEGAT TOWNSHIP SCHOOL DISTRICT VIRTUAL WELLNESS TOOLBOX

CHECK OUT WHAT'S INSIDE



WELLNESS RESOURCES FOR YOU

CLICK ON AN IMAGE TO CHECK OUT A SOURCE!

2NDFLOOR
888-222-2228
YOUTH HELPLINE



TREEHOUSE



SOCIETY *for the*
PREVENTION *of*
TEEN SUICIDE



HARBOR HOUSE
A SAFE HAVEN FOR YOUTH



nami

National Alliance on Mental Illness



Ocean County Youth Center

WELLNESS RESOURCES FOR YOU

CLICK ON AN IMAGE TO CHECK OUT A SOURCE!

A blue speech bubble with a yellow and orange gradient tail pointing to the right. Inside the bubble, the text "2.1.1" is written in white.

2.1.1

New Jersey

NJ 211



Coping Strategies



Feel Good Music



Quit Gaming



Quit Vaping



LGBTQIA+ Resources