

Community Resource and Crisis Services

If you or someone else is in immediate danger or experiencing a crisis, please call 911 immediately.

Care Solace

1-888-515-0595

<http://www.caresolace.com/srps>

Free, confidential 24/7 support in connecting students, families, and staff with local mental health services. Provides personalized referrals based on insurance, language, and other needs – no personal information required.



Crisis Services

Psychiatric Emergency Screening Services (PESS)

Service may be used at hospital, school, or in home.

University Behavioral Health Care: **732-235-5700**

Raritan Bay Medical Center (AES): **732-442-3794**

Mobile Response: 1-877-652-7624

Hotline for immediate response to crisis situations, available 24/7

National Alliance on Mental Illness (NAMI) helpline:
1-800-950-6264

Disaster Distress helpline: **1-800-985-5990**
or text TalkWithUs: 66745

CPI (De-escalation Techniques during Crisis)

Crisis Text 24/7 support: Text HELLO to 741741

Talk Hotlines & Websites

2nd Floor Youth Helpline: **1-888-222-2228**
www.2ndfloor.org

National Suicide Prevention Lifeline: **1-800-273-8255**
<https://suicidepreventionlifeline.org/>

HelpLine (Information & Referral): **211**
<http://www.211.org/>

Self-Abuse Finally Ends (SAFE): **1-800-366-8288**
<https://selfinjury.com/>

The Trevor Project: **1-866-488-7386**
<https://www.thetrevorproject.org/>

GLSEN of Central Jersey: **732-774-3282**
centralnj@chapters.glsen.org

Addictions Hotline of NJ: **1-844-276-2777**

New Jersey Quitline: **1-800-NJ-STOPS (657-8677)**
www.njquitline.org

National Domestic Violence Hotline: **1-800-799-7233**
<https://www.thehotline.org>

Parent Helplines

Department of Child Protection and Permanency:
1-877-NJ-ABUSE (652-2873)

Traumatic Loss Coalition of Middlesex County: **908-392-8664**

Community YMCA Traumatic Loss Coalition: **732-956-7782**

National Parent Helpline: **1-855-427-2736**
<http://www.nationalparenthelpline.org/>

MOM 2 MOM: **1-877-914-6662**
<http://www.mom2mom.us.com/>

PFLAG (Parents, Families, Friends of Lesbians & Gays)
908-300-4227 (<http://www.pflagnj.org/>)

Community Affairs and Resource Center (Bilingual families):
732-774-3282 (carcni.org)

Family & Child Resources

Catholic Charities: **1-800-360-7711**

Raritan Bay Area YMCA Mental & Behavioral Health
Services: **732-442-3632 ext. 6514**

CPC Behavioral Healthcare: **732-842-2000 ext. 4221**

Family Crisis Intervention Unit: **732-542-2444**

Family-Based Service Association of NJ: **732-542-4502**

GenPsych (Brick): **1-855-436-7792**

High Focus Center (Freehold): **732-303-9900**

Innerspace Counseling (Old Bridge): **732-332-8270**

Middlesex Resource Net: www.middlesexresourcenet.org

New Hope Foundation:
732-946-3030 (inpatient) / 732-308-0113 (outpatient)

Stress Care of New Jersey (Matawan): **732-679-4500**

Local Hospitals

Robert Wood Johnson University Hospital: **732-828-3000**

Saint Peter's University Hospital: **732-745-8600**

HMH Old Bridge Medical Center: **732-360-1000**

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