

NJ Mental Health Resources for Students and Parents

988

Mental Health Crisis and Suicide Prevention Hotline

1-877-652-2873

NJ Hotline to Report Child Abuse/Neglect

211

Get Connected to Vital Community Resources

2NDFLOOR

Give yourself a second when you feel overwhelmed. Download the app for 24/7 support. Chat anonymously with professional counselors about whatever is on your mind with the 2NDFLOOR app or by texting or calling at 888-222-2228. It only takes a second to get help. <https://www.2ndfloor.org>



NJ4S

NJ4S offers youth mental health programming all summer long. These events are free to students, their families, and community members. To see a list of upcoming events at your local NJ4S hub, scan here and identify your county. nj4s.nj.gov



Prevent Suicide NJ

For a multitude of resources including a behavioral health provider directory, visit <https://www.preventsuicidenj.org/>



SPTS Parent Toolkit

For resources for parents on how to help your child through mental health crises, download the [Parent Caregiver Toolkit](#) and visit the [Not My Kid](#) guided training. <https://sptsusa.org/parents/>



<https://linktr.ee/njmentalhealthresources>

Above is a link, and to the right is a QR code that includes all of this flyer's resources for easy access.

