

## **CRISIS RESOURCES (revised August 2024)**

- ACCESS Outpatient Services @ St. Joseph's Hospital (for Deaf and Hard of Hearing), Voice 973-754-5595, or Videophone 973-870-0683 <https://www.stjosephshealth.org/clinical-focuses/behavioral-health-services/item/1328-access>
- American Foundation for Suicide Prevention (AFSP), 1-888-333-2377 (National Offices), 1-202-449-3600 (Public Policy Offices), <http://www.afsp.org>
- American Association of Suicidology, 1-202-237-2280 <http://www.suicidology.org>
- American Psychological Association 1-800-374-2721 <http://www.apa.org>
- Association for Pet Loss and Bereavement, Email: info@aplb.org, <http://www.aplb.org>
- Child Trauma Academy, Phone: 1-866-943-9779, <http://www.childtrauma.org>
- Circle of Care (Passaic County CMO), 973-942-4588, <https://www.circleofcarecmo.org/>
- Comfort Zone Camp, [www.comfortzonecamp.org](http://www.comfortzonecamp.org)
- Division of Child Protection & Permanency (**DCP&P**) – Report Abuse: 1-877-NJ ABUSE, Local Offices in Paterson, NJ are 1) *Passaic Central* at 100 Hamilton Plaza, 973-523-6090, and 2) *Passaic North* at 201 Willowbrook Blvd, 973-826-1082
- Dougy Center for Grieving Children, 1-866-775-5683, <http://www.dougy.org/>
- Good Grief, Inc., Phone: 908-522-1999, <http://www.good-grief.org>
- Half of Us (mental health diagnoses information), <http://www.halfofus.com>
- Imagine – A Center for Coping with Loss, Phone: 908-264-3100, <http://www.imagenenj.org>
- Lighthouse Pregnancy Resource Center – 75 Ellison Street Phone: 862-257-3820, Text: 201-677-2394, Email: [help@lighthouseprc.org](mailto:help@lighthouseprc.org), <http://lighthouseprc.org/>
- Mental Health Association in New Jersey – 973-571-4100, <http://www.mhanj.org>
- Mental Health Association in Passaic County. Phone: 973-478-4444 [www.mhapassaic.org](http://www.mhapassaic.org)
- Mental Health Clinic of Passaic: Ida Gurtman Therapeutic Children's Program (**2 ½ to 6 years old**), 2 locations: Passaic (973-777-1403) and Paterson/Clifton (973-473-2775 x108), <https://mhcp.org/childrens-therapeutic-partial-care-day-program>
- Mom 2 Mom helpline (for moms of children and adults with developmental disabilities, part of Rutgers UBHC), 1-877-914-6662, <http://mom2mom.us.com/>
- M & S Psychotherapy and Counseling LLC, 1157 Main Street, Clifton, NJ, Phone: 973-341-9869, <https://mnspych.com/>

- National Alliance for Grieving Children, Phone: 1-866-432-1542, <http://www.childrengrieve.org>
- National Alliance on Mental Illness – NJ (NAMI-NJ), Phone: 732-940-0991, Email: [info@naminj.org](mailto:info@naminj.org), <http://www.naminj.org/>
- National Center for Post-Traumatic Stress Disorder -Veterans Crisis Line, 1-800-273-8255, <http://www.ptsd.va.gov>, [ncptsd@va.gov](mailto:ncptsd@va.gov)
- National Center For School Crisis & Bereavement, Children’s Hospital Los Angeles #53, 4650 Sunset Blvd, Los Angeles, CA 90027, 877-536-2722, [info@schoolcrisiscenter.org](mailto:info@schoolcrisiscenter.org), <http://www.schoolcrisiscenter.org/>
- National Child Traumatic Stress Network (NCTSN), email: [info@nctsn.org](mailto:info@nctsn.org), <http://www.nctsn.org>
- National Domestic Violence Hotline, 1-800-799-7233 or 1-800-787-3224 (TTY), [www.thehotline.org](http://www.thehotline.org)
- National Institute of Mental Health (NIMH) – Free downloadable/printable mental health brochures, <http://www.nimh.nih.gov/health/publications/index.shtml>
- National Human Trafficking Resource Center, Phone: 1-888-373-7888, [www.traffickingresourcecenter.org/](http://www.traffickingresourcecenter.org/)
- National Runaway Safeline, 1-800-RUNAWAY (1-800-786-2929), <http://www.1800runaway.org>
- National Sexual Assault Hotline, 1-800-656-4673, <https://www.rainn.org/get-help/national-sexual-assault-hotline>
- National Suicide Prevention Lifeline 1-800-273-TALK (8255), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- National Teen Dating Abuse Helpline, Phone: 1-866-331-9474, <http://www.loveisrespect.org/>
- NJ Children’s System of Care (**PerformCare**), 1-877-652-7624, <http://www.performcarenj.org>
- NJ Division of Mental Health and Addiction Services (NJDMHAS), 800-382-6717, <http://www.nj.gov/humanservices/dmhas/home/>
- NJ HOPELINE, 1-855-654-6735, <http://www.njhopeline.com/>
- NJ Mental Health Cares *helpline*, 1-866-202-4357, <http://www.njmentalhealthcares.org>
- NJ Youth Resource Spot, <http://njyrs.org/>
- Passaic County Children’s Mobile Crisis Unit – 973-754-2230
- Passaic County Women’s Center, 973-881-1450 (24/7), <http://passaiccountywomenscenter.org/>
- Prevention Links, Phone: 1-732-381-4100, Email: [info@preventionlinks.org](mailto:info@preventionlinks.org), [www.preventionlinks.org](http://www.preventionlinks.org)
- Rainbows: *Support for Grieving Children (death, divorce, deployment, etc)*, Main: 1-847-952-1770, <http://www.rainbows.org>

- Raymond J. Lesniak RECOVERY HIGH SCHOOL (through PreventionLinks), 732-381-4100, <https://preventionlinks.org/recoveryhs/>
- S.A.F.E. Alternatives – Self Abuse Finally Ends, Phone: 1-800-DONTCUT (1-800-366-8288), <http://www.selfinjury.com/>
- 2<sup>nd</sup> FLOOR, NJ Youth Helpline, 1-888-222-2228 (24/7, text or call), <http://www.2ndfloor.org/>
- Sesame Workshop –Children’s Grief , 212-595-3456 Email via weblink: <https://www.sesameworkshop.org/contact-us>, <https://www.sesameworkshop.org/what-we-do/social-impact-initiatives>
- Self-Injury and Recovery Program at Cornell University, Phone: 1-607-255-6179, Email: self-injury@cornell.edu, <http://www.selfinjury.bctr.cornell.edu>
- Society for the Prevention of Teen Suicide, Contact via phone(732-410-7900) or online form at <http://www.sptsusa.org/contact-us/>, <http://www.sptsusa.org>
- St. Joseph’s Psychiatric Emergency Services – 703 Main St., Paterson, NJ – 973-754-2230
- St. Joseph’s Regional Medical Center – Outpatient Mental Health Clinic Services, <https://www.stjosephshealth.org/clinical-focuses/behavioral-health-services/item/1332-outpatient-mental-health-clinic>
- St. Mary’s Hospital Adolescent Partial Care Program, 973-470-3176, <https://www.smh-nj.com/our-services/behavioral-health/>
- Suicide Prevention Lifeline, 800-273-8255 (TALK), <https://suicidepreventionlifeline.org/>
- Suicide Prevention Resource Center (SPRC), <http://www.sprc.org>
- The Compassionate Friends (*child grief*), 1-877-969-0010, <http://www.compassionatefriends.org>
- The Jason Foundation (Youth Suicide Prevention), Phone: 1-888-881-2323, Email: contact@jasonfoundation.com, <http://jasonfoundation.com>
- Trevor Project (Suicide & Crisis Intervention LGBTQIA+). 1-866-488-7386, <http://www.thetrevorproject.org>
- Training Institute for Suicide Assessment and Clinical Interviewing, [shea@suicideassessment.com](mailto:shea@suicideassessment.com), <http://www.suicideassessment.com>
- Traumatic Loss Coalitions for Youth, 732-235-2810, <https://ubhc.rutgers.edu/education/trauma-loss-coalition/overview.xml>
- UCLA Center for Mental Health in Schools, <http://smhp.psych.ucla.edu>
- Wayne Counseling and Family Services Center, 973-694-1234, <http://waynecounselingcenter.org>
- YouthBuild @ Great Falls (GED and Certifications), 973-910-8792 ext. 19, <https://www.njcdc.org/what-we-do/page.php?Youth-Development-Great-Falls-YouthBuild-6>

# **Grief Programs in New Jersey**

Retrieved from <https://nacg.org/find-support/>  
(Updated August 2024)

## **The Alcove Center for Grieving Children & Families**

950 Tilton Road, Suite 108  
Northfield, NJ 08225  
(609) 484-1133  
<http://www.thealcove.org>

## **Comfort Zone Camp**

110B Meadowlands Parkway, Suite 301  
Secaucus, NJ 07094  
(201) 867-2077  
<http://www.comfortzonecamp.org>

## **Common Ground Grief Center**

67 Taylor Avenue  
Manasquan, NJ 08736  
Phone: 732-606-7477  
<http://www.commongroundgriefcenter.org>

## **Good Grief, Inc.**

38 Elm Street  
Morristown, NJ 07960  
(908) 522-1999  
<http://www.good-grief.org>

## **Imagine, A Center for Coping with Loss**

24208 Lyons Avenue  
Newark, NJ 07112  
(908) 264-3100 x 108 (program director)  
<http://www.imaginenj.org/newark/>

## **Lisa Athan, M.A.**

Executive Director of Grief Speaks  
15 Cayuga Court  
Springfield, NJ 07081  
(973) 912-0177  
<http://www.griefspeaks.com>

## **Paterson Public Schools – Healing Hub**

<https://www.paterson.k12.nj.us/domain/121>

## **American & NJ Self-Help Group Clearinghouses**

673 Morris Avenue, Suite 100  
Springfield, NJ 07081  
(800) 367-6274  
(973) 571-4100  
<http://www.njgroups.org>

## **Griefwork Center, Inc.**

PO Box 5177  
Kendall Park, NJ 08824  
(732) 422-0400  
<http://griefworkcenter.com>

## **Kids Connect/Parents Connect Bereavement Groups**

### **The Wellness Community of Central New Jersey**

3 Crossroads Drive  
Bedminster, NJ 07921  
(908) 658-5400  
<http://www.cancersupportcnj.org>

## **Sudden Unexplained Death in Childhood Program**

101 Eisenhower Parkway  
Suite 100  
Roseland, NJ 07068  
(800) 620-7832  
[www.sudc.org](http://www.sudc.org)

## **My Sister's Kids**

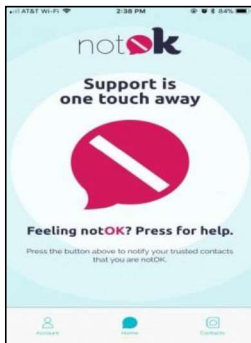
Peer support for Children, Teens & Families  
1800 E. Broad St.  
Malaga, NJ 08328  
(609) 364-8320  
[www.mysisterskids.org](http://www.mysisterskids.org)

# Mental Health Phone Applications

As the prevalence of mental illnesses like depression and anxiety continues to grow, clinicians have turned to mobile applications as tools for aiding their patients' treatment. These apps can be especially helpful for teenagers and young adults suffering from mental illness due to their frequent use of technology as a means of communication.

The apps can be helpful as a way to engage people who may be unwilling or unable to attend face-to-face therapy, and they can also provide support in between sessions. Experts believe that these apps will work best when used in conjunction with medication and/or in-person therapy. Read through the slideshow to learn more about some of the best apps that can be used by patients to improve their mental health.

**Three apps below are available on Apple iOS systems and Android.** Please be sure to check your app store and search terms like “mental health” or “suicide prevention” to browse.



## notOK

When you can't think of the right words, the notOK App™ takes the guesswork out of getting the help and support you need through immediate support from your friends, family, or peer network.

Simply open the app, tap the notOK™ button and a text message along with your current GPS location will be sent to your pre-selected contacts. **(ages 13+)**



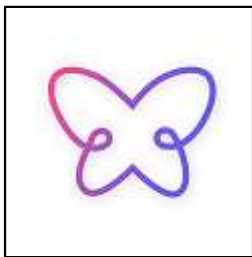
## TalkLife

Sometimes life is rough but you're not alone. TalkLife™ is a peer-support community that values research, evidence and impact to make sure you get the best help possible. It is a safe social network where you can talk about your worries and how you are really feeling at any time of the day or night, for issues like: self-harm, depression, anxiety, stress, eating disorders, bullying or suicidal feelings. There are no judgements or bullying; there's just people who understand what you're going through. **(ages 17+)**



## Calm

The app is designed to reduce anxiety, improve sleep, and help you to feel happier. Calm focuses on the four key areas of meditation, breathing, sleep, and relaxation, with the aim of bringing joy, clarity, and peace to your daily life. The app delivers meditations that can help you to destress, as well as breathing programs, music, and sounds from nature to relax your mind and body and promote better sleep. Calm is the perfect app if you are new to meditation, but it also offers programs for more advanced users. Meditation sessions are available in lengths of 3–25 minutes, to fit in with your schedule. **(ages 3+)**



### **Trill Project**

Trill is a safe space to express all the thoughts, hopes, insecurities, wishes, questions, or ideas you have that you may not be ready to publicly share. Usernames are assigned based on your color of choice, so Trill is completely anonymous. You can easily change your color choice as needed to generate a new identity. Our moderators and proprietary machine learning work hand in hand to ensure our community remains a positive, supportive place. **(ages 17+)**



### **MindShift®**

MindShift® is anxiety getting in the way of your life? MindShift® CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety. A new feature, the Community forum, now enables you to find and offer peer-to-peer support. **(ages 13+)**



### **Breath, Think, Do with Sesame**

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This bilingual (English and Spanish), research-based app helps your child learn Sesame's "Breathe, Think, Do" strategy for problem-solving. Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as she is exposed to important emotional vocabulary, a calm breathing technique, personalized encouragement, and more! **(ages 2-5)**



### **Chill Panda**

Play your way to a calmer day. Family friendly relaxation, breathing exercise and activity app. Baby Pandas grow up fast! Chill Panda is excited to go out into the world but feels worried about exploring alone! Chill Panda heads to the beautiful island of Chill Ville near the sea where it's said that a very calm and wise panda lives. Help Chill Panda manage fear and worry. So that nothing can stop Panda from having fun! **(ideal for children under 8)**



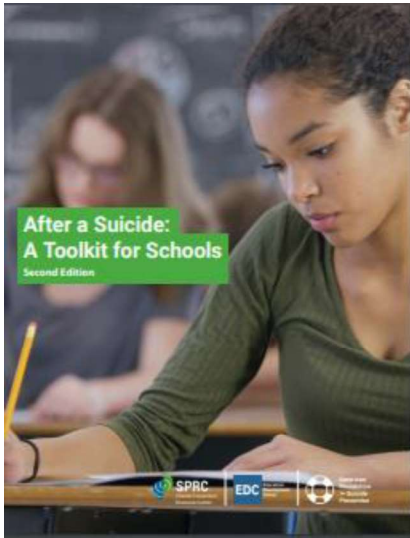
### **Positive Penguins**

Positive Penguins app is a resilience-building app. The app has a simple 5-minute guided meditation for children to learn to sit, relax and let go of the thoughts as they come into their heads. There is also a strategy for children to understand that an event or situation happened that created an emotion in them - this emotion is not right or wrong, rather information – once they understand this. The app is designed to help children understand why they feel a certain feeling and behave in a productive way. **(ages 9-12)**



## **PLEASE USE THE TWO RESOURCES BELOW** **WHEN ACCESSING INFORMATION ON SUICIDE**

1). ***After a Suicide: A Toolkit for Schools*** addresses Objective 4.2 of the National Strategy for Suicide Prevention: Increase the proportion of school districts and private school associations with evidence-based programs designed to address serious childhood and adolescent distress and prevent suicide.

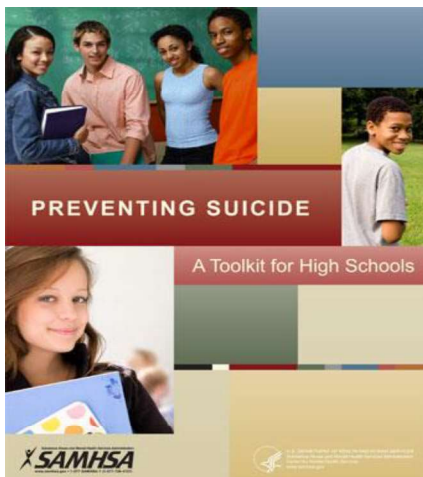


### **After a Suicide: A Toolkit for Schools Second Edition**

This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community. It is meant to serve as a practical resource for schools facing real-time crises to help them determine what to do, when, and how. The toolkit reflects consensus recommendations developed in consultation with a diverse group of national experts, including school-based personnel, clinicians, researchers, and crisis response professionals. It incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance.

[PDF Version](#) or [Flipbook Version](#)

2). ***Preventing Suicide: A Toolkit for High Schools*** aims at reducing the risk of suicide among high school students by providing school administrators, principals, mental health professionals, health educators, guidance counselors, nurses, student services coordinators, teachers and others guidelines for identifying teenagers at risk and resources for taking appropriate actions to provide help.



### **Preventing Suicide: A Toolkit for High Schools**

This toolkit represents the best available evidence and expert opinion on preventing suicide among high school students. It provides schools with recommended steps and accompanying tools to guide them in creating and implementing strategies and programs that prevent teen suicide and promote behavioral health among their students.

[PDF Version](#) and [PDF Flyer](#)