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 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.



BACK-TO-SCHOOL

SOMETIMES MEANS BACK TO STRESS



When kids feel out of their comfort zone, 2NDFLOOR is here to provide support.

Whether it's starting new classes, meeting new friends, or adjusting to new routines, we are here 24/7 to support NJ youth as they face all of life's challenges.

Please help spread the word that it only takes a second to get professional support with the 2NDFLOOR app. The app is anonymous, confidential, free, and available 24/7/365. Youth can access the app at 2NDFLOOR.org/download

2NDFLOOR

SUPPORT FOR YOUNG PEOPLE. ANYTIME. ANYWHERE.

2ND FLOOR

DOWNLOAD THE APP

FOLLOW US ON Instagram

NEW JERSEY DEPARTMENT OF CHILDREN & FAMILIES

Hey NJ Families!

Apply for Free School Meals

Office of the Food Security Advocate

Every child should have the opportunity to feel healthy, strong, and ready to learn. Applying for free lunch in New Jersey is one more way to provide your child with a delicious, healthy meal they can count on.

Your application is safe and confidential. If you are applying for residency, completing this application will not affect the process.

LEARN MORE

Free School Meals Eligibility:

- All children in households receiving benefits from NJ SNAP or NJ TANF/WorkFirst-NJ are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school's Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may be eligible if your household's income is within the limits on the New Jersey Expanded Income Guidelines. See below to check your eligibility.

With the new expanded income guidelines, your family may be eligible to receive school lunches at no cost.



New Jersey Expanded Income Guidelines (NJEIE)

Effective: July 1, 2024 to June 30, 2025

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	$33,735	$2,812	$1,406	$1,298	$649
2	$45,786	$3,816	$1,908	$1,761	$881
3	$57,837	$4,820	$2,410	$2,225	$1,113
4	$69,888	$5,824	$2,912	$2,688	$1,344
5	$81,940	$6,829	$3,415	$3,152	$1,576
6	$93,991	$7,833	$3,917	$3,616	$1,808
7	$106,042	$8,837	$4,419	$4,079	$2,040
8	$118,093	$9,842	$4,921	$4,543	$2,272
Each additional household member add	$12,052	$1,005	$503	$464	$232

If you have questions about your eligibility, would like to complete an application or make changes to a previously filed application, contact your child's school.

Call your county:

Atlantic	609-348-3001	Middlesex	732-745-3500
Bergen	201-368-4200	Monmouth	732-431-6000
Burlington	609-261-1000	Morris	973-326-7800
Camden	856-225-8800	Ocean	732-349-1500
Cape May	609-886-6200	Passaic	973-881-0100
Cumberland	856-691-4600	Salem	856-299-7200
Essex	973-395-8000	Somerset	908-526-8800
Gloucester	856-582-9200	Sussex	973-383-3600
Hudson	201-420-3000	Union	908-965-2700
Hunterdon	908-788-1300	Warren	908-475-6301
Mercer	609-989-4320		

Or visit NJSNAP.gov

State of New Jersey | Department of Human Services

12/24

USDA Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language) should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program v Complaint Form, which can be obtained online at https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling 833-620-1071 or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

1. Mail
Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314

2. Fax
833-256-1665 or
202-690-7442

3. Email
FNSCIVILRIGHTSCOMPLAINTS@usda.gov

This institution is an equal opportunity provider.

Need Help Paying for Groceries?



New Jersey's Supplemental Nutrition Assistance Program (SNAP) provides food assistance to individuals and families with low incomes. You can use your SNAP benefits to buy groceries in most food retail stores and some farmer's markets — stretching your food budget!

If you are eligible, you will receive at least $95 a month for food shopping.

NJSNAP.gov
food assistance

How do I know if I'm eligible?

Your household (anyone who lives and eats together in your home) must meet certain requirements to be eligible for SNAP, including meeting the maximum allowable income.

Household Size	Maximum Allowable Income*
1	$2,322
2	$3,152
3	$3,981
4	$4,810
Each Additional	+ $830

*Figures valid October 2024 - September 2025

Meeting the maximum allowable income for your household size does not guarantee you are eligible for SNAP.

How do I apply?

You can apply online at **MyNJHelps.gov** or at your County Social Service Agency (CSSA). When you apply for SNAP, you also can indicate if you want to apply for WFNJ and child care.

SNAP has partnered with several agencies called Navigators who can answer questions and help you apply. Visit **NJSNAPNavigators.gov**.

If I am eligible, how much would I receive?

The amount you receive depends on your situation, such as the number of people in your household, your income and the number of deductions that apply to you.

New Jersey has a minimum monthly SNAP benefit amount of $95. If you apply for SNAP and are approved to receive the federal minimum payment or any amount less than $95, New Jersey will make up the difference.

How do I receive my benefits?

Benefits are issued on a Families First Electronic Benefits Transfer (EBT) card that works like a debit card. This card can be used in most grocery stores, some farmer's markets and online.



A word about fraud

Be aware that there are other agencies that might claim to be "SNAP consultants," asking you for personal information to complete a pre-approved SNAP application or telling you that an application was initiated on your behalf. If you think a letter or text is a scam, do not reply. If you do not know if a request for personal information is real, contact your CSSA.

You should never be asked to pay to fill out an application. There is no charge.

Additional resources are available

If you are approved for SNAP, you would likely be eligible for the Low Income Home Energy Assistance Program (LIHEAP), Supplemental Nutrition Program for Women, Infants and Children (WIC), and free or reduced-price school meals.

You can find information on these programs and other support services on the **NJSNAP.gov** "Resources" page.



NJHealth
New Jersey Department of Health

Help Prevent the Spread of Respiratory Illnesses

Like COVID-19, RSV, and Flu

Stay away from others if you feel sick.



Cover your coughs or sneezes with a tissue. Then throw out the tissue and wash your hands.



Avoid touching your eyes, nose, and mouth.



Get fresh air!



Wash your hands often with soap and water for at least 20 seconds.



Tell an adult if you don't feel well.



Stay home when you are sick, except to go to the doctor.



NJHealth
New Jersey Department of Health

HEALTHY HABITS

Cover Your Coughs and Sneezes

1 Cover your mouth and nose with a tissue when you cough or sneeze.



OR



Cough or sneeze into your upper sleeve, not your hands.

2 Put your used tissue in the trash.



Then wash your hands.

3 Wash your hands with soap and warm water for at least 20 seconds.



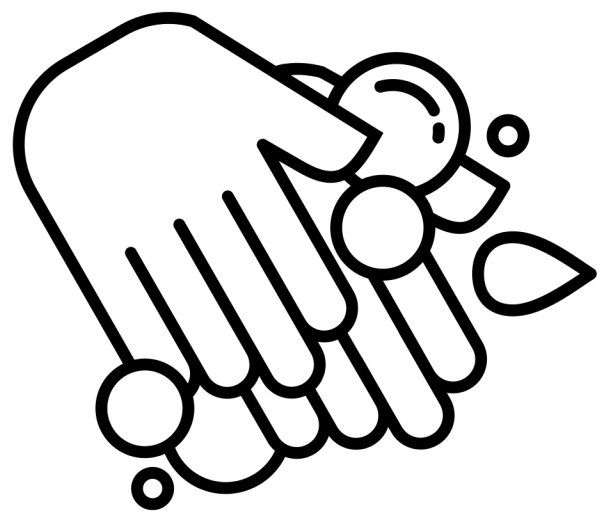
OR



Use alcohol-based hand sanitizer if you cannot wash your hands.

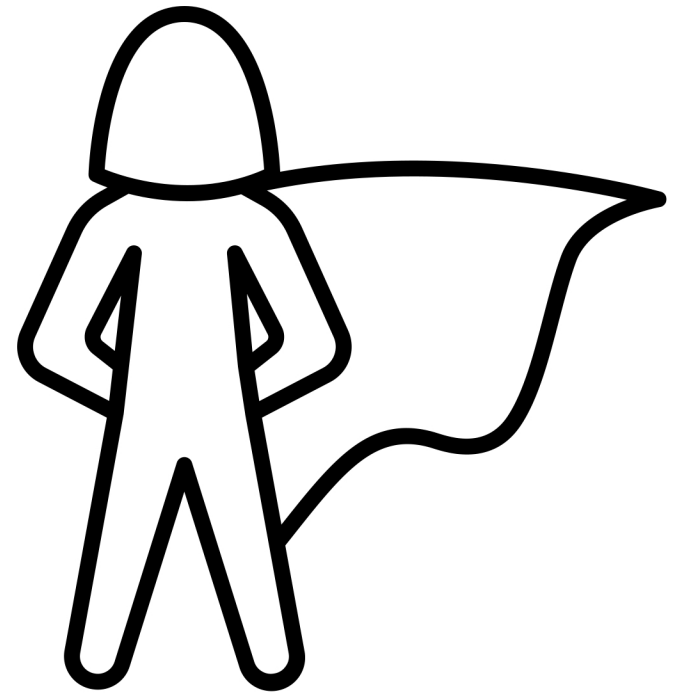
May 2025





_____

IS A HANDWASHING HERO!





Handwashing Steps

1 **Wet hands**



2 **Soap**



3 **Scrub**





4 **Rinse**



5 **Dry**



NJHealth
New Jersey Department of Health



Preventing Mosquito-borne Diseases

- Use EPA-registered insect repellent.
  - Do not use repellent on children younger than two months.
- Treat your clothing with permethrin or buy pre-treated clothing.
- Mosquito-proof your yard and home by dumping standing water and using well maintained window and door screens.
- Wear long-sleeved shirts and long pants.
- Cover crib, stroller, and baby carrier with mosquito netting.
- There are no vaccines to prevent mosquito-borne diseases transmitted in New Jersey. Talk to your health care provider about vaccines and antimalarials you can take to prevent travel-associated mosquito-borne diseases.





For More Information

For more information on mosquito-borne diseases, educational resources, travel health resources, and data on mosquito-borne diseases, visit ***FighttheBite.NJ.gov***:

Scan Me

***Fight the Bite NJ!* Webpage**

If you develop symptoms of a mosquito-borne disease and think you may have been bitten by mosquitoes either in New Jersey or while traveling, see your health care provider.

Scan Me

Find the right EPA-registered repellent for you

NJHealth
New Jersey Department of Health

C43891

Mosquito-Borne DISEASES



Fight the Bite!

Learn how to prevent mosquito bites and the diseases they spread.

NJHealth
New Jersey Department of Health

What are Mosquito-borne Diseases?

Mosquito-borne diseases are illnesses that are spread to humans by the bite of an infected mosquito. In New Jersey, the most common mosquito-borne diseases people can get from local mosquitoes are:

- **West Nile virus**
- **Eastern equine encephalitis**
- **Jamestown Canyon virus**

How Do These Diseases Spread?

Mosquitoes become infected when they feed on birds or mammals carrying the disease germ. Infected mosquitoes can then spread the disease to people and other animals such as horses. People and horses are considered "dead-end" hosts and don't pass along germs to other biting mosquitoes.



Travel-Associated Diseases

- **Chikungunya**
- **Dengue**
- **Malaria**
- **Oropouche***
- **Yellow Fever**
- **Zika**



Avoid mosquito bites for three weeks after overseas travel to prevent the spread of travel-associated diseases to mosquitoes in New Jersey, which may then infect other people.

** Oropouche is transmitted primarily by biting midges, but has also been associated with mosquitoes.*

Symptoms

Many people infected with a mosquito-borne disease have no symptoms or mild symptoms. Symptoms typically appear 2-14 days after being bit by an infected mosquito.

Common Symptoms

- Fever
- Chills
- Headache
- Nausea
- Vomiting
- Joint pain
- Body aches
- Rash

Severe Illness

Severe illness can occur, but it is rare. Symptoms may include:

- High fever
- Stiff neck
- Seizures
- Confusion
- Coma
- Paralysis
- Heavy bleeding
- Brain swelling
- Jaundice

Diagnosis

Visit a health care provider if you develop symptoms and mention recent travel and outdoor activities.



Who Can Get a Mosquito-borne Disease?

Anyone can get a mosquito-borne disease, but people who spend more time outside have a higher risk of becoming infected. Older adults and people with weak immune systems may develop more severe illness.





Treatment

Specific treatment is lacking for many mosquito-borne diseases. Mild cases may improve on their own. Severe illness, including malaria, can be life-threatening and requires timely medical care.



How to Avoid Contact with Bird Flu

Bird flu mostly affects wild birds.
It has also infected poultry and a variety of animals.

In nature



Stay away from wild birds and wildlife and don't touch, hand feed, or handle them.

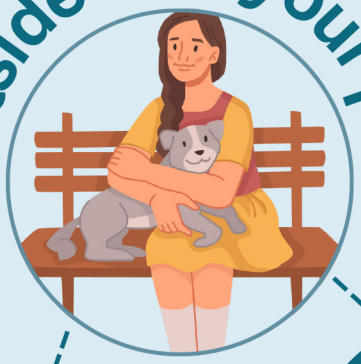
Preparing food



Cook all foods made with poultry, meat, and eggs thoroughly.

Drink milk and eat milk products that are pasteurized.

Outside with your pet



Contact your veterinarian if you think your pet is sick.

Keep your pets away from sick or dead birds and other wildlife.

At animal exhibits



Wash hands with soap and water after touching animals or being around them.

Scan to report a sick or dead bird:

Scan for more information:

nj.gov/h5n1

NJHealth New Jersey Department of Health

NJ Health
New Jersey Department of Health



Stay Up to Date and Vaccinate

Getting your children vaccinated on time by following the Centers for Disease Control and Prevention (CDC) Recommended Immunization Schedule can help them stay healthy as they grow older.



Get Early Protection

Vaccinate before your child is exposed to dangerous diseases; waiting until school begins, may not allow enough time for vaccines to work.



Attend School and Activities without Delay

Vaccinate your children on time so they can start the new school year, join a sports team or group activities, and travel without delay.



Avoid Disease-Related Complications

Some diseases could lead to serious complications (e.g., Meningitis could lead to hearing loss, COVID-19 could lead to trouble breathing). Getting vaccinated can help prevent this from happening.



Prevent the Spread of Illness

Getting vaccinated can help prevent the spread of illness and protect friends, family and other community members, especially those who are too young to be vaccinated or those who are at high-risk for disease.



Stay Protected

The CDC immunization schedule is carefully designed to provide protection at just the right time. Some vaccines need to be given more than once so your child can remain healthy.



NJHealth
New Jersey Department of Health



Tips for Staying Up to Date



Schedule well-child visits and follow the CDC recommended vaccine schedule when making your child's vaccination appointments.[1]



Keep track of your children's vaccines by enrolling in the New Jersey Immunization Information Service (NJIIS).[2]



If you or someone you know needs assistance with paying for children's vaccinations, visit the Vaccines for Children Program (VFC) website to see if you qualify.[3]



To avoid delays in starting school, preschool or daycare, know what your school and state guidelines are regarding vaccinations.[4]



Be a good example for your children by making sure you and other adult family members are also up to date with their vaccinations.

Important Links

1. cdc.gov/vaccines
2. njiis.nj.gov/docs/NJIIS_Your_Best_Shot.pdf
3. nj.gov/health/vaccines/programs/vfc
4. nj.gov/health/cd/imm_requirements



HPV VACCINE: Information for Parents

As parents, you do everything you can to protect your children's health now and for the future. Did you know that you can protect them from several types of cancer with HPV vaccination?

What is human papillomavirus (HPV)?



Human papillomavirus (pap-ah-LO-mah-VYE-rus), or HPV, is a group of common viruses that affect both boys and girls. HPV can cause anal and mouth/throat cancers. It can also cause cancer in the cervix, vulva, and vagina in women; and cancer of the penis in men. Different types of HPV can cause genital warts.

What are the symptoms?

Even though most people do not show any symptoms, HPV can still be spread through contact during any type of sexual activity with an infected person.

Most people will be infected at some point in their lives. HPV infection is most common during the late teens and early 20s.

- About **79 million** Americans are currently infected with HPV.
- About **14 million** people become infected each year.

Is there a cure?

There is no cure for HPV, but there are ways to treat the health problems caused by HPV such as genital warts and certain cancers. Most infections will clear on their own, but there is no way to know which people will develop cancer or other health problems. **Prevention is better than treatment.**

How can HPV be prevented?

HPV vaccination is a series of shots given over several months. Completing the vaccination series is important to ensure maximum protection against cancers caused by HPV infection. **Over 90% of cancers caused by HPV are preventable through HPV vaccination.** It also protects against the HPV types that cause most genital warts.

Is HPV vaccine safe?



The vaccine is very safe. Side effects are generally mild and may include a sore arm, fever, and headache.

What if we can't afford the vaccine?

Families who need help paying for vaccines should ask their healthcare provider about the Vaccines for Children (VFC) program. The VFC program provides vaccines to uninsured and underinsured children younger than 19 years old. Parents may have to pay administration and office visit fees. **For more information, contact the NJ VFC at (609) 826-4862.**

Who should get HPV vaccine?

The vaccine is recommended for boys and girls at ages 11 to 12-years-old because:

- The immune response to the HPV vaccine is better in preteens.
- Your child should be completely vaccinated before they are exposed to the virus.

Catch-up vaccination can be given at ages 13 through 26.* The most important thing is for all preteens to complete the HPV vaccine series. Teens and young adults who haven't started or finished the HPV vaccine series should make an appointment today to get vaccinated.

Pregnant women and anyone who has ever had a life-threatening allergic reaction to any component of the vaccine or to a previous dose should not receive the vaccine.

* *Some adults ages 27 through 45 may decide to get the HPV vaccine based on discussion with their doctor if they were not adequately vaccinated when they were younger.*

Where can I get more information?

- **Your healthcare provider**
- **New Jersey Department of Health**
  www.nj.gov/health/cd/vpdp.shtml
- **Centers for Disease Control and Prevention**
  www.cdc.gov/hpv
- **Vaccines for Children (VFC) Program**
  www.cdc.gov/vaccines/programs/vfc/parents/qa-flyer.html

NJ CDS New Jersey Communicable Disease Service

NJ Health New Jersey Department of Health

No Fear
Just Results



Test with *PRIDE*
Live with *CONFIDENCE*

Take charge of your well-being.
It's okay to ask for an STI test.
You deserve to know.

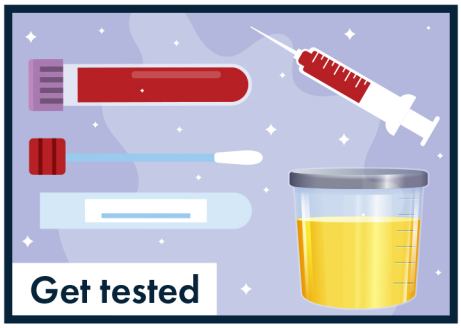


Plan

Look for local clinics, health centers, or health care providers that offer STI testing services. **Some offer FREE testing!**

You can also explore online platforms that provide at-home STI/HIV testing kits.

Start the conversation with your health care provider today.



Get tested

The testing process may involve:

- Blood tests
- Urine samples
- Swabs of genital, oral, or rectal areas
- Physical examination

Getting tested for STIs is one of the most important things you can do to **protect your health**.



Know your status

If your test results are positive for an STI, follow up with your health care provider for further evaluation, treatment, and counseling. It's essential to follow the recommended treatment plan and stop the spread.

Protect yourself and **your partner**.

NJHealth
New Jersey Department of Health

Break down barriers and prioritize your health.
nj.gov/health/sti

New Jersey
Federally Qualified Health Centers (FQHCs)

FQHC	Facility Location(s)	Phone	Website
Alliance Community HealthCare, Inc.	Jersey City	(201) 451-6300	www.alliancech.org/
AtlantiCare Health Services	Atlantic City, Egg Harbor Twp, Galloway	(844) 233-5149	www.atlanticare.org/services/federally-qualified-health-center
CAMCare Health Corporation	Camden, Clementon, Paulsboro	(856) 583-2400	www.camcare.net
Central Jersey Medical Center	Newark, Perth Amboy	(732) 376-9333	www.cjmc.us
CHEMED	Jackson Twp, Lakewood	(732) 364-6666	www.chemedhealth.org
CompleteCare Health Network	Bridgeton, Glassboro, Millville, Vineland, Wildwood Crest, Williamstown, Woodbury	(856) 451-4700	www.completecarenj.org
Eric B. Chandler Health Center	New Brunswick	(732) 235-6700	www.rwjms.rutgers.edu/eric-b-chandler-health-center
Henry J. Austin Health Center, Inc.	Trenton	(609) 278-5900	www.henryjaustin.org
Ironbound Community Health Center	Newark	(973) 433-9773	www.hechealth.com
Jewish Renaissance Foundation	Edison	(732) 324-2114	www.jrfnj.org
Metropolitan Family Health Network	Jersey City, West New York	(201) 478-5800	www.metropolitanfhn.com
Monmouth Family Health Center	Long Branch	(732) 923-7100	www.mfhcnj.org
Neighborhood Health Services Corporation	Elizabeth, Plainfield	(908) 753-6401	www.nhscnj.org
Newark Community Health Centers, Inc.	East Orange, Irvington, Newark, Orange	(973) 483-1300	www.nchcfqhc.org
Mary Eliza Mahoney Health Center (Newark Dept. of Health)	Newark	(973) 733-7600	www.newarknj.gov/departments/healthcommunitywellness
North Hudson Community Action Center	Englewood, Garfield, Hackensack, Harrison, Jersey City, Passaic, Secaucus, Union City, West New York	(201) 210-0200	www.nhcac.org
Ocean Health Initiatives, Inc.	Brick, Freehold, Lakewood, Little Egg Harbor Twp, Stafford, Toms River	(732) 363-6655	www.ohinj.org
Osborn Family Health Center	Camden	(856) 757-3700	www.osbornfamilyhealthcenter.com
Paterson Community Health Center	Paterson	(973) 790-6594	www.patersonchc.com
Project H.O.P.E.	Camden	(856) 968-2320	www.projecthopecamden.org
Saint James Health, Inc.	Newark	(973) 789-8111	www.saintjameshealth.com
Southern Jersey Family Medical Centers	Atlantic City, Burlington City, Egg Harbor Twp, Hammonton, Pemberton, Pleasantville, Salem	(800) 486-0131	www.sjfmc.org
Star Community Health - Coventry	Phillipsburg	(908) 847-3300	www.slhn.org/locations/star-community-health-coventry
Visiting Nurse Association of Central Jersey Community Health Center	Asbury Park, Freehold, Keyport, Red Bank	(732) 774-6333	www.vnachc.org
Zufall Health Center	Dover, Flemington, Hackettstown, Morristown, Newton, Plainsboro, Somerville, West Orange	(973) 328-3344	www.zufallhealth.org

New Jersey's FQHCs deliver high quality health care to all people regardless of health insurance status or ability to pay. More information about the FQHCs, including facility address and contact information can be found at: www.nj.gov/health/fhs/primarycare/fqhc/.

Last Modified: August 2025

WHO WE ARE

For 40 years, the New Jersey Department of Health Children's Oral Health Program has been delivering age-appropriate oral health education to school-aged children across the state.

We offer a wide range of oral health education programs and resources, including:

- **School-based education activities** conducted by experienced dental professionals.
- **Resources for school nurses**, such as the "Miles of Smiles" newsletter and the "Frannie Flossisaurus" and "Mr. Gross Mouth" loaner teaching kits.
- Oral health education for participants in the Women, Infants, and Children (WIC) Supplemental Food Program.
- Programs adapted **for children with special needs**.
- Oral health education **for public health and social service professionals**.
- Information **for parents and guardians.**
- Fluoride varnish applications.



CONTACT US

Northern Regional Program

(Bergen, Essex, Hudson, Morris, Passaic, Sussex, and Warren counties)
Carlos Rocha, CRCST, RDA, CDA
Coordinator, Regional Oral Health Program,
Zufall Health Center
17 South Warren Street, Dover, NJ 07801
Phone (973) 328-9100 x 1645
crocha@zufallhealth.org

Central Regional Program

(Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, and Union counties)
Yraida Aponte-Lipski, MPH, BS, RDH
Coordinator, Regional Oral Health Program,
Zufall Health Center
71 Fourth Street, Somerville, NJ 08876
Phone (908) 704-2256
ylipski@zufallhealth.org

Southern Regional Program

(Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, and Salem counties)
Falen Hemmings, MAS, RDH
Coordinator, Regional Oral Health Program,
Southern Jersey Family Medical Centers, Inc.
860 S. White Horse Pike (Rt. 30), Hammonton, NJ 08037
Phone (856) 935-6203
falen.hemmings@sjfmc.org

LEARN MORE

NJHealth
New Jersey Department of Health

CHILDREN'S ORAL HEALTH PROGRAM



Bringing Oral Health to Your School

New Jersey Department of Health
Division of Community Health Services

nj.gov/health/fhs/oral



Oral Health Teaching Kits for Children:

We offer teaching kits available for loan to schools, which include:

- Sample curricula
- Teaching puppets
- Books
- Visual aids

These kits are designed for school professionals to enhance oral health education.



All oral health programs are free of charge. To schedule a program, please contact the Regional Oral Health Coordinator (contact information is listed on the back of this brochure).

AGE-APPROPRIATE ORAL HEALTH EDUCATION:

Pre-K to 1st Grade:

- Brushing techniques
- Healthy food choices
- Importance of visiting the dentist

2nd to 3rd Grade:

- Understanding dental plaque
- Flossing techniques
- The role of sealants

4th to 5th Grade:

- Prevention of oral health injuries
- Braces care and maintenance
- Nutrition
- Sports guards

6th to 12th Grade:

- Oral effects of tobacco and vape use
- Oral cancer awareness
- Understanding gum (periodontal) disease

Parenting & Community Education:

- Oral health education & nutritional guidance
- Importance of regular dental visits
- Oral cancer awareness
- Maternal Oral Health
- Understanding gum (periodontal) disease
- Referral resources



The Children's Oral Health Program presentations are available in both in-person and virtual formats.

Programs cover a wide range of topics, including:

- Oral health and hygiene instruction.
- The importance of regular dental check-ups.
- Healthy food choices.
- The oral effects of tobacco and vape use.
- Vaping, smoking, and oral cancer.
- Prevention of oral injuries.
- Oral piercing and the importance of mouthguards.
- Gum (periodontal) disease.
- The systemic connection between oral and general health.



SCAN For the New Jersey Dental Clinic Directory.

PUT YOURSELF FIRST. LET GO



NJHealth
New Jersey Department of Health

HOW DOES SMOKING AFFECT YOUR HEALTH?

Millennials and youth are not exempt from the health effects that are caused from smoking! Smoking causes cancer, heart disease, stroke, lung disease, diabetes, and chronic obstructive pulmonary disease, among so many other health effects.

HOW DOES USING OTHER TOBACCO PRODUCTS, SUCH AS VAPES AND E-CIGARETTES AFFECT YOUR HEALTH?

The epidemic of e-cigarettes and vaping associated lung injury sharply has increased. The Centers for Disease Control and Prevention has found that aerosolized nicotine, flavorants, chemicals, and other harmful particles of e-cigarettes could potentially affect a person's lungs and lead to lung damage.

VAPING MYTHS

MYTH: E-cigarettes are safe.
FACT: E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.

MYTH: Vaping helps people quit smoking
FACT: E-cigarettes are not currently approved by the FDA as a cessation smoking aid. Although, e-cigarettes may help adults who smoke if used as a complete substitute for all cigarettes and other smoked tobacco products. Dual use is not an effective way to reduce adverse health effects.

CHEMICALS FOUND IN E-CIGARETTES

- Nicotine
- Carcinogens
- Benzene
- Propylene glycol
- Volatile Organic Chemicals
- Flavoring such as diacetyl, a chemical linked to serious lung disease
- Heavy metals such as nickel, tin, and lead

HEALTH BENEFITS AFTER QUITTING INCLUDE

- 20 minutes= Your heart rate drops to a normal level.
- 12 to 24 hours=Carbon monoxide level in your blood drops to normal and risk of heart attack is significantly reduced.
- 1 to 9 months= Your coughing and shortness of breath decreases.
- 1 year= Your risk of heart disease is reduced by half of a smoker.
- 10 years=Your risk of dying from lung cancer is reduced by half of that of a smoker.

WHAT CAN YOU DO TO LET GO OF TOBACCO?

Take control of your health and don't let Big Tobacco Companies take control of you.

Cessation Resources:
tobaccofreenj.com/quit-smoking