

Mental Health Resources

988 Suicide & Crisis Lifeline (National Suicide Prevention Lifeline)

Formerly known as the The National Suicide Prevention Lifeline, 988 Suicide & Crisis Lifeline is a United States-based suicide prevention network that provides 24/7 service via a toll-free hotline. It is available to anyone in suicidal crisis or emotional distress.

Call or text 988, or chat on

<https://988lifeline.org>

Crisis Text Line

The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

Text HOME to 741741

<https://www.crisistextline.org/>

2-1-1 New Jersey

A statewide information and referral services for mental health.

<https://www.nj211.org/mental-health-resources>

New Jersey Hopeline

New Jersey's 24/7 Peer Support & Suicide Prevention Hotline

1-855-NJ-Hopeline (654-6735)

<https://njhopeline.com/>

2ND Floor Youth Hotline

2ND Floor confidentially serves youth and young adults (ages 10-24). Youth who call are assisted with their daily life challenges by professional staff and trained volunteers (24 hrs a day - 7 days a week)

1-888-222-2228

<https://www.2ndfloor.org/>

Jefferson Township School District Guidance and Counseling

Visit the Jefferson Township Guidance and Counseling department webpage for a variety of resources available to students regarding mental health. Contact your school counselor for more information.

[PerformCare - Jefferson Township Public School District](#)

National Alliance on Mental Illness - New Jersey (NAMI NJ)

A statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness.

[NAMI New Jersey - Support for Mental Health](#)

Society for the Prevention of Teen Suicide (SPTS)

Enhances public awareness through the development and promotion of educational training programs. On this site, parents can learn about the factors that can put a teen at risk for suicide.

<https://sptsusa.org/>

American Foundation for Suicide Prevention (AFSP)

A collection of resources devoted to mental health.

[Home | AFSP](#)

New Jersey Department of Education

Outlines resources for students, families and school staff, including free suicide prevention education toolkits.

<https://www.nj.gov/education/safety/wellness/loss/>