



COMMUNITY SUPPORT FOR NJ CHILDREN AND FAMILIES (continued)

Parent support	A parent would benefit from talking through a tough situation.	Parents Inc. provides a family helpline for parents, grandparents, teens, professionals, and children to access a safe, non-judgmental place to talk about family issues and information and referrals to community agencies in their area that may help them.	Call/Text 1-800-843-5437 any time, 24/7/365
	A parent/caregiver of a child with special needs could benefit from more support	<p>Mom2Mom provides services and supports to parents of children with special needs including:</p> <ul style="list-style-type: none"> • Peer Support from other parents trained in peer counseling, through telephone or live chat online • Clinical Assessment for anxiety, depression or other issues through the telephone helpline • Support Groups in local communities <p>SPAN supports families of children with disabilities in being active participants in their child's education, and advocating for improvement in programs and practices for students</p>	Call 877-914-6662 or email m2m@ubhc.rutgers.edu to get connected to Mom2Mon.
	A parent of a child with behavioral health needs and/or intellectual or developmental disabilities is seeking peer support	Family Support Organization (FSOs) are non-profit, county-based organizations run by families of youth and young adults with emotional and behavioral needs, substance use needs, and/or intellectual and developmental disabilities. FSO services include advocacy, and youth and caregiver support groups.	Local FSO contact information can be found here on the PerformCare website: https://www.performcarenj.org/families/fsos
Youth suicide attempts or completed suicide	Youth serving system experiencing the loss or near loss of a youth	Traumatic Loss Coalition (TLC) offers onsite support, resource sharing, and training for schools or community-based organizations supporting youth when the organization experiences a traumatic event impacting students.	TLC's main line is (732) 235- 2810 . Coordinators for each county are listed at: https://ubhc.rutgers.edu/education/trauma-loss-coalition/meet-our-team.xml
	Parents have experienced the loss of a child due to suicide	Helping Others Process the Experience of a Suicide Loss-(HOPES) provides support to families bereaved by the suicide loss of a child (21 and under). Responses can take place in the home, or in the community, wherever the family would prefer to meet.	Contact information for the HOPES program is available through the Traumatic Loss Coalition at: https://ubhc.rutgers.edu/education/trauma-loss-coalition/the-hopes-program.xml Note: HOPES does not respond to a family without their knowledge and consent.
	Youth has an emergency room visit for suicide ideation or attempt	The Project Connect Regional Care Coordination Program helps families to connect to the Children's System of Care and other community resources following a young person's discharge from the emergency department for suicide attempt/ideation.	Participating hospitals provide information to families about Project Connect prior to discharge, and, with family consent, will make a referral to Project Connect.