

A SUCCESSFUL TRANSITION: RESILIENCE, SKILLS & SUPPORT

A smooth step after high school—into college, work, or any path—comes from a mix of real-world skills, a steady mindset, and the right support. It's not about finding one perfect option, but about learning to adjust and keep moving. Here are a few things that truly help:

1

Mental and emotional resilience

Being able to handle pressure, stay motivated, and take care of your mental health plays a huge role in moving forward with strength!

2

Basic life skills

Things like budgeting, cooking, doing laundry, and handling appointments matter more than people expect. These reduce stress and help you stay independent.

3

Strong support system

Friends, family, mentors, or advisors can provide guidance, encouragement, and sometimes opportunities. You don't need a huge network—just a few reliable people helps a lot.

SCAN ME



WALL TOWNSHIP PUBLIC SCHOOLS



1620 18th Avenue
Wall Township
NJ 07719

732-556-2000

www.wallpublicschools.org

One Vision · All Students · Wall Together



WTPS TRANSITION RESOURCES

You're not walking into the world alone. Your school and community are already invested in your future, and their support continues long after graduation. From access to records to local programs, these resources help you move forward with clarity and confidence.

MENTAL HEALTH AND WELLNESS RESOURCES

Crisis Emergency Rooms provide 24/7 emergency mental health care.

Behavioral Health Urgent Care offers same-day support for urgent but non-life-threatening concerns.

Behavioral Health Outpatient Services provides ongoing community-based counseling and mental health services.

LOCAL HOSPITALS

Monmouth Medical Center 732-923-6999
Jersey Shore University Medical Center
732-776-4555

JERSEY SHORE UNIVERSITY MEDICAL CENTER -

Behavioral Health Urgent Care
732-455-5800

MONMOUTH MEDICAL CENTER-

Behavioral Health Outpatient
732-222-5200
1-800-300-0628

JERSEY SHORE UNIVERSITY MEDICAL CENTER-

Behavioral Health Outpatient
732-643-4400

MENTAL HEALTH ASSOCIATION-

Behavioral Health Outpatient
732-542-6422 ext. 105

STATE AND COUNTY RESOURCES

State and county resources help connect individuals and families to essential supports, including food, housing, healthcare, and financial assistance.

These programs help provide direct services to meet basic needs and promote overall health and stability.

211 NEW JERSEY

877-652-1148
www.nj211.org

MONMOUTH COUNTY ACTS RESOURCES

732-683-8959
<https://monmouthacts.org/>

FOOD BANKS - FULFILL

732-918-2600
<https://fulfillnj.org/>

HOUSING RESOURCES - MONMOUTH COUNTY

732-431-6000 x4613

MEDICAL CARE

NJ Family Care
800-701-0710
Parker Family Health Center
732-212-0777

HOTLINES

Hotlines can provide free, confidential support for individuals experiencing emotional distress, crisis situations, or needing someone to talk to.

Some resources offer specialized, 24/7 support, safety planning, and advocacy for individuals impacted by domestic or sexual violence.

988 LIFELINE

Call/Text 988
Suicide and Crisis Lifeline 24/7

2ND FLOOR YOUTH HELPLINE

Text/Talk 24/7
Mental Health Support 24/7
888-222-2228

180 TURNING LIVES AROUND

Domestic Violence Resource
888-843-9262
Sexual Violence Resource
888-264-7273

WTPS RESOURCES SCHOOL COUNSELING OFFICE

Transcript Request
732-556-2063

