

Free Mental Health Services

Newark, New Jersey

1. Suicide & Crisis Lifeline

- Contact Information- Call **988**
- 24/7 free mental health support if experiencing:
 - Emotional distress
 - Anxiety
 - Depression
 - Substance Use
 - If feeling overwhelmed
- Completely **confidential**

2. Free Support Groups

- a. There are many free support groups in the Newark Area who are willing to help and support you in any way shape or form
- b. Some of these include:
 - **University Hospital in Newark New Jersey(150 Bergen Street, Newark, NJ 07103)** where they have a Trauma Recovery Center. It is a 16 week program in healing survivors physically, mentally, emotionally, and socially
 - **Strong Futures(Catholic Charities of Newark 44+ programs with majority in Newark)** a housing program for males from the ages of 16-21 who are homeless or for those who are not viable for the child welfare system
 - **Division of Child Protection and Permanency(153 Halsey Street 4th Floor Newark, NJ 07101)** child protection and welfare for investigating child neglect and or abuse. Provides counseling, parenting skills classes, foster care, etc.

3. Helpers in Your Community

- **AA (Alcoholics Anonymous)**
908-687-8566
- **Adult Psychiatric Services (Crisis Intervention)**
908-994-7131
- **Caring Contact**
908-232-2880
988
- **Carrier Clinic (Crisis-Youth Psychiatric Clinic)**
800-933-3579
- **Covenant House (Youth Shelter)**
973-621-8705
- **CP & P Child Protection & Permanency (Child Abuse Hotline)**
877-652-2873
800-422-4453
- **Crisis Text Line (Free 24/7 Support)**
Text Start to 741-741
- **Family Resource Center**
908-276-2244
Emergency: 908-994-7131
- **Imagine, A Center for Coping with Loss**
908-264-3100
- **Law Services of NJ (Legal Assistance)**
888-576-5529
- **NAMI (Mental Health Association)**
856-222-9400
Emergency: 609-835-6180
- **National Domestic Violence Hotline**
800-799-7233

- **NJ AIDS/STD Hotline**
800-624-2377
Emergency: 800-273-8255
- **NJ Parents Caucus, Inc. (Parent Training)**
908-994-7471
- **NJ State Parole Board**
609-292-4257
- **NJ State Police**
609-860-9000
- **Overlook Hospital (Mental Health Crisis)**
908-522-2000
Until 4:30: 908-522-3586
- **Project Protect (Domestic Violence Hotline)**
908-355-HELP
- **Revolution Recovery (Substance Abuse Counseling)**
732-244-3888
- **Survivors of Abuse Rape (Hotline)**
201-487-2227
- **Traumatic Loss Coalition for Youth**
908-994-7223
Emergency: 908-994-7131
- **Trevor Project (LGBTQ Services)**
866-488-7386
- **Trinitas Hospital**
908-994-7131
- **Union County Rape Crisis Center**
908-233-RAPE
- **University Medical Center Clinic**
609-497-4000
Emergency: 609-853-7700
- **Women Aware (Domestic Violence Shelter)**
732-249-4900