

## HOTLINES



### Depression:

- Suicide Hotline: 1-800-SUICIDE (2433) – Can use in US, U.K, Canada and Singapore
- Suicide Crisis Line: 1-800-999-9999
- National Suicide Prevention Helpline: 1-800-273-TALK (8245)
- National Adolescent suicide Helpline: 1-800-621-4000
- Postpartum Depression: 1-800-PPD-MOMS
- NDMDA Depression Hotline – Support Group: 1-800-826-3632
- Veterans: 1-877-VET2VET
- Crisis Help – For Any Kind of Crisis: 1-800-233-4357
- Suicide & Depression Crisis Line – Covenant House: 1-800-999-9999

### Domestic Abuse:

- National Child Abuse Helpline: 1-800-422-4453
- National Domestic Violence Crisis Line: 1-800-799-SAFE (7233)
- National Domestic Violence Hotline (TDD): 1-800-787-3224
- Center for the Prevention of School Violence: 1-800-299-6504
- Child Abuse Helpline: 1-800-548-2722
- Healing Woman Foundation (Abuse): 1-800-477-4111
- Child Abuse Hotline Support & Information: 1-800-792-5200

### Alcohol & Drug Abuse:

- National Association for Children of Alcoholics: 1-888-55-4COAS (1-888-554-2627)
- National Drug Abuse: 1-800-662-HELP (4357)
- Al-Anon/Alateen hope & Help for young people who are the relatives & friends of a problem drinker): 1-800-344-2666
- Alcohol/Drug Abuse Hotline: 1-800-662-HELP (4357)
- Be Sober Hotline: 1-800-BE-SOBER (1-800-237-6237)
- Cocaine Help Line: 1-800-COCAINE (1-800-262-2463)
- 24 Hour Cocaine Support Line: 1-800-992-9239
- Ecstasy Addiction: 1-800-468-6933
- Marijuana Anonymous: 1-800-766-6779

### Youth & Teen Hotlines:

- National Youth Crisis Support: 1-800-448-4663
- Youth America Hotline: 1-877-YOUTHLINE (1-877-968-8454)
- Covenant House Nine-Line (Teens): 1-800-999-9999
- Boys Town National: 1-800-448-3000
- Teen Helpline: 1-800-400-0900
- TeenLine: 1-800-522-8336
- Youth Crisis Support: 1-800-448-4663 or 1-800-422-0009
- Runaway Support (All Calls are Confidential): 1-800-786-2929
- National Runaway Hotline: (US only) 1-800-231-6946
- National Youth Crisis Hotline: (US only) 1-800-442-4673



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### Pregnancy Hotline:

- Pregnancy Support: 1-800-4-OPTIONS (1-800-467-8466)
- Pregnancy National Helpline: 1-800-356-5761
- Young Pregnant Support: 1-800-550-4900

### Gay and Lesbian Hotlines:

- The Trevor Helpline (for homosexuality questions or problems): 1-800-850-8078
- Gay & Lesbian National Support: 1-88-THE-GLNH (1-888-4564)
- Gay, Lesbian, Bisexual, and Transgender (GLBT) Youth Support Line: 1-800-850-8078

### Other Hotlines:

- Self-injury Support: 1-800-DON'T CUT (1-800-366-8288) ([www.selfinjury.com](http://www.selfinjury.com))
- Eating Disorders Awareness and Prevention: 1-800-931-2237 (Hours: 8am-noon daily, PST)
- Eating Disorders Center: 1-888-236-1188
- Help Finding a Therapist: 1-800-THERAPIST (1-800-843-7274)
- Panic Disorder Information and Support: 1-800-64-PANIC (1-800-647-2642)
- Talk Zone (Peer Counselor): 1-800-475-TALK (1-800-475-2855)
- Parental Stress Hotline: 1-800-632-8188

TransLifeline provides toll-free help for transgender and non-binary gendered people at: 877-565-8860

Sex abuse and assault survivor can connect to the Rape and Incest survivors' National Network (RAINN) at 800-656-HOPE or at [Rainn.org](http://Rainn.org).

People who have anxiety or struggle with talking on the phone can use a text-based app called [ImAlive.org](http://ImAlive.org) to check in with mental health experts and receive help via text message.

If you are in a hostile work environment, you can contact the Equal Employment Opportunity Commission (EEOC) at 1-800-669-4000 or visit their web page.

[PsychologyToday.com](http://PsychologyToday.com) has a portal where web users can enter their zip code or city name and get connected to counselors and therapists in the area.



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### NEW JERSEY RESOURCES

Catholic Charities, Diocese of Metuchen: concrete needs and other programs for Middlesex, Somerset, Hunterdon and Warren Counties.

319 Maple Street  
Middlesex  
Perth Amboy, NJ 08861

732-324-8200

Devereux Foundation: Provides services in a caring and humane way to foster potential and to contribute to each individual's overall health as well as social, psychological, and educational well-being.

901 Mantua Pike  
Gloucester  
Woodbury, NJ 08096

856-384-9680

Easter Seals New Jersey: Provides behavioral health services, employment services, community support services, fiscal intermediary, services for women and their children who are homeless, information and referrals, parent support services, and personal assistance services.

1 Kimberly Road  
Middlesex  
East Brunswick, NJ 08816

732-257-6662

NAMI NEW JERSEY - CAMHOP-NJ (Chinese American Mental Health Outreach Program in New Jersey)  
NAMI NEW JERSEY - SAMHAJ (South Asian Mental Health Awareness in Jersey)  
NAMI NEW JERSEY En Espanol

Self-help group (in Edison); Educational workshops for the community; Referral service for Chinese families and individuals to Chinese speaking mental health professionals; Chinese Mental Health Mailbox; Cultural competence training for professionals.

1562 US Highway 130  
Middlesex  
North Brunswick, NJ 08902

732-940-0991

New Jersey Mental Health Institute, Inc.

The NJMHI provides an array of services aimed at improving mental health service delivery



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to racial and ethnic minorities in New Jersey and across the nation. The NJMHI also has a Cultural Diversity Speakers Bureau which consists of experts in the field on mental health.

3575 Quakerbridge Road, Suite 102  
Mercer  
Mercerville, NJ 08619

609-838-5488-205

New Jersey Outreach Group, LLC

Cross-cultural awareness, diversity training, Interfaith dialogues, community outreach to Arab and Muslim communities, conflict resolution, cultural events management and planning, program development, and translation services ( Arabic, Urdu, Turkish)

584 Central Ave  
Bergen  
Carlstadt, NJ 07072

(201) 372-0767

HMI: New Jersey

Newark is based on the services for LGBTQ youth operated for over 30 years by the Hetrick-Martin Institute in New York City. Offering counseling and crisis management, health and wellness programming, academic enrichment, job readiness and arts and cultural programming, HMI has implemented its first out-of-state direct service program.

550 Broad St. Suite 610  
Newark, NJ 07102

973-722-5488

The Pride Center of New Jersey

Offers numerous social, supportive, educational, entertaining, and fun events and groups for the LGBTQI community every month

85 Raritan Avenue Suite 100  
Highland Park NJ 08904

732-846-2232

NJ Gay Life

Gives a listing of local events happening throughout New Jersey to connect the LGBTQ community members. Also this website provides an online directory of New Jersey businesses as well as a support group calendar that is organized by issues and geographic locations.

P.O Box 224  
Metuchen NJ 08840

732-549-9054



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Addictions Hotline of NJ

1-800-238-2333

Disaster Mental Health

1-877-294-HELP

(1-877-294-4357)

1-877-294-4356 TTY

Division of Addiction Services

1-609-292-5760

1-609-292-6735 TTY

Domestic Violence

1-800-572-7233

Gay & Lesbian National Hotline

1-888-843-4564

NJ Lesbian and Gay Coalition

732-828-6772

RAINN

1-800-656-HOPE

1-800-656-4673

Safe Horizon Domestic Violence Hotline

1-800-621-4673

Safe Horizon Street work Project (teen and youth homelessness)

1-800-708-6600

Samaritans Suicide Hotline (call or text)

1-800-870-4673

Trevor Project (24 hours, youth-only)

1-866-488-7386

Crisis Text Line Text "START" 741-741



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