



Mental Health & Crisis Support Resource Guide

Immediate Mental Health Support Lines

988 Suicide & Crisis Lifeline — Call or text **988** for free, confidential support 24/7 for anyone in emotional distress, experiencing suicidal thoughts, or a mental health crisis. 988lifeline.org

The Trevor Project — Call **1■866■488■7386** or text **START to 678■678**. 24/7 support for LGBTQ+ youth in crisis, offering immediate, confidential help. thetrevorproject.org

Veterans Crisis Line — Call **988, then press 1** or text **838255**. Free and confidential support for veterans, service members, and their families. veteranscrisisline.net

Crisis Text Line — Text **HOME to 741741** to connect with a trained counselor anytime, anywhere. crisistextline.org

SAMHSA Disaster Distress Helpline — Call or text **1■800■985■5990** for 24/7 multilingual support related to disasters, trauma, or major stress events. samhsa.gov

Trans Lifeline — Call **1■877■565■8860** (U.S.) for peer-run emotional support by and for transgender people. translifeline.org

New Jersey Mental Health Hotlines & Resources

Mental Health Association in New Jersey — Call **(866) 202■HELP (4357)** (Mon–Fri, 8 a.m.–8 p.m.) for free, confidential emotional support and referrals. mhanj.org

NAMI New Jersey HelpLine — Call **(866) 626■4664** (Mon–Fri, 9 a.m.–4 p.m.) for peer support and resources for individuals, families, and caregivers. naminj.org

Caring Contact — Call **(908) 232■2880** or text **HEART to 741741** for free listening and support 24/7. mhainspire.org

Atlantic Behavioral Health Crisis Intervention — Call **1■888■247■1400** for 24-hour crisis support in multiple NJ locations. atlanticealth.org

Bergen County Department of Human Services — Call **(201) 262■HELP (4357)** for 24/7 counseling and guidance. co.bergen.nj.us

New Jersey 988 Lifeline — Call or text **988** for 24/7 statewide suicide prevention and mental health crisis support. nj.gov

Kimberly Anne Wilson Foundation

| www.kawfoundation.org | Supporting Mental Wellness in Our Schools & Communities