

COVID-19 CRISIS NJ CRISIS RESOURCES



CRISIS TEXT LINE

TEXT NJ TO 741741

24 HOURS A DAY - 7 DAYS A WEEK

Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or crisis.



FAMILY HELPLINE

1-800-THE-KIDS (843-5437)

If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.



2ND FLOOR YOUTH HELPLINE

1-888-222-2228

A youth helpline serving all youth and young adults in NJ. Youth who call are assisted in their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.



MOM2MOM

1-877-914-MOM2 (914-6662)

24 HOURS A DAY - 7 DAYS A WEEK

The Mom2Mom helpline offers 24/7 peer support to mothers of children with special needs.