



Danisha Reed, LPC, ACS

Serving Atlantic County

609-447-2419

info@sugarcounseling.com

New Jersey Regional Crisis Hotlines

2nd Floor Helpline: 1-(888) 222-2228 Geared for children and young adults ages 10-24 years of age. Free and confidential helpline for youth ages 10-24 to call 24/7. www.2ndfloor.org

Contact We Care: 24/7 Helpline 908-232-2880 Information and referrals, crisis suicidal helpline and listening service. Covers Bergen, Essex, Middlesex, Morris, Passaic, Somerset and Union Counties.

First Call for Help: Dial 211 or 1-800-435-7555

2-1-1 Connects

People-in-Need with the Programs and Services in their Community that Can Help If you need help finding health and human service resources in New Jersey dial 2-1-1 or 877-652-1148. NJ 2-1-1 is a statewide information and referral service that is staffed 24 hours a day, seven days a week. This easy-to-remember number saves time and frustration by eliminating the need for callers to navigate a maze of agencies and help-lines. When a person calls 2-1-1, specially trained staff analyze what services are needed, access a robust database of community non-profit and government agencies, programs, and services, and provide the appropriate referral. Go to www.nj211.org to search their resource database on your own and read informative pages about addressing basic living needs; preparing for emergencies and responding to life's challenges. The site has instant messaging capabilities as well. Provides information and referrals to local services and agencies. Web site: <http://www.nj211.org> email: info@nj211.org

- Family Crisis Intervention (Adolescent): 24 hour: 1-908-298-7800
- Addictions Hotline of NJ: 24 hr: 1-800-238-2333
- Gambling: 1-800-GAMBLER
- Parents Anonymous Helpline-Referral: 1-800-THE-KIDS
- National Child Abuse Hotline: 1-800-422-4453
- National Suicide Prevention Lifeline: 1-800-273-TALK
- NJ Mental Health Cares: 1-866-202-HELP

- National Runaway Switchboard: 1-800-RUNAWAY

- NJ AIDS/STD Hotline: 24hr: 1-800-624-2377

WHAT HAPPENS AT PSYCHIATRIC EMERGENCY SERVICES: The Psychiatric Screening Center of Capital Health System 750 Brunswick Avenue Phone: (609) 396-4357, (609) 396-6722 Trenton, NJ 08638. A child under the age of 18 may be brought to the screening center by family, police or ambulance for a psychiatric evaluation and emergency treatment. As with adults, if a child or adolescent is in immediate danger, call the police immediately at 911. In any other kind of crisis, call the Child Behavioral Health Services of Value Options at (877) 652-7624. You will be connected to a licensed clinician who will help you decide what to do. If there is an emergency, you will be

connected to Mobile Response and Stabilization Services (MRSS), which is available 24 hours a day/ 7 days a week. MRSS is a program for children and adolescents who have escalating emotional or behavioral problems. A staff member will come to the child's location within one hour and attempt to stabilize the immediate situation. To prevent further crises and help resolve problems, MRSS remains available for up to eight weeks to support connections to continuing services.

If your child or adolescent is talking about suicide or threatening to harm others, call the Psychiatric Screening Center of Capital Health System, Fuld Campus, (609) 396-6722 or (609) 394-6086. Staff members can offer advice on how to bring a child to the hospital for an evaluation. Help is available 24 hours a day/ 7 days a week. Don't wait to call. If a family waits until a child or teen becomes aggressive, the chances increase that the police may need to be involved.

To report suspected child abuse, call (877) NJ ABUSE, 24 hours a day/ 7 days a week, toll-free. If a child is in immediate danger, call the police at 911.

griefspeaks.com (973) 912-0177