



If you are currently in crisis (danger of harming yourself or others) please call 911. There is hope. Things CAN get better. Just because you feel this way now, does not mean you will always feel this way. Many people care and want to help.

<https://www.naminj.org/where-to-get-help/hotlines/>

If you are in crisis and need immediate help, please call the New Jersey Suicide Prevention Hopeline at 1-855-654-6735

www.njhopeline.com.

<https://www.2ndfloor.org/>

If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing call 888-222-2228 anytime or [text us at 888-222-2228](https://www.2ndfloor.org/).

<http://www.griefspeaks.com/id83.html>

Family Crisis Intervention (Adolescent): 24 hour: 1-908-298-7800

<https://www.naminj.org/where-to-get-help/hotlines/>

CRISIS TEXT LINE

Text HOME to 741741

www.crisistextline.org

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

1-800-273-TALK (8255)

www.dballiance.org