

MENTAL HEALTH CRISIS

Psychological Emergency
Screen Services (PESS)

732-923-6999

Early Intervention Support
Services (EISS)

732-922-1042

SUICIDE PREVENTION

NJ Hope Line

njhopeline.com

855-654-6735

2nd Floor Youth Helpline

2ndfloor.org

888-222-2228

LGBTQ Youth

thetrevorproject.org

866-488-7386

YOUTH AND FAMILIES

NJ Children's System
of Care (Mobile
Response)

performcarenj.org

877-652-7624

FCIU - Family Crisis

Intervention Service

732-542-2444

ADDICTION HOTLINES

New Jersey Addiction
Services Hotline

844-276-2777

NJ Connect for Recovery

njconnectforrecovery.org

855-652-3737

Gamblers Problem Hotline

800gambler.org

800GAMBLER

800-426-2537

SELF HELP

Alcoholics Anonymous

njjaa.org

800-245-1377

908-687-8566

Narcotics Anonymous

nanj.org

800-992-0401

Nar-Anon

naranonofnj.org

800-424-4491

Al-Anon (English)

973-744-8686

nj-al-anon.org (Spanish)

973-483-8115

NARCAN TRAINING

JSAS HealthCare, Inc.

732-988-8877

TOBACCO/NICOTINE

New Jersey Quitline

njquitline.org

866-657-8677

VETERANS' SERVICES

Monmouth County

732-683-8675

Ocean County

732-929-2096

DOMESTIC VIOLENCE

180 Turning Lives Around

180nj.org

888-843-9262

CHILD ABUSE & NEGLECT

NJ Department of
Children and Families

877-652-2873



The Strength Wheel

8 protective factors that are linked to overall psychological wellness, and reduced suicide risk and other risk-taking behaviors:

- Family Support
- Positive Friends
- Mentors
- Healthy Activities
- Generosity (and Gratitude)
- Spirituality
- Access to Medical Services
- Access to Mental Health Services

**Mental Health Association
of Monmouth County**

An Affiliate of

MHA
MENTAL HEALTH AMERICASM

mentalhealthmonmouth.org

(outpatient counseling services available)

119 Avenue at the Commons

Shrewsbury, NJ 07702

732.542.6422

areyouok?

ask the question • make a difference

For Information and Referral contact:

**Monmouth
ResourceNet**

Resources for Monmouth County families and children

(732) 222-8008