

## Mental Health Supports and Networks

<b><u>Crisis Management</u></b>	
<b>Emergency Response/Police Assistance</b>	<p>For immediate assistance please call 9-1-1</p> <p>For local police departments non-emergency phone number: Scotch Plains 908-322-7100 and Fanwood 908-322-5000</p>
<b>Performcare-Mobile Response Services</b>	<p>Call 1-877-652-7624-Available 24 hours a day, 7 days a week to help children and youth who are experiencing an emotional or behavioral crisis. The services are designed to defuse an immediate crisis, and keep children and their families safe.</p> <p>Performcare is operating as usual for new referrals. There is no charge to the services they provide. English and Spanish speaking counselors are available.</p>
<b>Union County Emergency Psychiatric Services</b>	<p>Primary Screening Center for Union-Trinitas Regional Medical Center Hotline: (908) 994-7131</p> <p>Emergency Services-Affiliated w/Screening Center-Overlook Hospital Hotline: (201) 841-8078</p>
<p><b>211 Impact – First Call for Help or Text your zip code to 898-211</b></p> <p><b>Alternative Number: (973) 887-2772 or Toll-Free (877) 652-1148</b></p>	<p>Call 211: 24-hour mental health crisis intervention, information, referral and listening support. English and Spanish speaking counselors available. Call, text, chat with your local 211 to speak with a community resource specialist in your area who will help you find services and resources that are available to you including:</p> <p>Supplemental food and nutrition programs, shelter/housing options, utilities assistance, emergency information, disaster relief, employment and education resources, health care, vaccination, and health epidemic information, addiction prevention and rehabilitation programs, mental health or special needs support groups, domestic abuse victim assistance</p>

<b>Crisis Text Line</b>	<p>Text HOME to 741741 from anywhere in the United States, anytime, about any type of crisis.</p> <p>Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained volunteer to support people in crisis and bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.</p> <p>Text from anywhere in the USA to text with a trained Crisis Counselor.</p>
<b>SAMHSA Disaster Distress Helpline</b>	<p>Call 1-800-985-5990</p> <p>Text "talkwithus" to 66746</p> <p>The Disaster Distress Helpline is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text to connect with a trained crisis counselor.</p>
<b><u>Suicide Prevention</u></b>	
<b>Caring Contact</b>	<p>Call 908-232-2880/1-800-273-TALK (8255)</p> <p>Listeners are available 7 days a week from 7 A.M. to 11 P.M., based on volunteer availability.</p> <p>Text "heart" to 741-741. Texters are available 24/7</p> <p>Caring Contact provides a crisis hotline to provide active listening support as a resource for people going through difficult times and looking for someone to care.</p>
<b>988 Suicide and Crisis Lifeline</b>	<p>988 or chat online: <a href="https://988lifeline.org">https://988lifeline.org</a></p> <p>The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.</p>

<b>The Trevor Lifeline</b>	<p>The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text.</p> <p><b><u>Trevor Lifeline</u></b> 1-866-488-7386. The only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people under 25</p> <p><b><u>Trevor chat</u></b> A free, confidential, secure instant messaging service for LGBTQ youth that provides live help from trained volunteer counselors, open daily.</p> <p><b><u>Trevor Text</u></b> text START to 678678. A free, confidential, secure service in which LGBTQ young people can text a trained Trevor counselor for support and crisis intervention.</p>
<b><u>Concerns of Abuse</u></b>	
<b>Department of Children and Families</b>	<p>Call 1-877-NJ ABUSE (1-877-652-2873) if any person is having reasonable cause to believe that a child has been subjected to abuse or acts of abuse should immediately report this information. If the child is in immediate danger, call 9-1-1.</p>
<b>National Domestic Violence Hotline</b>	<p>Call (800) 799-SAFE (7233) <i>If you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522. <a href="http://Thehotline.org">Thehotline.org</a></i></p> <p>Provides life saving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information, educational services and referral services. Visitors to this site can find information about domestic violence, online instructional materials, safety planning, and local resources 24/7.</p>
<b>Union County Rape Crisis Center</b>	<p>Call (908) 233- RAPE (7273) 24 hour hotline</p> <p>Under the auspices of the Union County Department of Human Services, Division of Planning, the Union County Rape Crisis Center (UCRCC) offers a network of services to Survivors of sexual assault.</p> <p>The center is still responding via the hotline</p>

<b>The National Human Trafficking Hotline</b>	<p>Call 1-888-373-7888 ( TTY: 711) Text 233733 Live Chat(please call if CHAT is unavailable): <a href="https://humantraffickinghotline.org/chat">https://humantraffickinghotline.org/chat</a></p> <p>The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The National Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases.</p>
<b><u>Youth Resources</u></b>	
<b>2nd Floor</b>	<p>Call or text (888) 222-2228 <a href="https://2ndfloor.org">2ndfloor.org</a></p> <p>Confidential and anonymous helpline for New Jersey’s youth between the ages of 10-24 to help find solutions to the problems that they face at home, at school or at play.</p>
<b>YouthLine</b>	<p>Call (877) 968-8491 Text TEEN2TEEN to 839863</p> <p>YouthLine is a 24/7, free, confidential teen crisis helpline.</p>
<b>National Runaway Safeline</b>	<p>1- 800-RUNAWAY (786-2929)</p> <p>NRS is available to listen, support and connect youth and families to resources</p>
<b>Additional Parent Resources</b>	
<b>Union County Youth Services Bureau</b>	<p>Call (908) 558-2540 Families-in-crisis can benefit from professional guidance and support to prevent or better manage their child or teen’s behaviors that may place their safety at risk.</p> <p>After 5PM weekdays and during weekends and holidays, they operate a 24/7 family crisis intervention service.</p> <p>Contact your local police department and request Family Crisis Intervention Unit assistance.</p>

<b>Family Helpline</b>	<p>Call 1-800-THE-KIDS (843-5437) 24 hours a day - 7 days a week</p> <p>If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you to resources in your community.</p>
<b>American Association of Poison Control Centers</b>	<p>Call (800) 222-1222</p> <p>Poison control centers offer free, confidential, expert medical advice 24/7</p>
<b>National Eating Disorders Center Helpline</b>	<p>Call (800) 931-2237 9:00 AM - 9:00 PM Mon-Thurs; and 9:00 AM to 5:00 PM Fri</p> <p>For 24/7 crisis support, text 'NEDA' to 741741</p> <p><a href="https://chatserver.comm100.com/ChatWindow.aspx?siteId=144464&amp;planId=467">https://chatserver.comm100.com/ChatWindow.aspx?siteId=144464&amp;planId=467</a></p> <p>Support, resources and treatment options for yourself or a loved one.</p>
<b><u>Grief Support</u></b>	
<b>Imagine</b>	<p>Call (908) 264-3100 <a href="http://www.imaginenj.org">www.imaginenj.org</a></p> <p>Provides grief support for children, teens and families as well as support for those living with a family member with a life-altering illness.</p>
<b><u>Counseling Services</u></b>	
<b>Resolve</b>	<p>Call ( 908-322-9180) or email at <a href="mailto:ResolveCCC@aol.com">ResolveCCC@aol.com</a>.</p> <p>The community agency located in Scotch Plains provides counseling services. They are able to provide substance abuse evaluations and early intervention treatment.</p> <p>They accept medicare, medicaid and private insurance.</p>

<b>Local Group Private Practices</b>	Peace of Mind, Berkeley Heights Calm and Sense, Scotch Plains Insight Psych Group, Westfield BraveMind Psychological Services, Scotch Plains Cooperative Counseling Services, Mountainside
<b>Outpatient Services</b>	Summit Health Behavioral Health Atlantic Health Behavioral Health Watchung Pediatrics, Licensed Social Worker
<b>Other Mental Health Providers</b>	There are many licensed mental health providers in our area. You can contact your insurance carrier for a listing and/or contact your Primary Care Physician for recommendations.
<b>Directory that lists Mental Health Professionals</b>	<a href="https://www.psychologytoday.com/us">https://www.psychologytoday.com/us</a> <a href="https://www.njmentalhealthcares.org/">https://www.njmentalhealthcares.org/</a>