

# CONVENIENT, STATEWIDE MENTAL HEALTH EMOTIONAL WELLNESS SERVICES FOR YOUR CHILD



## NJ4S

NJ4S partners with schools to bring mental wellness programming to students, their caregivers, and educators! All K-12 students across the state and their families are eligible to attend NJ4S community programs, covering topics such as bullying and peer pressure, family yoga classes, and tutoring.

You can see a list of the programs that are offered online and near you at [NJ4S.nj.gov](https://nj4s.nj.gov). Your NJ4S hub can also share a directory of local and county-level resources and professionals suited to your family's specific needs.

Additionally, NJ4S hubs lead prevention programs (substance use prevention, bullying prevention, etc.), at the request of eligible middle and high schools. Schools can also request one-on-one or small-group support from a licensed social worker or counselor.



## 2NDFLOOR

New Jersey youth ages 10 to 24 can call or text 2NDFLOOR anytime at 888-222-2228 to talk to a professional about any issue they may be facing. 2NDFLOOR also offers a mobile app in the Apple App Store and through Google Play that can connect youth with 1:1 confidential chat support, allow them to communicate directly with their peers on message boards, or find daily inspiration. Visit [2ndfloor.org](https://2ndfloor.org).

## EMOTIONAL AND BEHAVIORAL CONCERNS



## CSOC

The Children's System of Care is New Jersey's public behavioral health system serving youth under age 21 with emotional and mental health care needs, substance use challenges, and/or children and youth with intellectual or developmental disabilities. CSOC also provides Mobile Response and Stabilization Services, which can be called to the home or any other location within the community when a child is experiencing a mental health crisis.

CSOC provides community-based, culturally competent services and supports based on the needs of the youth and their family. Call 1-877-652-7624, or visit: [performcarenj.org](https://performcarenj.org).

## SUICIDE PREVENTION



## 988 SUICIDE AND CRISIS LIFELINE

Call or text 988 or visit [988lifeline.org](https://988lifeline.org) if you or a loved one are in distress for free, confidential, 24/7 support and for suicide prevention and crisis resources.



**Prevent Suicide**  
New Jersey

## PREVENT SUICIDE NJ

Prevent Suicide NJ offers a comprehensive website, full of prevention resources, training materials and a directory of nonprofits and other services that can help you and your community. Visit [preventsuicidenj.org/resources-for-caregivers/](https://preventsuicidenj.org/resources-for-caregivers/).