



State of New Jersey

New Jersey Youth Suicide Prevention Advisory Council

Wendy Sefcik
Chair

Maureen Brogan
Vice-Chair

Dear Superintendents,

The New Jersey Youth Suicide Prevention Advisory Council was established by law in 2004 to make recommendations to the Department of Children and Families (DCF) regarding service needs and service gaps related to youth suicide reporting, prevention, and intervention. Further, the council raises awareness about available resources for New Jersey families, in partnership with the state's public school system, to reduce incidences of suicide throughout the state.

The Council strongly encourages all New Jersey school districts to post information about the Department of Children and Families' Children's System of Care (CSOC) programs and services on the home page of their school's website and portal as the primary resource for parents. CSOC is the public system for children and youth with behavioral health needs and/or with intellectual and developmental disabilities, and their families and offers a single point of access to a wide range of supports. At a time when so many children and youth are experiencing emotional and mental health crises, it is imperative that New Jersey families have awareness of timely services and supports the CSOC can offer.

PerformCare Tel: **877-652-7624**

PerformCare Web: [PerformCare New Jersey Children's System of Care](#)

CSOC Web: [Division of Children's System of Care](#)

On YouTube: [DCF Children's System of Care Public Service Announcement -- 30 Seconds, English](#)

In addition, the following resources should be widely shared with your school community:

- **[988](#) is the 24/7 Suicide & Crisis hotline available via call, text or chat.**
- **[Prevent Suicide NJ](#), for educators, families, youth, and community partners to access resources and training.**
- **[2NDFLOOR: Youth Helpline of New Jersey](#), offers call, message board and text options for youth to connect to live, emotional support counselors. Encourage students to download the 2nd Floor app on their phones so they have resources 24/7 at their fingertips.**
- **[Society for the Prevention of Teen Suicide Parent & Caregiver Toolkit](#)**
- **[The NJ Statewide Student Support System](#) (NJ4S), which allows registered middle-and high-schools to request tiered wellness supports for students.**
- **[Traumatic Loss Coalition](#) (TLC) offers support to communities affected by traumatic events such as suicides, violence and tragedy.**

Mental health needs and suicide risk for children and youth has reached an urgency we have not seen this generation. September is Suicide Prevention Month, but these resources need to be shared throughout the year. We are asking you to share this information with educators, families, the Board of Education, community partners, elected officials, and anyone else who can benefit from this important information.

Sincerely,
The New Jersey Youth Suicide Prevention Advisory Council