



Toll Free Hotlines/ Helplines

 988 SUICIDE & CRISIS LIFELINE 24/7 - 988 Suicide and Crisis Hotline. Call, text, or chat 988lifeline.org . The 988 Lifeline is free and your conversation is confidential. The Lifeline provides judgment-free care for yourself or if you are worried about a loved one who may need crisis support. This hotline offers access to trained crisis counselors who can help people experiencing mental health-related distress.	 1-844-REACHNJ  reachnj.gov (1-844-732-2465) 24/7 ReachNJ is a central call-in line for New Jersey residents looking for help with a substance use disorder. Each call is answered by a live person in the first 30 seconds. Trained staff will screen callers to identify their exact needs, are able to provide referrals to supportive services and a seamless connection to a local treatment provider. ReachNJ serves New Jersey residents of all ages regardless of insurance status or ability to pay.
 2.1.1 New Jersey Need Help? Start Here New Jersey's comprehensive information and referral source for health and human services – connects callers to resources for housing, food, transportation and other types of social services.	 800-GAMBLER 24/7 This helpline in New Jersey is free and confidential. If you or anyone you know is struggling with a gambling problem, please give them a call as they will provide support, treatment and hope for gamblers; family and friends.
 New Jersey MentalHealthCares 8am – 8pm Weekdays 866-202-HELP (4357) NJ Mental Health Cares trained staff offers callers free, confidential emotional support, information and referral and connect people to the behavioral health and other services they need, such as legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more. Specialists also provide supportive counseling, psycho-education and advocacy and telephone case management.	 nami National Alliance on Mental Illness 9am - 4pm Weekdays 866-626-4664 helpline@naminj.org The National Alliance for the Mentally Ill (NAMI-NJ) Helpline is a free, statewide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.
 The Peer Recovery WarmLine MENTAL HEALTH ASSOCIATION IN NEW JERSEY For People in Recovery Weekdays: 8am – 10pm Weekends: 5pm – 10pm Holidays: 3pm – 10pm Call: 877-292-5588 The Mental Health Association in NJ Peer Recovery Warmline is a peer-run service providing ongoing telephone support to mental health consumers as they work towards recovery. Calls are answered by caring, trained, supportive people with lived experience with a mental health disorder.	 NJ CONNECT for recovery 855-652-3737 a helpline for family and friends For Family Members and Friends of Individuals Living with Substance Use Disorder – 855-652-3737 8am – 8pm – Weekdays 10am – 4pm on Weekends NJ Connect for Recovery Call line focuses on helping individuals who are experiencing distress related to the substance use disorder of a family member or friend. This service is safe, confidential, nonjudgmental forum that New Jerseyans may call for emotional support, information and referral regarding their loved one's substance use.
 NJ VET2VET 24/7 – 866-838-7654 No matter what you are experiencing or what questions you may have, Vet2Vet is there to provide confidential support to help you find answers, feel connected, and get back on track. Call, Chat, Text or Email	 COP2COP CELEBRATING 25 YEARS 2000-2025 24/7 - 866-267-2267 Confidential peer support for New Jersey Law Enforcement officers and their families. Cop2Cop peer counselors are retired officers and licensed clinicians. Cop2Cop is there to listen and help. Call, Email, Chat, Webinars
 NJ Disaster Mental Health NJ Disaster Mental Health Helpline Call: 877-294-HELP (4357) for assistance Activated During Disasters NJ Disaster Mental Health Helpline provides public access to targeted mental health services in case of a natural or artificial disaster or terrorist attack. The helpline is equipped to quickly develop resources to better assist New Jersey's affected populations.	 New Jersey Self-Help Group Clearinghouse 800-367-6274 The New Jersey Self-Help Clearinghouse help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone.
 PerformCARE 24/7 - 877-652-7624 - Children's System of Care statewide hotline. Through a single point of entry, NJ's eligible youth and families can obtain behavioral health, substance use treatment, and developmental disability services.	 2ND FLOOR 888-222-2228 YOUTH HELPLINE 24/7 - 1-888-222-2228 This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations