

Free, Confidential Mental Health  
Information & Referral

Call **1-866-202-HELP** (4357)

or visit

**[njmentalhealthcares.org](http://njmentalhealthcares.org)**



- Help when you need it, 24 hours a day, 7 days a week
- TTY and multiple language capability

New  Jersey

**MentalHealthCares**

A service of the Mental Health Association in New Jersey funded by  
the NJ Division of Mental Health Services

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Information & Referral

Call **1-866-202-HELP** (4357)

or visit: **[njmentalhealthcares.org](http://njmentalhealthcares.org)**

or e-mail: **[njmentalhealthcares@mhanj.org](mailto:njmentalhealthcares@mhanj.org)**

**NJ MentalHealthCares** is NJ's mental health information and referral service.

**NJ MentalHealthCares** can help you learn about and find mental health services including: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more.

**NJ MentalHealthCares** does not provide crisis intervention. If your situation is an emergency, call 911 immediately!

**At NJ MentalHealthCares:**

- *Your call is answered by a knowledgeable mental health professional.*
- *Your call is answered live from 8 am to 8 pm; at other times we'll call you back.*
- *We'll speak in the language you prefer or by TTY.*
- *We have the most up-to-date listing of NJ's public mental health services.*
- *You can ask for help by telephone or e-mail.*
- *You can search our online database.*
- *We will follow up to make sure you are satisfied with the referral.*
- *We can transfer your call directly to the service and remain on the line with you until you are comfortable.*

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