

SUICIDE IS *Preventable*



There is Hope.
There is Help.

Learn about getting help if you
are depressed or thinking about
suicide.

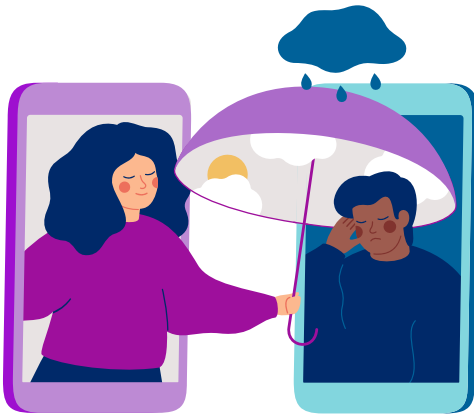


NEW JERSEY HUMAN SERVICES

DMHAS

Division of Mental Health
and Addiction Services

New Jersey Department of Human Services
Division of Mental Health and Addiction Services



You are not alone. If you feel like life is not worth living, reach out for help.

If you are having thoughts of suicide or need support now



Call or Text 988

to connect with a skilled, caring crisis counselor for 24/7 free and confidential support.

In a life-threatening emergency, call 911.

Do You Need Help?

What you might be thinking or feeling

- The pain seems overwhelming and unbearable.
- You feel hopeless, like there is no point in living.
- You are consumed by negative and disturbing thoughts.
- You cannot imagine any solution to your problems other than suicide.
- You imagine death as a relief.
- You think everyone would be better off without you.
- You feel worthless.
- You feel lonely.

Get Help Right Away

- Call a behavioral health specialist.
- Contact the **988 Suicide & Crisis Lifeline**, available 24 hours a day, every day via call, text and chat.
- Call 911 or your local emergency number if in a life-threatening emergency.
- Seek help from your doctor or another healthcare professional.
- Reach out to a close friend or loved one. Contact a minister, spiritual leader or someone else in your faith community.
- Create a safety plan.



To create a safety plan, scan the QR code or visit mysafetyplan.org

What to Expect

When you Call 988



You will hear an automated message while your call is being routed to your local 988 Lifeline center.



We will play you a little music while you are connected. A trained crisis counselor will answer the phone.



The counselor will listen to you provide support and help connect you to local resources.

When you Text 988



You will receive a welcome message. You can stop the interaction at any time by texting "STOP."



You will be asked a set of questions to assist the counselor including: Do you have thoughts of suicide? On a scale of 1-5, how upset are you?



A live counselor will be with you shortly. They will understand how your problem is affecting you, provide support, and help connect you to local resources.

When you Chat 988

chat.988lifeline.org



You will be asked a set of questions including: Do you have thoughts of suicide? On a scale of 1-5, how upset are you?



You will be notified that you have entered the chat queue.



A live counselor will enter the chat. They will understand how your problem is affecting you, provide support, and connect you to local resources.

Resources

988 Suicide & Crisis Lifeline

24/7 free and confidential one-on-one support for mental health, suicide and substance use-related problems for anyone

Call or Text 988

Chat at chat.988lifeline.org

2NDFLOOR Youth Helpline

24/7 free and confidential helpline for New Jersey's youth and young adults

Call or Text 1-888-222-2228

The Trevor Project

24/7 free and confidential counseling support for LGBTQ+ youth and young adults

Call 1-866-488-7386

Text "START" to 678-678

Chat at chat.trvr.org

NJ MentalHealthCares

Behavioral health information and referral service

Monday - Friday, 8AM to 8PM

1-866-202-HELP (4357)

NJ 2-1-1

24/7 Information and referral for health and human service programs

Call 2-1-1 or 1-877-652-1148

Text your zip code to 898-211

The Peer Recovery Warmline

Peer-run support for mental health consumers working towards recovery

Monday - Friday, 8AM to 10PM

Saturday - Sunday 5PM to 10PM

Call 1-877-292-5588

ReachNJ

24/7 referral service for substance use treatment

Call 1-844-732-2465

Cop2Cop

24/7 confidential peer support for NJ law enforcement and their families

Call 1-866-Cop2Cop (267-2267)

Vet2Vet

24/7 support for New Jersey National Guard members, active military personnel, veterans, their families, and caregivers

Call 1-866-838-7654

Veterans Crisis Line

24/7 confidential crisis support for veterans and their loved ones

Call 988 and press "1"

Text 838255

Chat at veteranscrisisline.net

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www.nj.gov/humanservices/dmhas



988

 | **SUICIDE & CRISIS
LIFELINE**