



RESOURCES AVAILABLE FOR NJ YOUTH

24 Hours a Day, 7 Days a Week

2ND FLOOR FOR YOUTH AND YOUNG ADULTS is a confidential and anonymous helpline for New Jersey's youth and young adults. They can help you find solutions to the problems that you face at home, at school or at play. If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing, text or call 1-888-222-2228. www.2ndfloor.org

THE TREVOR PROJECT is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ young people. They provide information & support to LGBTQ+ young people. Text START to 678678 to text with a trained crisis counselor from The Trevor Project or call 1-866-488-7386. www.thetrevorproject.org

SAMHSA'S NATIONAL HELPLINE is for individuals or family members facing mental and/or substance use disorders. This service provides referrals to local treatment programs and support groups. Call 1-800-662-HELP (4357) for treatment referral and information for mental or substance disorders. <https://findtreatment.gov>

CRISIS TEXT LINE is there for **any** crisis, they will help you move from a hot moment to a cool moment. Text TALK to 741741 to text with a trained crisis counselor. <https://www.crisistextline.org>

THE SUICIDE AND CRISIS LIFELINE provides support for people in distress, as well as prevention and crisis resources for your loved ones. Call 988. <https://988lifeline.org>

CALL 911 if the situation is life-threatening or danger is imminent.