



Mental Health Resources

NJ 211

Provides community resources.

Phone: 2-1-1 Text: Zip Code to 898-211 Website: <https://www.nj211.org/>

NAMI: National Alliance on Mental Health

Provides advocacy, education, support, and public awareness on mental illness.

Phone: 800-950-6264 Text: NAMI to 741741 Website: <https://www.nami.org/#>

NAMI NJ: National Alliance on Mental Health New Jersey

Phone: 732-940-0991 Website: <https://www.nj211.org/>

Online Support Groups: <http://www.naminj.org/online-support-groups/>

NJ Mental Health Cares

Provides behavioral health information and referral service.

Phone: 800-202-4357 Website: <https://www.njmentalhealthcares.org/>

Mental Health Association in New Jersey, Inc.

Provides advocacy, education, training, and services on mental health and substance abuse.

Phone: 800-367-8850 Website: <https://www.mhanj.org/>

Hotlines: The Peer Recovery WarmLine: 877-292-5588 NJ Connect for Recovery: 855-652-3737

rto.org – Gateway to Mental Health Services

Offers families affected by mental illness guidance, support, and information on the best practices and providers in recovery-oriented mental health care.

Phone: 203-724-9070 Website: <https://www.rto.org/>

National Domestic Violence Hotline

Provides support for anyone affected by abuse.

Phone: 800-799-7233 Text: LOVEIS to 22522 Website: <https://www.thehotline.org/>

National Suicide Hotline

Provides emotional support to people in suicidal crisis or emotional distress.

Phone: 800-273-8255 Website: <https://suicidepreventionlifeline.org/>





Self-Help Resources

Alcoholics Anonymous

Provides nonprofessional, self-support for people with a drinking problem.

Phone: 212-870-3400 Website: <https://aa.org/>

Online Support Groups: <https://www.aa-intergroup.org/>

NNJAA: Northern New Jersey Alcoholics Anonymous

Hotline: 908-687-8566 or 800-245-1377 (NJ Area Codes) Website: <https://www.nj211.org/>

Narcotics Anonymous

Provides nonprofessional, self-support for people addicted to drugs.

Phone: 818-773-9999 Website: <http://na.org/>

Online Support Groups: <https://virtual-na.org/meetings/>

NANJ: Narcotics Anonymous in New Jersey

Phone: 732-933-0462 Hotline: 800-992-0401 Website: <https://nanj.org>

Gamblers Anonymous

Provides nonprofessional, self-support for people with a gambling problem.

Phone: 626-960-3500 Hotline: 855-222-5542 Website: <http://www.gamblersanonymous.org/ga/>

Online Support Groups: <https://area12ga.com/>

Overeaters Anonymous

Provides nonprofessional, self-support for people dealing with compulsive eating and food behaviors.

Phone: 505-891-2664 Website: <https://oa.org/>

Online Support Groups: <https://oa.org/find-a-meeting/?type=1>





OEOD

Other Resources

Articles

“Resources for Teaching and Learning During this Period of Social Distancing”

Website: <https://www.kqed.org/mindshift/55521/resources-for-teaching-and-learning-during-this-period-of-social-distancing>

“Coronavirus Triple Duty: Working, Parenting, and Teaching from Home”

Website: https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-fromhome?utm_campaign=npr&utm_term=nprnews&utm_medium=social&utm_source=facebook.com&fbclid=IwAR2R0KIDDqWxCRdHcu5IFlqC6cT9D3Erh5YoAuUEZSlx7MSZydbCyE6TJkQ

“Dealing with Disappointment”

Website: <https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?fbclid=IwAR1qfOaUOZI-xCQUi-QtOe8oMhcSyu8RgAtxqhiC3I-GLyQHT-IE03198nl>

“What You Need to Know About Coronavirus and Grief”

Website: <https://www.griefrecoverymethod.com/blog/2020/03/what-you-need-know-about-coronavirus-and-grief>

Video-Sharing Sites and Apps

Safe House for Chill Pill and Calm

Website: <https://www.youtube.com/watch?v=F5X5oVmTyOM>

Smiling Minds

Website: <https://www.youtube.com/user/SmilingMindTV>

Yoga with Adriene

Website: <https://www.yogawithadrienne.com>

A Steady Heart In Time of Coronavirus with Jack Kornfield and Tara Brach

Website: <https://www.tarabrach.com/steady-heart-coronavirus/>

Rotterdam Philharmonic Orchestra “Ode to Joy”

Website: <https://www.youtube.com/watch?v=unUcOsYapEI&feature=youtu.be>

Calm

Website: <https://www.calm.com/>

Simple Habit: The Best Meditation App for Busy People

Website: <https://www.simplehabit.com/>

