

REACH**FOR**YOURLIFELINE



Office of the Attorney General
Juvenile Justice Commission



This resource manual is supported through funding under the Federal Safe and Drug-Free Schools and Communities Act, provided by the **New Jersey Department of Education**.



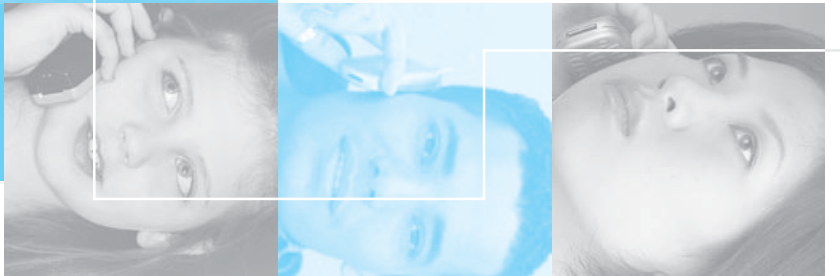
Lifelines

how to connect



WHEN YOU THINK THERE
IS NO ONE TO HELP YOU

REACH**FOR**YOURLIFELINE
2006/2007



message from the

Juvenile Justice Commission

notes

From prevention to parole, the New Jersey Juvenile Justice Commission (JJC) is a partner in the entire juvenile justice system, working with communities to help redirect the lives of young people. Each community in our state is different, and as a result, has varying needs. The JJC works with its community partners to help provide important resources for young people to prevent them from having contact with the juvenile justice system. If our young people feel safe and secure in their homes, schools, and neighborhoods, they are more likely to stay away from gangs or other delinquent behavior.

JJC treats gangs as an addictive behavior. In order to help young people turn away from high-risk behaviors, community resources must be established. This booklet helps connect you to some of those resources.

Often young people and parents may not know where to turn for assistance. This booklet provides critical contact information to help you obtain the assistance necessary to live healthy and successful lives.

If you feel unsafe in your home, school, or neighborhood, first always call 911 for immediate assistance. For more information, contact the JJC Gang Management Unit at **(609) 943-5458**.

A large, light blue, semi-transparent background image of a young person's face, looking slightly to the side. The image is positioned behind the notes section.

Notes section with horizontal lines for writing.

Statewide Legal Hotline
1-888-576-5529

Statewide Help Resources
Dial 211

Statewide Crisis Hotline
1-800-273-8255

How to Connect 1

Crisis Information 2-3

Violence 2

Running Away 2

Alcohol and other Drugs 3

Health Crisis Information 4-6

Depression 4

Suicide 4

Pregnancy 5

Sexually Transmitted Diseases 5

Eating Disorders 6

Career Connections 7

Education 7

Employment 7

Local Numbers By County 8-10

Statewide Lifelines 11



how to connect

Lifelines is an easy access booklet designed to help you connect with agencies that provide crisis information, medical information, legal advice, and education and career opportunities.

In the pages that follow, you will find helpful hotline numbers and referral information.

local numbers by county

Sussex County

Crisis Hotline 973-875-1211
Social Services 973-383-3600

Union County

Crisis Hotline 908-232-2880
Social Services 908-965-2700
One Stop 908-558-8000

Warren County

Crisis Hotline 866-623-7233
Social Services 908-475-1533
One Stop 973-361-9050

phone tips

- **Write down your questions ahead of time.** Try to be as clear as possible when describing your problem.
- When you call, keep a **pencil and paper handy.**
- **If you are put on hold, please wait.** The agencies listed in this directory want to help but sometimes they get busy.
- **If you can't wait,** give your name and the number where you can be reached, so that someone can call you back.
- **To help you,** your contact may need some information you should have handy such as: your age, birth date, social security number and address. **Everything you say is private.**

Remember the Hotline numbers are for important calls. The contacts are there to help you.

Local numbers by county

what you should know

Hudson County

Crisis Hotline 201-433-6161
Social Services 201-420-3000
One Stop 201-795-8800

Morris County

Crisis Hotline 888-908-1700
Social Services 973-326-7800
One Stop 973-361-9050

Hunterdon County

Crisis Hotline 800-272-4630
Social Services 908-788-1300
One Stop 908-782-2371

Ocean County

Crisis Hotline 732-240-6100
Social Services 732-349-1500
One Stop 732-286-5616

Mercer County

Crisis Hotline 609-896-2120
Social Services 609-989-4320
One Stop 609-989-6523

Passaic County

Crisis Hotline 973-881-0725
Social Services 973-881-0100
One Stop 973-916-2643

Middlesex County

Crisis Hotline 800-448-4663
Social Services 732-745-3500
One Stop 732-937-6202

Salem County

Crisis Hotline 856-935-4357
Social Services 856-299-7200
One Stop 856-453-3900

Monmouth County

Crisis Hotline 732-219-5325
Social Services 732-431-6000
One Stop 732-747-2282

Somerset County

Crisis Hotline 866-685-1122
Social Services 908-526-8800
One Stop 908-704-3000

CRISIS INFORMATION

- **Violence**– Any unwanted emotional, physical, or sexual behaviors.
 - **Emotional abuse**– Continuous, hurtful verbal or mental criticism which effects you negatively.
 - **Physical abuse**– Hitting or pushing which results in bruises or pain. **PHYSICAL ABUSE IS AGAINST THE LAW.**
 - **Sexual abuse**– When someone else touches your private parts in a way that makes you uncomfortable or confused. Sexual assault, including rape or date rape, is a forced sexual act. **SEXUAL ABUSE OF ANY KIND IS AGAINST THE LAW.**
- For juvenile victims of emotional, physical, or sexual abuse, call the State Division of Youth and Family Services (DYFS) for assistance. **1-800-792-8610**
- **Running Away**– Sometimes things may get very bad at home and you may feel trapped with nowhere to turn. You may feel abused or neglected, or maybe you just can't get along with your parents. If you think running away is your last resort, contact:

National Runaway Switchboard 1-800-621-4000
National Runaway Hotline 1-800-231-6946

alcohol & other drugs

ALCOHOL causes disorientation and lack of judgment. Drinking large amounts of alcohol in a short time can kill you. Drinking alcohol during pregnancy is dangerous to the unborn baby and may cause birth defects.

INFORMATION HOTLINES

Addiction Hotline of NJ

1-800-238-2333

Alcohol/Seabrook House

1-800-582-5968

Nar-Anon Families/ Friends of Addicts

1-800-484-7385

Security code (4257)

Narcotics Anonymous of NJ

1-800-992-0401

The following **illegal drugs** will adversely affect your health: amphetamines, barbiturates, cocaine/crack, hallucinogens, heroin, inhalants, marijuana, nicotine, and steroids.

Continued use can lead to:

- Dependency
- Physical illness and disease
- Overdose
- Brain damage
- Incarceration
- Death

IF YOU ARE HAVING A PROBLEM

with alcohol or other drugs, confidential assistance is available.

Local numbers by county

State of New Jersey internet address – www.state.nj.us

- Go to your county's name
- Click on either Human Services or Youth Services
- Find local listings and programs in your county

Atlantic County

Crisis Hotline 609-646-6618

Social Services 609-348-3001

One Stop 609-345-6700

Cape May County

Crisis Hotline 609-390-3333

Social Services 609-886-6200

One Stop 609-729-0997

Bergen County

Crisis Hotline 201-487-2227

Social Services 201-368-4200

One Stop 201-996-8950

Cumberland County

Crisis Hotline 856-765-1991

Social Services 856-691-4600

One Stop 856-453-3900

Burlington County

Crisis Hotline 856-234-8888

Social Services 609-261-1000

One Stop 609-518-3900

Essex

Crisis Hotline 973-484-4446

Social Services 973-733-3000

One Stop 973-648-3370

Camden County

Crisis Hotline 856-468-6200

Social Services 856-225-8800

One Stop 856-614-3150

Gloucester County

Crisis Hotline 800-295-7378

Social Services 856-582-9200

One Stop 856-384-6970

career connections

EDUCATION

Staying in school until graduation is an important vehicle for controlling your own life. If you drop out of school, there are other ways to earn a diploma. A General Education Development (GED) test is available through your local adult school or community college. A college degree, either a Bachelor's or Associate's, or technical training will increase your career choices.

Financial aid is available for your education. Job Corps of Edison is a residential education and training program open to students throughout New Jersey. For more information, call **1-800-820-1080**.

EMPLOYMENT

If you are under 16, working papers will be necessary to gain employment. You can obtain working papers from your high school guidance counselor. Once you are 16, many part-time jobs are available, but the number of hours you may work are limited until you are 18.

Look for job openings in the classified section of the newspaper, on the internet, or visit your local One-Stop Career Center. Each county operates a One Stop Center. Their phone numbers are listed on the following pages.

health crisis information

DEPRESSION:

Prolonged feelings of confusion, anger, sadness, and loneliness that upset your daily life.

WARNING SIGNS :

- Avoiding friends and family.
- Lack of interest in school, sports, and things you enjoy doing.
- Losing your temper easily.
- Strong feelings of uneasiness or fear.

WHAT TO DO: The numbers listed below will help you get the help you need.

The information is confidential and the people are there to help you.

Nationwide Crisis Intervention **1-800-999-9999**

SUICIDE: The pain you feel may seem unbearable. If you think about suicide or feel that you have no way out, talk to someone.

National Suicide Crisis Hotline
1-800-784-2433

National Youth Crisis Hotline
1-800-448-4663

health crisis information

PREGNANCY: If you think you or your partner is pregnant, and can't talk to your parents, speak to a counselor or health care professional. Many hospitals, clinics, and agencies provide free pregnancy testing. If you are pregnant you should get medical attention right away. Your family may be upset at first, but parents usually end up being the strongest source of support.

****REMEMBER:** Don't smoke, drink, take drugs or medication during pregnancy.

Family Health Line

1-800-328-3838

Women's Referral Central

1-800-322-8092

Healthy Mothers/Healthy Babies

1-800-206-6988

24 Hour Pregnancy Help Line

1-800-247-6365

SEXUALLY TRANSMITTED DIS-

EASES: If you are sexually active, you must use condoms to avoid STDs. STDs include syphilis, gonorrhea, herpes, chlamydia, HIV/AIDS. These diseases are passed from person to person through sexual intercourse or other intimate body contact. No vaccine can prevent STDs; while some sexually transmitted diseases cannot be cured, all of them can be treated.

STDs ARE DANGEROUS IF LEFT UNTREATED AND MAY LEAD TO DEATH.

health crisis information

NJ AIDS/STD Hotline

1-800-624-2377

National Sexually Transmitted Disease Hotline

1-800-227-8922

EATING DISORDERS: Anorexia and bulimia are eating disorders that can lead to malnutrition, starvation, and death.

WARNING SIGNS:

- Constant concern about your weight.
- Combining too much exercise with extreme dieting.
- Obsession with thoughts of food and weight.

If you or a friend suffers from anorexia or bulimia, you need to get help immediately. You can't work this out alone.

Anorexia/Bulimia Association of NJ

1-800-522-2230

Eating Disorders Hotline

1-973-740-0234

National Eating Disorder Helpline

1-800-841-1515

Family Guidance Center

1-800-813-0555