WHEN YOU THINK THERE IS NO ONE TO HELP YOU

LifeLines
how to connect

REACH FOR YOUR LIFELINE

2006/2007
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.
# How to Connect

How to Connect ................................................................. 1

# Crisis Information

Crisis Information ............................................................. 2-3

- Violence ............................................................................. 2
- Running Away ................................................................. 2
- Alcohol and other Drugs ............................................... 3

# Health Crisis Information

Health Crisis Information ................................................... 4-6

- Depression ........................................................................ 4
- Suicide ............................................................................... 4
- Pregnancy .......................................................................... 5
- Sexually Transmitted Diseases ..................................... 5
- Eating Disorders ............................................................. 6

# Career Connections

Career Connections ........................................................... 7

- Education ......................................................................... 7
- Employment ..................................................................... 7

# Local Numbers By County

Local Numbers By County ............................................... 8-10

# Statewide Lifelines

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.

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.
**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** 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 effect 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.
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
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.

SEXUALLY TRANSMITTED DISEASES: 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.

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
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
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.
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

<table>
<thead>
<tr>
<th>County</th>
<th>Crisis Hotline</th>
<th>Social Services</th>
<th>One Stop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atlantic County</td>
<td>609-646-6618</td>
<td>609-348-3001</td>
<td>609-345-6700</td>
</tr>
<tr>
<td>Bergen County</td>
<td>201-487-2227</td>
<td>201-368-4200</td>
<td>201-996-8950</td>
</tr>
<tr>
<td>Burlington County</td>
<td>856-234-8888</td>
<td>609-261-1000</td>
<td>609-518-3900</td>
</tr>
<tr>
<td>Camden County</td>
<td>856-468-6200</td>
<td>856-225-8800</td>
<td>856-614-3150</td>
</tr>
<tr>
<td>Cape May County</td>
<td>609-390-3333</td>
<td>609-886-6200</td>
<td>609-729-0997</td>
</tr>
<tr>
<td>Cumberland County</td>
<td>856-765-1991</td>
<td>856-691-4600</td>
<td>856-453-3900</td>
</tr>
<tr>
<td>Essex</td>
<td>973-484-4446</td>
<td>973-733-3000</td>
<td>973-648-3370</td>
</tr>
<tr>
<td>Gloucester County</td>
<td>800-295-7378</td>
<td>856-582-9200</td>
<td>856-384-6970</td>
</tr>
<tr>
<td>County</td>
<td>Crisis Hotline</td>
<td>Social Services</td>
<td>One Stop</td>
</tr>
<tr>
<td>-------------------</td>
<td>------------------</td>
<td>------------------</td>
<td>----------------</td>
</tr>
<tr>
<td>Hudson County</td>
<td>201-433-6161</td>
<td>201-420-3000</td>
<td>201-795-8800</td>
</tr>
<tr>
<td>Hunterdon County</td>
<td>800-272-4630</td>
<td>908-788-1300</td>
<td>908-782-2371</td>
</tr>
<tr>
<td>Mercer County</td>
<td>609-896-2120</td>
<td>609-989-4320</td>
<td>609-989-6523</td>
</tr>
<tr>
<td>Middlesex County</td>
<td>800-448-4663</td>
<td>732-745-3500</td>
<td>732-937-6202</td>
</tr>
<tr>
<td>Monmouth County</td>
<td>732-219-5325</td>
<td>732-431-6000</td>
<td>732-747-2282</td>
</tr>
<tr>
<td>Morris County</td>
<td>888-908-1700</td>
<td>973-326-7800</td>
<td>973-361-9050</td>
</tr>
<tr>
<td>Ocean County</td>
<td>732-240-6100</td>
<td>732-349-1500</td>
<td>732-286-5616</td>
</tr>
<tr>
<td>Passaic County</td>
<td>973-881-0725</td>
<td>973-881-0100</td>
<td>973-916-2643</td>
</tr>
<tr>
<td>Salem County</td>
<td>856-935-4357</td>
<td>856-299-7200</td>
<td>856-453-3900</td>
</tr>
<tr>
<td>Somerset County</td>
<td>866-685-1122</td>
<td>908-526-8800</td>
<td>908-704-3000</td>
</tr>
</tbody>
</table>
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
Statewide Legal Hotline
1-888-576-5529

Statewide Help Resources
Dial 211

Statewide Crisis Hotline
1-800-273-8255
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.