CRISIS RESOURCES & HELPLINES

**TeenLine**

TEXT: ANSWER to 839863
www.TeenLineOnline.org

**2ND FLOOR Youth Helpline**
CALL or TEXT:
888-222-2228 www.2ndfloor.org

**National Suicide Prevention Helpline**
CALL:
1-800-273-8255
www.suicidepreventionlifeline.org

**National Runaway Safeline**
CALL 1-800-RUNAWAY
www.1800runaway.org

**National Domestic Violence Hotline**
CALL:
1-800-799-7233 www.thehotline.org

**TREVOR Project (LGBQT National Hotline)**
1-800-799-7233 Text: START to 678678
https://www.thetrevorproject.org/

Text: HOME to 741741 https://www.crisistextline.org/
Virtual School Counseling Information
PPS VIRTUAL SCHOOL COUNSELING INFORMATION
MENTAL HEALTH RESOURCES

- **Mental Health Telephone Support Available During COVID-19 Outbreak**
  NJ Mental Health Cares, the state’s behavioral health information and referral service, now offers help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jersey residents can call 1-866-202-HELP (4357) for free, confidential support. NJ Mental Health Cares is available from 8:00 AM - 8:00 PM, seven days a week by live trained specialists. Messages left will be returned. Click here to read the entire press release from the New Jersey Department of Human Services.

- **Mental Health Association in Passaic County: About Us**: 973-478-4444

- **Family Support Organization of Passaic County**: 973-427-0100

- **Circle of Care CMO** is an independent nonprofit organization dedicated to assisting Passaic County multiple-needs children and their families. The contact number is 973-942-4588.

**Additional Resources**

- [Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](https://www.samhsa.gov) (SAMHSA)

- [Care for Your Coronavirus Anxiety](https://www.cdc.gov)

- [Helping Children Cope with Emergencies](https://www.childmind.org)

- [Children and Youth with Special Healthcare Needs in Emergencies](https://www.epa.gov)

- [10 Things To Do With Your Teens While ‘Social Distancing’ During the COVID-19 Pandemic](https://www.healthykids.org)