



Mental Health and Wellness Resources

For an Immediate Urgent Response: **9-1-1**

If you would like to talk to someone about any problem you are facing, you can call, text, or post on the message board on [2ND FLOOR](#). Call or Text: [1-888-222-2228](tel:1-888-222-2228)

If you want to text someone to work through a crisis moment—anytime you're feeling a painful emotion and need support—text the [Crisis Text Line](#). Text NJ to: [741741](tel:741741)

If you are in crisis and would like to talk to someone who is understanding of the challenges LGBTQ youth face, you can call, text or message a counselor at [the Trevor Project](#). Text Start to: [678-678](tel:678-678) or Call: [1-866-488-7386](tel:1-866-488-7386)

If you are a parent or caregiver looking for help on identifying and responding to youth mental health challenges, learn more from [MentalHealth.gov](#) about how to spot and respond to early warning signs.

The Children's System of Care connects youth and their families to services for behavioral health, substance use treatment, and intellectual or developmental disabilities. Parents can call [PerformCare](#) 24 hours a day to learn about available services if you think your child needs help with an emotional or behavioral problem. Call Performcare: [877-652-7624](tel:877-652-7624)

- <https://www.performcarenj.org>
- <https://www.nj.gov/dcf/documents/DCF-CSOC-30.mp4>

CRISIS INTERVENTION SERVICES

[Monmouth County Psychiatric Emergency Screening Services at Monmouth Medical Center](#): Call: 732-923-6999. Provides crisis screening and referral for psychiatric emergencies

[Mobile Response and Stabilization Services](#). In-home intervention available 24 hours a day, seven days a week, to help children and youth who are experiencing emotional or behavioral crisis. Call: 877-652-7624

[Jersey Shore University Medical Center](#): Call: 732-643-4400

COMMUNITY COUNSELING SERVICES

With a focus on strengthening family life and individual growth, [The YMCA of Greater Monmouth](#) provides a comprehensive array of safe, confidential outpatient and psychiatric services to children, adolescents, adults and families in a caring and supportive environment. Call: 732-290-9040

[Bayshore Family Success Center](#). The center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information and services. Call: 732-497-3811

[CPC Behavioral Healthcare](#). The mission of CPC is to support our communities by delivering evidence-based services in mental health, substance use, specialized education, and physical health through an integrated system of care designed to promote wellness, recovery, and productive lives. Call: 732-842-2000, x4221

[Jewish Family and Children's Services](#). JFCS has many trained counselors that aim to help individuals in need. Services include Anger Management, Substance Abuse, Adult Mental Health, and more. Call: 732-774-6886

[Catholic Charities Family and Community Services](#). CFCS provides professionally based social services, including Behavioral Health Programs, Veterans Services, Children's Programs, Senior and Aging Services and much more. Call: 732-747-9660

HOTLINES/HELPLINES

[NJ Hopeline](#): NJ suicide prevention hotline. Call: [855-654-6735](tel:855-654-6735)

[2nd Floor](#): Youth helpline serving all youth and young adults in NJ. Call: [888-222-2228](tel:888-222-2228)

[Suicide and Crisis Lifeline](#): In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline. 988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 provides easier access to the Lifeline network and related crisis resources, which are distinct from 911. Text: [988](tel:988)

[Trevor Lifeline](#): Crisis and suicide prevention helpline for LGBT youth and young adults. Call: [866-488-7386](tel:866-488-7386)

[Rape Crisis Center](#): Call: [1-888-264-7273](tel:1-888-264-7273)

[Department of Child Protection and Permanency \(DCP&P\)](#). CP&P is responsible for investigating allegations of child abuse and neglect and, if necessary, arranging for the child's protection and the family's treatment. Call: [1-877-652-2873](tel:1-877-652-2873)

[180 Turning Lives Around](#). 180 Turning Lives Around empowers survivors and families affected by domestic violence and sexual assault to find the courage and strength to turn their lives around. Call: [732-264-4111](tel:732-264-4111)

ADDITIONAL RESOURCES

[NAMI--National Alliance on Mental Illness](#). Call: [1-800-950-6264](tel:1-800-950-6264)

[National Eating Disorders Association](#): Call: [1-800-931-2237](tel:1-800-931-2237)

[PFLAG \(Parents, Families & Friends of Lesbians & Gays\)](#). Call: [908-814-2155](tel:908-814-2155)

[CHADD--ADHD information and support](#). Call: [732-552-8012](tel:732-552-8012)

Mental Health Association of Monmouth County: [Better Together: Answers for Parents/Guardians](#)

Monmouth County Resources for families experiencing homelessness and in need of mental health support.

2-1-1: <https://www.nj211.org>

Department of Human Services [732-308-3770](#)

Board of Social Services [732-431-6000](#)

Community Affairs - [609-376-0802](#)

Catholic Charities - [732-363-5322](#). [x3241](#) or [609-599-3923](#) [x2527](#)

NJ Homeless Prevention Program. [1-866-889-6270](#)

Steps Program - [732-367-1640](#). [7324158638](#). 8-2