

Mental Health Resources

- NJ Hopeline (mental health and suicide prevention): 1-855-654-6735
- National Suicide Prevention Lifeline: 800-273-8255
- Crisis Text Line: Text 741741 for live chat with a trained counselor

NJ Department of Health COVID-19 resources

Call: 2-1-1

Call (24/7): 1-800-962-1253

Text: NJCOVID to 898-211

Text: your zip code to 898-211 for live text assistance

The DPH is available to assist by phone and email during duty hours. 609-234-3556
Jill.barrett.1@us.af.mil

- NJ Mental Health Cares: 866-202-HELP
The state's behavioral health information and referral service, will now also offer help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call **1-866-202-HELP (4357)** for free, confidential support. NJ Mental Health Cares will be answered from 8 a.m. to 8 p.m. seven days a week by live trained specialists.
- NJ Vet2Vet Peer Support Line: 1-866-838-7654
- NJ 2-1-1 Partnership - Dial 2-1-1 to connect to local NJ resource directory
- Military OneSource: 800-342-9647
- Second Floor Youth Helpline (Age 10 – 24) 888-222-2228
- Child Abuse/Neglect Hotline 1-877-NJ ABUSE
- NJ Domestic Violence Hotline 1-800-572-SAFE
- NJ Coalition Against Sexual Assault (Sexual Assault Crisis Line) 1-800-601-7200
- NJ Addiction and Alcohol Abuse Hotline 1-844-276-2777
- Alcoholics Anonymous Online Meetings:
https://www.aa.org/pages/en_US/options-for-meeting-online
- NJ Connect for Recovery 1-855-652-3737
- NJ Council on Compulsive Gambling 1-800-GAMBLER
- NJ Veterans Counseling Centers – providing telehealth at all locations: 1-877-927-8387
- Veterans Counseling Hotline 866-VETS-NJ4
- Non-Medical Counseling for Youth Now Available by Video
<https://www.militaryonesource.mil/confidential-help/non-medical-counseling/military-onesource/non-medical-counseling-for-youth-now-available-by-video>

Sexual Assault Prevention and Response (SAPR) Resources:

Ms. Namir Laureano, 108th Wing Sexual Assault Response Coordinator (SARC) is available to assist by phone and email 24/7 at 609-694-9426 and namir.laureano@us.af.mil

DOD Safe Helpline & HelpRoom 24/7 Assistance – DoD Safe Helpline: 877-995-5247
<https://www.safehelpline.org/>

Military Sexual Trauma (MST) Counseling- (877) 927- 8387
https://www.va.gov/find-locations/?facilityType=veteran_center