



W. Reed Gusciora, Mayor
Department of Health & Human Services
Shakira Abdul-Ali, Director
Yvette Graffie-Cooper, Health Officer

HELP IS JUST A PHONE CALL AWAY...

2ND Floor Youth Helpline 1-888-222-2228

24 hours a day - 7 days a week

This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

Children's System of Care 1-877-652-7624

24 hours a day - 7 days a week

Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.

Child Abuse/Neglect Hotline 1-877-652-2873

24 hours a day - 7 days a week

Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DCF's Child Protection and Permanency (CP&P). Calls can be made anonymously.

Crisis Text Line

Text "NJ" to 741741

24 hours a day - 7 days a week

Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or a crisis.

Domestic Violence Hotline 1-800-572-7233

24 hours a day - 7 days a week

Call this number for information about domestic violence services in your local area.

Family Helpline 1-800-843-5437

24 hours a day - 7 days a week

If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community.

COVID-19 Information

2-1-1 (General Questions) (7A-11P)

1-800-962-1253 (Medical Questions) (24/7)

For general information and resources for basic needs.

Hopeline - 24/7 Peer Support & Suicide Prevention Hotline 1-855-654-6735

24 hours a day—7 days a week

Need someone to talk to? Specialists are available for confidential telephone counseling and support.

Mental Health Cares Hotline 1-866-202-4357

8AM—8PM—Daily

For emotional support dealing with stress, anxiety and depression due to COVID-19, speak with a trained specialist.

MOM2MOM 1-877-914-6662

24 hours a day - 7 days a week

The Mom2Mom helpline offers 24/7 peer support to mothers of children with special needs.

These Hotlines/Helplines are available through various State of New Jersey agencies and departments.