

Concerned About Your Child?

Need more information on
substance use and mental health?



When a child is struggling, the whole family is affected. It can be difficult to know where to turn for guidance and support. Asking for help can be hard... finding help doesn't have to be.



COMMUNITY IN CRISIS www.communityincrisis.org

We are the primary source of substance use related information and resources in the Somerset Hills. Community in Crisis offers prevention programs for youth, workshops and trainings for parents, and support and guidance for families.

PARTNERSHIP TO END ADDICTION

<https://drugfree.org/>

The nation's leading organization dedicated to addiction prevention, treatment, and recovery. Get one-on-one help to address your child's substance use. Trained and caring specialists are ready to assist you as you seek more information and resources to help your child. Text 55753 for assistance within 24 hours.


CHILD MIND INSTITUTE

<https://childmind.org>

The Child Mind Institute is a national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Visit their website for information, tips and insight on common concerns children face and help navigating the challenges of parenting.

It's OK to not feel OK.
Help is a call or text away.

Crisis Support for Young People
and Their Families



YOU
MATTER!

2ND FLOOR YOUTH HELP LINE

Call/text (888) 222-2228 to speak with counselors 24/7

Visit www.2ndfloor.org for message board posts. A confidential and anonymous helpline for New Jersey's youth and young adults ages 10-24.

THE ADDICTIONS HOTLINE OF NJ

Call (800) 238-2333

Trained specialists are available to educate, assist, or make referrals 24/7.

NJ SUICIDE PREVENTION HOPE LINE

Call 855-654-6735 to speak with counselors 24/7

Visit www.njhonline.com to live chat with a counselor. Text 55753 for assistance within 24 hours.

NJ MENTAL HEALTH CARES

(866) 202-HELP (4357)

Speak to a professional who can provide information and connect you to services.

If you, or someone you care about, are
experiencing a medical emergency, call 911.



www.CommunityInCrisis.org