

**SUICIDE/DEPRESSION SERVICES**

Local Police	911	Call your local police department emergency assistance.
<a href="#">PESS: Psychiatric Emergency Screening Services</a>	732-886-4474 866-904-4474	Call for emergency assistance if you believe your son/daughter is at risk for self-harm
<a href="#">National Suicide Prevention Lifeline</a>	800-273-8255	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
<a href="#">CONTACT of Ocean &amp; Monmouth Counties</a>	732-240-6100 609-693-5834	CONTACT of Ocean & Monmouth Counties, provides trained telephone listeners who respond to human needs 24 hours every day. This organization offers free confidential crisis intervention, information on available resources, and referral to community services.
<a href="#">Crisis Text Line</a>	Text HOME to 741741	Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.
<a href="#">New Jersey Hopeline</a>	1-855-654-6735	Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.
<a href="#">2nd Floor Youth Helpline</a>	888-222-2228	2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. Available 24/7 365 days a year.

**COUNSELING SERVICES**

<a href="#">PerformCare New Jersey</a>	877-652-7624	PerformCare provides free services for children, youth, and young adults who are experiencing emotional and behavioral challenges, are impacted by substance use treatment needs, or have an intellectual/developmental disability.
<a href="#">Ocean Mental Health Services</a>	732-575-1111 877-621-0445	The Ocean Mental Health Services provides a continuum of behavioral health, substance abuse, and integrated healthcare services.
<a href="#">St. Francis Counseling Services</a>	609-494-1554	St. Francis Counseling Service provides individuals, couples and families with affordable, professional psychotherapy services addressing a wide range of issues.

**YOUTH SERVICES**

<a href="#">Harbor House</a>	732-929-0660	Harbor House assists homeless, runaway, abused, neglected and abandoned youth, ages 10-21.
<a href="#">National Runaway Hotline</a>	800-RUNAWAY	The National Runaway Safeline provides free and anonymous 24 hour support for runaway children.
<a href="#">NJ Division of Child Protection &amp; Permanency</a>	877-NJABUSE	Child Protection and Permanency, CP&P (formerly the Division of Youth and Family Services, DYFS), is New Jersey's child protection and child welfare agency within the Department of Children and Families. The Child Abuse Hotline receives all reports of child abuse and neglect 24-hours a day, 7-days a week.

**SUBSTANCE ABUSE SERVICES**

<a href="#">Ocean County Health Department</a>	800-342-9738 732-341-9700	The Alcohol and Drug Unit at the Ocean County Health Department contracts with Substance Abuse agencies in the local community to provide services to Ocean County residents. The Alcohol and Drug Unit provides services on a continuum of care ranging from detoxification and inpatient to outpatient services.
<a href="#">Preferred Behavioral Health Department</a>	732-367-4700	Preferred Center for Children and Families is a outpatient mental health program providing Ocean county youths age 4-18 and their caregivers with the assistance, support and education to manage depression, anxiety, domestic issues, behavior and other disorders.
<a href="#">NJ Connect For Recovery</a>	855-652-3737	The NJ Connect for Recovery Call Line provides support for those concerned with their own opiate use and, those who are experiencing distress related to the opiate use of a friend or family member.

**Please be sure to keep your child's school counselor informed so they can support the efforts being addressed outside of school.**