

SUICIDE/DEPRESSION SERVICES

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| Local Police | 911 | Call your local police department emergency assistance. |
| PESS: Psychiatric Emergency Screening Services | 732-886-4474 866-904-4474 | Call for emergency assistance if you believe your son/daughter is at risk for self-harm |
| National Suicide Prevention Lifeline | 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. |
| CONTACT of Ocean & Monmouth Counties | 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. |

COUNSELING SERVICES

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| PerformCare New Jersey | 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. |
| Ocean Mental Health Services | 732-575-1111 877-621-0445 | The Ocean Mental Health Services provides a continuum of behavioral health, substance abuse, and integrated healthcare services. |
| St. Francis Counseling Services | 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

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| Harbor House | 732-929-0660 | Harbor House assists homeless, runaway, abused, neglected and abandoned youth, ages 10-21. |
| National Runaway Hotline | 800-RUNAWAY | The National Runaway Safeline provides free and anonymous 24 hour support for runaway children. |

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| NJ Division of Child Protection & Permanency | 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 | | |
| Ocean County Health Department | 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. |
| Preferred Behavioral Health Department | 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. |
| NJ Connect For Recovery | 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.**