

NJ Toll-Free Hotlines/Helplines

- **2-1-1 www.nj211.org**
 - 24 hours a day 7 days a week
 - Connects callers to various human service organizations in their community
- **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 crisis.
- **NJ Mental Health Cares 1-866-202- HELP (4357)**
 - If you’re concerned about your mental health or the mental health of someone you love
 - Free helpline offers telephone counseling, emotional support, information and assistance
- **NJ Jersey Hopeline 1-855-654-673**
 - Peer support and suicide hotline 24/7
 - <http://www.njhopeline.com/>
- **National Suicide prevention Hotline 1-800-273-8255**
 - <https://suicidepreventionlifeline.org/>
- **Family Helpline 1-800-THE-KIDS (843-5437)**
 - If you’re feeling stressed out, call and speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community
- **Domestic Violence Hotline 1-800-572-SAFE**
 - 24 hours a day 7 days a week
 - Call this number for information about domestic violence services in your local area
- **Child Abuse/neglect Hotline 1-877-NJ ABUSE (652-2873)**
- **2nd Floor Youth Helpline**
 - Youth helpline serving all youth and young adults in NJ. Youth who call are assisted with their daily like challenges by professional staff and trained volunteers.
- **Children’s System of Care 1-877-652-7624**
 - Find out about services for children and teens with emotional and behavioral health care challenges and their families