

ARE YOU MENTALLY HEALTHY?

TEEN RESOURCES

-2NDFLOOR A confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face at home, at school or at play. **Call or TEXT anytime 888-222-2228**

-The Society For The Prevention of Teen Suicide We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Call anytime 1-800-273-8255 <http://www.sptsusa.org/>

-N.J. Hope Line Need someone to talk to? We are here to help. Our specialists are available for confidential telephone counseling and support 24 hours a day, 7 days per week. You're not alone. **Call anytime 1-855-654-6735**

-Ocean Mental Health Services Counseling services to address your mental health needs. **Call (732) 575-1111**

-A.I.R. – Attitudes in Reverse <https://attitudesinreverse.org/>

Start the Conversation. Reverse an Attitude. Save a Life.



