

Fall 2026 e-Newsletter

Fall Momentum. Building Toward Year's End. Stronger Together.

As we move into the fall, we're inspired by the continued strength, compassion, and dedication of our NAMI NJ community. This is one of the most meaningful stretches on our calendar — September marks [National Suicide Prevention Awareness Month](#), and October brings [Mental Illness Awareness Week](#) (October 4–10) — moments that reflect our mission in action, with programs continuing across the state to educate, connect, and support one another. *(If you or someone you know is struggling, the 988 Suicide & Crisis Lifeline is available 24/7 by calling or texting 988.)*

As we head into the final months of the year, we invite you to stay engaged and continue building momentum through NAMI NJ's signature and homegrown programs. Together, we are creating a New Jersey where every person affected by mental illness feels supported, empowered, and never alone.

Step Into Leadership: NAMI NJ Signature Program State Trainings

Early fall is the perfect time to build on your impact. As a NAMI member and volunteer, you can turn lived experience into leadership by bringing education, advocacy, and hope into your community. Our signature program training equips you with the skills and confidence to lead through local affiliates and statewide multicultural initiatives. As we move into the new program year, now is the time to take that next step. Together, we're strengthening communities, one leader at a time. For more info: programs@naminj.org

Explore Training Opportunities

New Jersey has built a foundation for providing the gold standard for crisis response: the 988 hotline for someone to talk to, mobile crisis teams to respond, and regional crisis receiving and stabilization centers (CRSCs) to provide a safe place for help.

New Jersey took an important step by investing \$16.45 million in five regional CRSCs after funding didn't make it into the state budget. Now, these centers need a sustainable, reliable commitment to continue serving their communities so they never fall through the cracks again. This

#SuicidePreventionMonth, let's build a crisis response system that ensures a mental health emergency never leaves someone with nowhere to turn.

#988Day
#SuicidePreventionMonth

Help doesn't stop with the first call

Sustainable funding is needed for the full crisis continuum of care — someone to talk to, someone to respond, and a safe place for help.

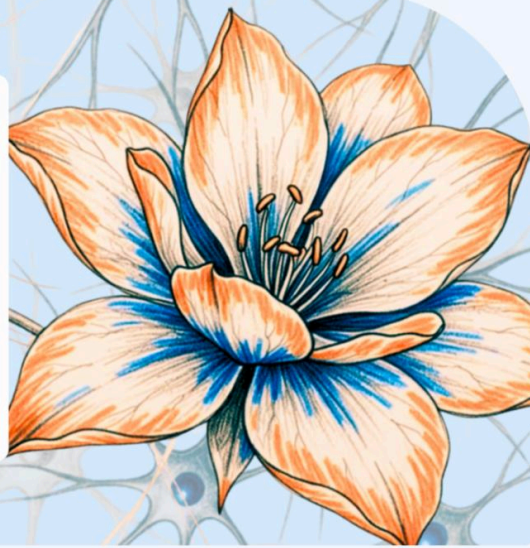
No one's worst day should keep them from living their best life.



Turning Science Into Hope

Since 1990, thanks to NAMI's advocacy with Congress, Mental Illness Awareness Week has been observed during the first full week of October.

Join NAMI from October 4–10 to celebrate how science, shaped by lived experiences, transforms into hope.



Program Leader Spotlight

NAMI NJ appreciates our program leaders for their dedication, commitment and support.

 **NAMI** New Jersey

PROGRAM LEADER SPOTLIGHT



Diana Acosta

What is your reason to become a NAMI Program Leader?

Mental health is just as important as physical health, yet in our Latino community, it is too often hidden behind a wall of silence and stigma. I want to change that. My goal is to play a vital, active role in educating our community—and everyone around us—on what it truly means to live an emotionally healthy, balanced life.

Can you share a success story from your experiences?

Looking back at 2005, I watched a dear friend of mine navigate a shift that would fundamentally alter her life. She was, and still is, a workaholic. She genuinely loved her job, finding purpose and fulfillment within the walls of her office. But love for one's work can easily blur into exhaustion. I watched her log endless hours, her stress levels climbing steadily past what anyone should reasonably bear. She was running on fumes, sustained only by momentum. Then, the fragile balance broke. A sudden crisis in her personal life collided with her professional burnout, and she crashed. The descent was swift and devastating. Severe depression took hold, quickly pulling anxiety into its wake. Almost overnight, her world transformed from corporate deadlines to a complex, overwhelming medical landscape. She began a grueling navigation of the mental health system—facing a whirlwind of psychologists, psychiatrists, medication adjustments, and therapy sessions. It was a trial by fire, a sudden immersion into a reality she was entirely unprepared for. Yet, what remains etched in my memory is not just the depth of her struggle, but the sheer magnitude of her resilience. Throughout the relentless ups and downs, she kept fighting to reclaim her life. Even at her lowest points, she managed to keep working, holding onto her routine as a lifeline. She fought hard enough to avoid hospitalization, a testament to her quiet, daily bravery. She did not walk this path alone. She had the unwavering support of her family, but they also needed a map for a territory they didn't understand. That map came in the form of NAMI en Español. Specifically, a woman named Marta Silva became an absolute anchor for her during this process. In a system that often feels cold and bureaucratic, NAMI provided a sanctuary of understanding, resources, and cultural connection. To this day, my friend looks back on that turbulent period with profound gratitude. She often tells me how vital it was just to know that NAMI existed—that there was a place filled with guidance and tools ready to catch her when she felt herself falling. Her story is a powerful reminder that mental health battles are not won in isolation. They are survived.

through the courage to keep fighting, the love of family, and the indispensable lifelines provided by community advocates who refuse to let us suffer in the dark.

What is one tip you would share with other program leaders?

So many in our community are currently navigating a path on their own. As leaders, we need to communicate clearly: we see you, and we are with you. Our core mission remains unchanged, but our commitment to delivering it with deep empathy has never been more vital. We will continue to share our message, not just as information, but as a steady hand to hold. No matter how solitary your journey feels right now, you belong to a community that cares, supports, and believes in your path forward.

Would you like to be featured in a future Program Leader Spotlight? [Share your story here!](#)

President's Corner

As we move from summer into fall, September and October give us two important opportunities to pause and think about our health—not only our physical health, but our mental and emotional well-being as well.

September brings Family Health and Fitness Day, a wonderful reminder that taking care of ourselves can be something we do together. A walk with family or friends, a yoga class, preparing a healthy meal together, or simply spending time outdoors can help us feel more connected and energized. Small, consistent activities can make a meaningful difference in how we feel.



In October, we recognize **Mental Illness Awareness Week**, an important time to increase our understanding of mental health and to remind ourselves that mental health is an essential part of overall health. Awareness begins with each of us. Taking a few moments to check in with yourself —“How am I really doing?”—can be a powerful first step.

I encourage each of you to think about building your own **self-care toolkit**. What activities help you relax, recharge, and manage stress? Perhaps it is meditation, yoga, reading, spending time in nature, exercising, riding a bike, composing, playing, listening to music, keeping a diary, calling a loved one to see how their day was, or taking a walk with family and friends. There is no one-size-fits-all approach to self-care. What matters is finding what works for you and making time for it.

Self-care is not selfish, and it is not something we should turn to only when we are overwhelmed. It is an ongoing practice that helps us build resilience and maintain our well-being.

As a NAMI NJ community, let's continue to encourage open conversations about mental health, support one another, and remember that asking for help is a sign of strength. Also, remember our mission of support, education, and advocacy for the mental health of ourselves and our loved ones.

This fall, I invite you to make your mental health a priority. **Take a moment. Check in with yourself. Build your toolkit. And make time for what helps you feel your best.**

Together, we can create a healthier, more supportive community—one conversation and one act of self-care at a time.

Marc Hurvitz
President, Board of Trustees, NAMI NJ

Program Updates



New Jersey Chapter

INCORPORATED IN NEW JERSEY

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



NAMI Ending the Silence for Families - A free virtual presentation on youth mental health

When a teen is struggling, the whole family feels it. Let's talk about how to help - together, in a safe and honest space. Join us for NAMI Ending the Silence for Families, a free virtual presentation for families, caregivers of teens, and community members statewide. Attendees will learn more about youth mental health, signs and symptoms, and how to best support a teen who is facing mental health challenges. [View Flyer](#)

When: Every last Tuesday of the month

Next presentation: October 27, 2026

12:00 PM - 1:30 PM ET

[Register here](#)

This series is offered as part of a new partnership among NAMI NJ, Hackensack Meridian Health, and the NJ Chapter of the American Academy of Pediatrics, providing free mental health education for rural communities in Atlantic, Cape May, Cumberland, Hunterdon, Salem, Sussex, and Warren counties. Community organizations, schools, libraries, and faith communities in these state-designated rural counties interested in partnering are encouraged to contact NAMI NJ. Contact: Michelle Gordon, NAMI NJ Rural Community Youth Mental Health Educator, mgordon@naminj.org.



NAMI NJ offers a variety of Family Support Groups to ensure families and caregivers can find connection and encouragement year round.

Upcoming Statewide Sessions via Zoom:

- General Family Support Groups: 1st & 3rd Wednesdays, 7 pm - 8:30 pm
- FSG for Spouses/Partners: 2nd & 4th Thursdays, 7 pm - 8:30 pm
- FSG for Siblings: 4th Thursday, 7 pm - 8:30 pm
- FSG for Families with Loved Ones in State Hospitals, December 10, 7 pm - 8:30 pm
- FSG for Parents & Caregivers of School-Age Children: 2nd Tuesdays, 12 pm – 1:30 pm and 3rd Wednesday, 7 pm - 8:30 pm
- **NEW Support group for Support group facilitators is starting soon!**

[Find Local Groups Here](#)

Train to Lead: NAMI Family Support Group Facilitator Training

Are you ready to give back and lead with compassion? Talk to your current group facilitator or local affiliate today to apply!

Next FSG Facilitator Training: Sept 30 & Oct 5, 2026 | 5:30pm-9:30pm | via Zoom

Thanks to all the support group participants for taking the time to participate in the NAMI National data collection process. For those who are trained facilitators but would like to refresh their skills, or it's been a while since they facilitated a group and they would like to restart facilitating: **Support Group Facilitator Refresher Training: June 5, 2027**



NAMI Family-to-Family is a free, 8-session educational program that helps families understand

mental health conditions and build skills for advocacy, problem-solving, and self-care. Multiple classes are starting [statewide this Fall/Winter](#).

Next F2F Facilitator Virtual Training: October 6, 7, & 8, 2026 - 5:30 pm to 9:30 pm



Peer-to-Peer

NAMI Peer-to-Peer offers adults with lived experience a supportive, peer-led space to set goals, strengthen relationships, and build confidence. Fall class is in full swing now. The Spanish P2P class is scheduled for October 1 - November 19, 2026. [Register here](#) to be on the list for the next class in English.

Next Facilitator Virtual Training: November 7 & 8, 2026 | 5:30 pm - 9:30 pm



Basics

For Parents & Caregivers

NAMI Basics supports parents and caregivers of children and youth (22 and under) experiencing mental health challenges. Available in person, virtually, and through NAMI Basics OnDemand. Register for NAMI [Basics OnDemand](#). Calendar [here](#).

Next Facilitator Virtual Training: October 17 & 18, 2026



Family & Friends

A 90-minute seminar that brings understanding, tools, and hope to those supporting loved ones with mental health conditions. Request a presentation [here](#). Interested in becoming a presenter? [Apply Here](#) or email programs@naminj.org



Hearts + Minds

Discover how nutrition, movement, sleep, and holistic wellness impact recovery. Invite this interactive, empowering program to your organization! Request a H+M Program: Contact programs@naminj.org



Ending the Silence

This season, NAMI NJ continues to expand Ending the Silence presentations across New Jersey schools—from Bergen County to Cape May—helping students and families learn about mental health, reduce stigma, and encourage early support. Some of this growth is thanks to our Rural Grant program in collaboration with HMH and NJAAP, which has helped bring Ending the Silence presentations to more communities across rural New Jersey this year.

We also received funding from the Coordinated Family Care of Middlesex County, funded by the Community Resource Development Fund (CRDF), to continue our work with families and students in Middlesex County, in partnership with our local affiliate NAMI Middlesex! We can schedule presentations for any school district, community center, library, or organization interested in raising awareness about mental health in their community.

We're also excited to highlight our partnership with **Soluna**, a free and confidential mental health support app available to young people ages 13–25 in New Jersey. Through this collaboration, students participating in our presentations can learn about additional digital tools and resources that support their mental health and well-being beyond the classroom.

Hear what participants are saying:

"Their courage to share personal stories made it real and inspiring."

"I learned something new — and I'm not alone."

Want to host a presentation for middle or high school students? [Request a presentation here](#). [Apply Here](#) to become a young adult presenter (ages 18–35)



NAMI NJ is officially launching our **Educating the Educators & Every Mind Matters (ETE/EMM)** professional development initiative in Middlesex County, made possible through a **Community Resource Development Fund (CRDF)** award for the 2026–2027 school year. We're kicking things off with a luncheon for school leaders across the county on October 7, from 11 a.m. to 1 p.m. Lunch will be provided. [Register](#) to attend.

Through our partnership with **Soluna**, some schools and school districts may qualify for free presentations sponsored by **Soluna** that support youth mental health education. Contact programs@naminj.org or btjus@naminj.org.

Interested in volunteering or facilitating these programs? Please fill out [this application](#).



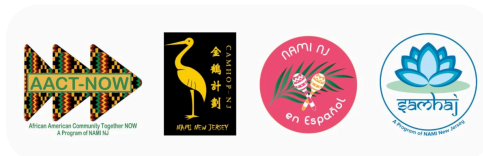
NAMI affiliates across the country offer NAMI Connection, so you can join meetings by Zoom any day of the week at various times. NAMI NJ offers 2 weekly Zoom groups, plus a monthly LGBTQ+ group. Currently, 12 of our affiliates and all of our multicultural programs offer Connection Recovery Support groups monthly or more often. Find these groups [on our calendar](#), and register for statewide meetings [here](#).

Our state organization, multicultural programs, and local affiliates are always looking for more volunteers. Our trainings last about 14 hours and are offered three times per year. If you've been attending Connection and see yourself as a possible facilitator, talk to your group facilitator or local affiliate to [apply](#).



These free stigma-busting presentations provide a personal perspective of mental health conditions, as leaders with lived

experience talk openly about what it's like to have a mental health condition. Our team is gearing up for a busy fall, including an In Our Own Voice training and a full schedule of public presentations in both English and Spanish. We're always looking for more opportunities to present - to any group middle-school age or older. If you can help us get into your PTA or school in-service (we offer state-approved credits for K-12 faculty), a college class, a police department, a mental health awareness event, or grand rounds, please email ioov@naminj.org.



As we move into the fall season, NAMI NJ's multicultural programs — **AACT-NOW**, **CAMHOP**, **NAMI NJ en Español**, and **SAMHAJ** — continue growing their impact through culturally responsive support groups, community outreach, and

meaningful conversations that meet communities where they are. Together, we are strengthening connections and building a more inclusive and supportive New Jersey. See [program updates](#)

NJ Department of Human Services Announces \$16.45 Million to Open Crisis Receiving & Stabilization Centers

In a major advocacy win, the NJ Department of Human Services announced that it will fund the five planned Crisis Receiving & Stabilization Centers (CRSCs) with \$16.45 million. While there is no budget appropriation for the program, DHS was able to find unspent dollars from FY25 and FY26, as well as utilize the federal Community Mental Health Services Block Grant. This is an exciting development, as it will enable the CRSCs in Bergen, Camden, Essex, Monmouth, and Morris counties to open in phases and begin serving individuals in crisis.

While we celebrate this hard-earned victory, we recognize that the work is far from over; the \$16.45 million in funding provided is still half of what is needed. NAMI NJ will continue to advocate to ensure CRSCs receive both full and sustainable funding. This is where your story can make a big difference. Too often due to stigma, individuals and families face mental health and substance use crises in the shadows. As we gear up to advocate for full and sustainable funding, your story -- as a provider, family member, or individual with mental illness -- can highlight why our state needs these services.

[Share Your Story with the Crisis System](#)



NAMI NJ Meets with Sen. Gordon Johnson

On Wednesday August 19, NAMI NJ met with Sen. Gordon Johnson at his district office to introduce our organization and discuss the importance of mental health crisis services, including funding for Crisis Receiving & Stabilization Centers. We are grateful for his time and support of mental health services for New Jerseyans.

Advocacy & Public Policy Director Matt Camarda, Sen. Gordon Johnson, Chief Executive Officer Jennifer Hughes

[**NAMI NJ Submits Public Comment Urging Centers for Medicare and Medicaid Services to Revise Onerous "Medical Frailty" Rules**](#)

Last year's One Big Beautiful Bill Act established community engagement requirements, more commonly known as work requirements, that required adults on the Medicaid expansion, roughly 20 million Americans and 540,000 New Jerseyans, to work, volunteer, or attend school for 80 hours to maintain Medicaid coverage.

Congress excluded several categories of people from these requirements, including those who are "medically frail" and have "disabling mental disorders". However, the Centers for Medicare and Medicaid Services released rules clarifying that medical frailty means that an illness "significantly impairs" one's ability to comply with the community engagement requirement.

This new requirement goes beyond the text of the "One Big Beautiful Bill Act", and states adds additional challenges to states' implementation of the work requirement, which will take effect Jan. 1, 2027.

We expect these requirements will lead to greater coverage losses because they add another hurdle that people with mental illness need to jump through in order to stay on Medicaid. Their ability to complete documentation will be greatly diminished when they are unable to work, which is when they need the coverage most. We addressed these issues and more in our Public Comment to CMS.

NAMI NJ and Affiliates In the Community



The **BMS Neuroscience Patient Advocacy Summit: "Turning Insights into Impact"** was held from July 21-23. The summit focused on the persistent gaps and inconsistencies in the transition from inpatient to outpatient care. The goal was to develop actionable, human-centered solutions that strengthen continuity and help individuals remain engaged, supported, and hopeful throughout the recovery journey. Jennifer Hughes, LCSW, NAMI NJ CEO, joined the discussions that explored the opportunities to improve transitions of care for individuals living with serious mental illness and generated meaningful insights that will help inform future collaboration and action.



A Visit to the Future of Integrated Care

NAMI NJ CEO Jennifer Hughes and team recently toured The Woods Primary and Behavioral Health Center at Hamilton - an exciting new collaborative effort between Woods Services and RWJBarnabas Health, located at RWJ University Hospital Hamilton. The center is the first in the area to offer integrated primary care and behavioral health services for individuals with intellectual and

developmental disabilities (I/DD), autism, and complex needs. Built on a proven model that has shown to reduce unnecessary ER visits and hospitalizations while improving quality of care, this is a promising development for our community. We look forward to seeing the impact this center will have on the individuals and families it serves!

(Left: Ethan Diamond, Practice Manager, Woods Primary and Behavioral Health Center at Hamilton; Right: Jennifer Hughes, NAMI NJ CEO)



NAMI NJ was invited to host a resource table at the Constituent Service and Resource Fair hosted by Congresswoman Bonnie Watson Coleman on August 10, Center for Modern Aging Princeton - Suzanne Patterson Center. The fair connected residents with representatives from federal, state, and county offices to help navigate public services. This was the Congresswoman's last resource fair, and we were delighted to share mental health resources with the

community.

NAMI NJ participated in the annual Health, Wellness and Resource Fair on September 22 at the South Brunswick Senior Center. NAMI NJ mental health educational materials and senior service resources were provided.



NAMI Mercer's 18th Annual Wellness Conference

October 3, 2026 | 8:15 AM - 3:00 PM
The Conference Center at Mercer
MCCC West Windsor Campus

Harvest of Hope, NAMI Mercer's wellness conference, is held annually in conjunction with National Mental Illness Awareness Week. Launched in 2009, this event brings people together to learn strategies and resources that promote mental wellbeing and to expand knowledge and understanding of mental illness. Harvest of Hope includes: a plenary session featuring an inspirational mental health advocate; practical, interactive workshops; thoughtful conversations rooted in personal experience; an uplifting performance; and plenty of opportunities for community-building.

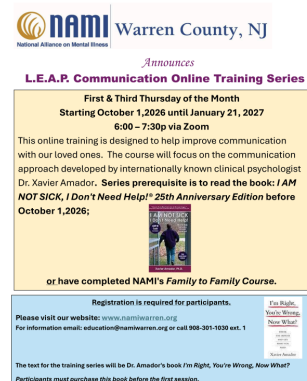


[Learn more](#)

NAMI Warren County, NJ announces: L.E.A.P. Communication Online Training Series

First & Third Thursday of the Month
Starting October 1, 2026 until January 21, 2027
6:00 – 7:30 p.m. via Zoom

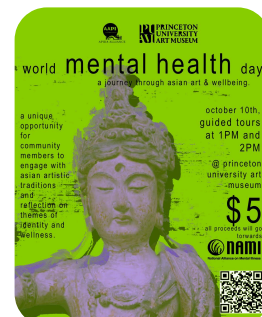
This online training is designed to help improve communication with our loved ones. The course will focus on the communication approach developed by internationally known clinical psychologist Dr. Xavier Amador. Series prerequisite is to read the book: *I AM NOT SICK, I Don't Need Help!*® 25th Anniversary Edition before October 1, 2026; or have completed NAMI's *Family to Family Course*.



[Download Flyer](#)

Princeton University Arts Museum & APIDA Alliance - World Mental Health Day

APIDA Alliance is working with the Princeton University Arts Museum on **Saturday, October 10, 2026** on **World Mental Health Day** with two guided tours at 1 pm and 2 pm with 25 people per session. The tour will highlight AAPI art, health, and wellbeing pieces. Proceeds that the tickets generate will be donated to NAMI NJ.

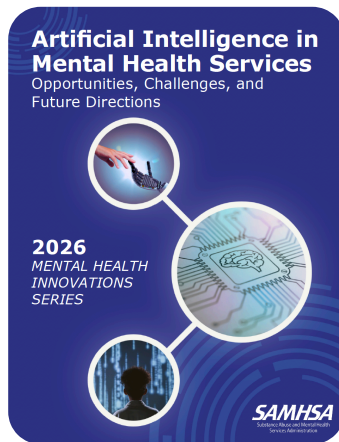


[Purchase Tickets](#)

NAMI Affiliates in NJ Event Lists

<u>Atlantic County</u>	<u>Gloucester County</u>	<u>Ocean County</u>
<u>Bergen County</u>	<u>Hudson County</u>	<u>Passaic County</u>
<u>Burlington County</u>	<u>Hunterdon County</u>	<u>Salem County</u>
<u>Camden County</u>	<u>Mercer County</u>	<u>Somerset County</u>
<u>Cape May County</u>	<u>Middlesex County</u>	<u>Sussex County</u>
<u>Cumberland County</u>	<u>Monmouth County</u>	<u>Union County</u>
<u>Essex County</u>	<u>Morris County</u>	<u>Warren County</u>

Community Resources & Events



New SAMHSA Publication: Artificial Intelligence in Mental Health Services - Opportunities, Challenges, and Future Directions

Artificial intelligence (AI) has the potential to improve access to and better meet demand for mental health and substance use disorder care. AI tools are available anytime, have no waiting lists, are typically low cost, and can be accessed anonymously. The question is not whether these tools have value; it is whether that value can be realized safely and at scale given concerns about model transparency, decision-making, and accuracy. [This paper](#) reviews what these technologies can and cannot do, and what it will take to govern them responsibly to realize their positive potential.

[View Resource](#)



Free Virtual Civil Rights Trainings

The New Jersey Division on Civil Rights (DCR) offers trainings aimed at preventing discrimination and bias-based harassment through its Education and Training Unit. These interactive sessions educate participants about their rights and responsibilities under the New Jersey Law Against Discrimination and other Civil Rights laws, and raise awareness about current anti-bias issues.

[See Training Schedule](#)

New Publication: What is a CCBHC?

This new SAMHSA publication provides an overview of the Certified Community Behavioral Health Clinic (CCBHC) model, including its purpose, core service requirements, and impact on expanding access to comprehensive mental health and substance use disorder care. This publication outlines the federal certification criteria, nine required service areas, key features of the CCBHC model, national reach and outcomes, and the primary funding mechanisms that support CCBHC implementation through SAMHSA grants and Medicaid programs.

CCBHC S-TAC
CCBHC State Technical Assistance Center

SAMHSA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

What is a Certified Community Behavioral Health Clinic?

Certified Community Behavioral Health Clinics (CCBHCs) transform community behavioral health systems by delivering comprehensive, coordinated mental health and substance use disorder care. CCBHCs increase access to and improve the quality of behavioral health services. This includes, at a minimum, a full of care case management services that address the needs of individuals with mental and/or substance use disorders. CCBHCs must also provide crisis services, CCBHC services and recovery supports must respond to local community needs, incorporate evidence-based practices and establish care coordination with a variety of service delivery. CCBHCs must serve people who seek behavioral health care in the community, regardless of age, ability to pay or place of residence, including people with serious or complex mental or substance use conditions, and must provide developmentally appropriate care to children and youth. As of July 2020, there are over 100 CCBHCs operating in 40 states, the D.C., and Puerto Rico.

Legend

100 members statewide as of July 2020

- 20-29 CCBHCs: CA, IL, IN, MI, MN, MO, NY, OH, TN, VA
- 10-19 CCBHCs: CT, DE, HI, IA, KY, NC, OR, PA, WA
- 5-9 CCBHCs: AL, AR, AZ, CO, DC, GA, HI, IL, IN, LA, MD, ME, MI, NY, NC, ND, OH, PA, VA, WI
- 1-4 CCBHCs: AK, DE, HI, IL, IN, LA, MD, ME, MI, NY, NC, ND, OH, PA, VA, WI

Impact of CCBHCs

CCBHCs are improving care across the United States, serving an estimated 3 million people as of March 2024. Select outcomes from the research:

- As of June 30, 2021, 85% of CCBHCs reported an increase in community recovery services.
- 85% of CCBHCs reported an increase in community recovery services.
- 85% of CCBHCs reported an increase in community recovery services.

This measure was made possible through funding from the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA is solely the responsibility of the author and does not necessarily represent the official views, opinions or policies of SAMHSA or the U.S. Department of Health and Human Services.
Contact No.: 78083320200047802020202020

Check out the new information on CCBHC on NAMI NJ website:
[NJ Certified Community Behavioral Health Clinics by County](#) (As of 8/26/26)

What are you inspired to do?

JOIN A SUPPORT GROUP

CHECK OUT EVENT CALENDAR

CONNECT WITH YOUR LOCAL NAMI

JOIN OUR MULTICULTURAL CELEBRATION

CONTACT NAMI NJ HELPLINE

SIGN UP FOR ENEWS - STAY CONNECTED

BECOME AN ADVOCATE

VOLUNTEER OR INTERN

START FUNDRAISING YOUR WAY

Need Help Finding Help?

We're here for you,
call or email us.



NAMI NEW JERSEY HELPLINE: 866-626-4664
Monday to Friday, 9 AM - 4 PM helpline@naminj.org



The NAMI NJ Helpline is not a hot line, crisis line or suicide prevention line. If in crisis, please call or text the National Suicide & Crisis Lifeline at 988 (24/7). If calling 911: Ask for a Crisis Intervention Team (CIT) Officer.

Our programs are free to the community.

SUPPORT NAMI NJ

DONATE NOW

NAMI New Jersey
National Alliance on Mental Illness

