

COVID-specific
njcares.gov
statewide list of resources

Hotlines/Helplines National
Suicide Prevention Lifeline
1-800-273-TALK(8255)
24/7 Confidential hotline for people in distress

TLC 4 Teens
www.TLC4teens.org
Provides resources for teens and parents with mental health concerns

2nd Floor
888-222-2228
Youth Helpline-Youth talking to youth with mental health concerns.

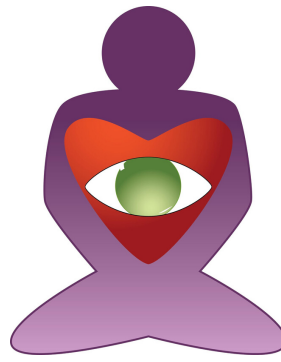
Text NJ to 741741
www.crisistextline.org.
Free 24/7 support for people in crisis

TransLifeline
877-565-8860
Connects trans people to the community, support and resources they need to survive and thrive.

Trevor Project
1-866-488-7386
Trained counselors for the LGBTQ+ community are here to support you 24/7

PARENT RESOURCES NAMI
Helpline
800-950-NAMI
M-F
10am-6pm Helpline

National Domestic Violence Hotline
1-800-799-SAFE(7233)
24/7 Confidential support



Insights Counseling and Training Services LLC

VISIT WEBSITE
www.insightscounselingllc.com

SAMHSA's
Distress Helpline
1-800-985-5990
Text
Talk with Us to 66746

National Sexual Assault Hotline
1-800-656-HOPE(4673)
Confidential support

MENTAL HEALTH RESOURCES
Child Mind Institute
<https://childmind.org>
Daily psychologist available to answer questions.
Provides education resources for children.

Families for Depression Awareness
<https://www.familyaware.org>
Offers education, training and support to families.

EDUCATIONAL RESOURCES TO HELP EDUCATORS AND PARENTS.
Casel SEL resources during COVID-19
<https://casel.org>

Move This World Webinar:
Facilitating Social Emotional Learning at Home
<https://docs.google.com/presentations/d/13RpuKQpZc1n7v-QMzP3ug>

Lakeshore
<https://www.lakeshorelearning.com>
Resources and products for parents and educators.