

RESOURCES (page 1 of 2)

1) The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide) <http://www.afsp.org>

2) Grief Speaks 973-912-0177

Conducts workshops, presentations, keynotes and in-service trainings for schools, hospitals, businesses, agencies, communities, and organizations. They speak to adults, teenagers and children about coping with losses, transitions and grief. www.griefspeaks.com

3) National Child Traumatic Stress Network (NCTSN)

Established by Congress in 2000, the National Child Traumatic Stress Network (NCTSN) is a unique collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. <http://www.nctsn.org>

4) National Suicide Prevention Lifeline 1-800-273-TALK (8255)

The National Suicide Prevention Lifeline 1-800-273-TALK (8255) is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK, the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night. <http://www.suicidepreventionlifeline.org/>

5) NJ Department of Children and Families, Division of Children's System of Care

A toll free access line to obtain county-based services for children. Parents, family members, school employees, mental health providers and other professionals helping children and families can contact PerformCare on behalf of a youth in need of a referral. Still, the parent or legal guardian of the child must give consent for services.

If your child is currently experiencing a [behavioral health crisis](#), please call us right away at **1-877-652-7624**.

6) [http://www.nj.gov/dcfSuicide Prevention Lifeline](http://www.nj.gov/dcfSuicidePreventionLifeline)

Are you feeling desperate, alone or hopeless?

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

* Call for yourself or someone you care about

* Free and confidential

* A network of more than 140 crisis centers nationwide

* Available 24/7

* <http://www.suicidepreventionlifeline.org/>

RESOURCES (page 2 of 2)

7) **JERSEY VOICE**

A peer-to-peer website where youth and young adults can share their stories of hope, help and strength using stories, poems, music, photography, posters, videos and other creative outlets.

<http://www.jerseyvoice.net>

8) **Reach Out**

(Information and support service using evidence based principles and technology to help teens and young adults facing tough times and struggling with mental health issues. All content is written by teens and young adults, for teens and young adults.) A great place to hear, read and watch stories by all kinds of people going through all kinds of tough times who got better. Find great resources, community and help! WE CAN HELP US! <http://us.reachout.com>

9) **The Trevor Project**

This is a national 24 hr. toll free confidential suicide hotline for gay & questioning youth – The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. They are also the only accredited, nationwide, around-the-clock crisis and suicide prevention helpline for LGBTQ youth.

<http://www.thetrevorproject.org>

10) **2NDFLOOR, NJ Youth Helpline** 1-888-222-2228

2NDFLOOR is 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.

www.2ndfloor.org

11) **Good Grief, Inc., Morristown, NJ** 908-522-1999

We provide services to children, teens and young adults who have lost a parent or sibling to death. We also provide services for the children's surviving parent(s) or caretaker.

<http://www.good-grief.org>

12) **Imagine - A Center for Coping with Loss** 908-264-3100

Imagine is a not-for-profit organization supporting children and adults coping with loss and to foster resiliency and emotional well-being for all those who grieve. They offer free year-round peer grief support groups for children age 3-18 who have had a parent or sibling die, and grief support groups for young adults 18-30 who have had a parent or sibling, friend or other family member die.

www.imagenenj.org