

# Counseling Resources

## Mental Health Community Resources

- [Crisis Text Line](#)
  - Text **HOME to 741741** to connect with a crisis counselor 24 hours a day, 7 days per week.
- [Mobile Response/Perform Care TELEHEALTH](#)
  - **TELEHEALTH Services are available:** it allows you and your family the opportunity to access behavioral & mental health resources electronically during these challenging times. Services are still available, please call if you or someone you know needs HELP. Mobile Response Stabilization Services (MRSS) will come to your home within one hour of notification to provide face-to-face crisis services. Mobile Response and PerformCare are available 24 hours a day, seven days a week. There is no charge for calling Mobile Response/PerformCare. PerformCare assists in linking individuals with services related to emotional and behavioral health concerns. **877-652-7624**
- [Family Crisis Intervention Unit](#)
  - Family Crisis Intervention Unit provides crisis intervention for families in Monmouth County on a 24 hour basis. The crisis situations involve serious conflict between the parent/guardian and the juvenile, serious threat, incorrigibility, runaway behavior, and truancy issues. **732-542-2444 day / 732-996-7645 night**
- [Psychiatric Emergency Screening Services \(PESS\)](#)
  - Monmouth Medical Center is a state-designed emergency screening service for Monmouth County. Crisis intervention, stabilization, mobile outreach, crisis hotline and family crisis services are provided. Services can be accessed through the Emergency Department or by calling our crisis hotline at **732-923-6999**
- [Suicide Prevention Lifeline](#)
  - 1-800-273-8255 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- [Monmouth Cares](#)
  - Monmouth Cares helps youth and families with emotional, behavioral, substance use, developmental, and intellectual disability, physical health needs.
- [Youth Helpline: 2nd Floor](#)
  - 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.
- [Monmouth County Mental Health Association](#)
  - The Monmouth County MHA provides advocacy and services to families in Monmouth County and identifying gaps in the mental health system of care in collaboration with community, county, and state partners to close those gaps.
- [NJ Hope Line](#)
  - 1-855-654-6735. Need someone to talk to? We are here to help. Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.
- [Monmouth County Behavioral Health Crisis Counselors](#)
  - Crisis counselors are available to residents experiencing stress or anxiety via phone Monday - Friday from 9am - 8pm at 732-845-2070.
- [NJ Mental Health Cares Help Line](#)
  - NJ Mental Health Cares, the state's behavioral health information and referral service, will now also offer help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak. New Jerseyans can call **1-866-202-HELP (4357)** for free, confidential support from 8 a.m. to 8 p.m. seven days a week.
- [NJ Hope and Healing](#)
  - RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Program offers emotional support services, education and community-based resources for individuals and families affected by the COVID-19 pandemic. **For more information, please call 833-795-HOPE (4673) or email [hopeandhealing@rwjbh.org](mailto:hopeandhealing@rwjbh.org).**
- [Community Resources & Helplines - YMCA of Greater Monmouth County](#)
  - The Y is here for all with safe and confidential services that strengthen family life and individual

growth. Our team of caring and certified Y professionals are licensed to serve as counselors to youth, families, and schools, specializing in social work, clinical counseling, and alcohol and drug counseling.

- If your need is immediate, please see our list of [Monmouth County Community Resources](#) and [Hotlines for Youth](#) that are there for you in times of crisis and healing.
- Whole Hearted Healing
  - <https://wholeheartedhealingcollective.org/>
  - We wholeheartedly believe that humans are hardwired for connection with one another and with nature. As a collective of mental health and wellness practitioners, we provide an array of healing services ranging from traditional counseling to community-based support services and events. Among these include individual walk-and-talk counseling, telehealth counseling, therapy and support groups offered both live in-person and virtually, and both the healing and expressive arts workshops, classes, and seminars. Our intention is to offer a community in which the culture is centered around wellness.

## Wellness & Mindfulness Resources

### Mindfulness

- [Mindful.org](#) - mindfulness activities and resources
- [Yoga for Beginners](#) - 20 minute at home yoga workout for beginners
- [Classroom Meditation for all ages](#) - 6 and a half minutes of meditation
- [www.calm.com](http://www.calm.com) - website for meditation and mindfulness
- [Grounding Techniques](#) - refocus your mind on the positive instead of stress and anxiety
- [Keep Calm and Carry On](#) - healthy ways to manage your stress during these uncertain times

### Mindfulness Apps

- [Ibreathe](#) - free app for relaxation and meditation techniques
- [Calm App](#) - app for meditation and mindfulness
- [Insight timer App](#) - free guided meditations
- [Headspace app](#) - meditation so you stress less

### Wellness Activities

- [KYDS Free Meditation Sessions](#) - Mondays @ 8am and Thursdays at 6pm
- [National Museum of Natural History](#) - take a virtual tour of a museum
- [Coursera](#) - take a free and exciting class on a variety of fun topics through Coursera
- [Goodreads](#) - occupy your mind with a new book or book club
- Puzzles & Coloring - occupy your mind with a challenging [puzzle](#) or elaborate [coloring](#) exercise

### Physical Fitness Activities

- **Get Outside!** - go for a walk, jog, bike ride, or shoot some hoops while maintaining social distancing guidelines
- [Home Work-Ins](#) - free workouts that you can do in your home courtesy of Planet Fitness
- [Fiton](#) - free app for exercise that is easy and fun all ages and abilities
- [Mayo Clinic](#) - exercise to manage stress