

Trauma and Grief Resources

[How to Help a Grieving Teen](#)

[Books for Children Dealing with Loss or Trauma](#)

[After the Trauma - Helping a Child Cope](#)

[Addressing Grief](#)

[Good Grief Resource Site](#)

Here is a list of suicide prevention activities within the state along with current legislation as it relates to suicide:

New Jersey Suicide Prevention Hopeline

1-855-654-6735 www.njhopeline.com

The Hopeline is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu.

Screening and Screening Outreach Programs

Available in each county 24-hours a day, seven-days a week to individuals in emotional crisis needing immediate attention. For information visit the DHS Division of Mental Health and Addiction Services' website at www.state.nj.us/humanservices/divisions/dmhas/.

Perform Care

When a child is facing challenges to their functioning and well-being, finding the right services and support can be overwhelming. To access CSOC Perform Care and Mobile Response services please call 1-877-652-2764.

2NDFLOOR Youth Helpline
www.2ndfloor.org; 888.222.2228

Accredited by the American Association of Suicidology, 2ND Floor confidentially serves youth and young adults (ages 10 to 24). Youth who call are assisted with their daily life challenges by professional staff and trained volunteers.

Trevor Project
www.thetrevorproject.org

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13 to 24.

NAMI Mercer County (609-799-8994)
Parents and Teachers as Allies

NAMI Mercer is delighted to offer Parents and Teachers as Allies, a new NAMI National education program that focuses on helping school professionals and parents better understand the early warning signs of mental illnesses in children and adolescents and how best to link families to appropriate services.

Youth Services

- Child Abuse Hotline 800-792-8610
- Division of Children Protection and Permanency 877-652-2873
877-NJ-ABUSE
- DCP&P Middlesex County 732-293-5060
- DCP&P Mercer County 609-396-6722
- National Youth Crisis Hotline 800-448-4463

Crisis Services

- NJ Department of Mental Health State 800-382-6717
Central Region 609-777-0674
- Missing Children Hotline 800-843-5678
- Domestic Violence Hotline 800-572-7233
- Family Helpline 800-THE-KIDS

Middlesex/Mercer County Hotlines

- Family Guidance Center of Central NJ 800-813-0555
- Jewish Family & Children's Services 609-987-8100
- Trinity Counseling Service 609-924-0060
- Family Crisis Intervention Unit of Mercer Co. 609-989-6082
- UMDNJ/University Behavioral HealthCare (24 hr.) 732-235-5700
- CCIS — Children under 18 (Mon-Fri, 9-5) 732-235-5705
- Raritan Bay Mental Health Center (24 hr.) 732-442-1666
- Substance Abuse Hotline 800-225-0196
- MOBILE Response and Stabilization Services 609-584-0790
- Princeton Psychological Center, LLC 609-658-0368
- Good Grief 609-498-6674
- Corner House 609-924-8018