

## Mental Health & Wellness Resources for Parents

### NJ Mental Health Cares

- They are offering help to people dealing with anxiety and worry related to COVID-19
- Anyone in NJ may call 1-866-202-HELP (4357) for free and confidential support
- Calls will be answered by live trained specialist from 8:00am-8:00pm, 7 days a week

### Family Helpline (Parents Anonymous of NJ)

- 24 Hour Helpline for Parents – 1-800-THE-KIDS (843-5437)
- Speak to sensitive, trained volunteers to work through frustrations and stressors
- Volunteers provide empathetic listening and referrals to resources in your community

### NJ Family Health Line

- 24 Hour Helping Line for expecting and new moms, families with children and special needs
- 1-800-328-3838 (multi-language services available)

### National Crisis Text Line

- Connect with a crisis counselor for free by texting CRISIS to 741741

*Parents may also locate providers through their insurance or search on [psychologytoday.com](https://www.psychologytoday.com) for tele-health therapists.*