

Mental Health & COVID-19

It is important to be proactive about your mental health during uncertain times. If you or someone you know is struggling, please use this information to seek help. You are not alone. We are in this together.

National Resources

American Foundation for Suicide Prevention
afsp.org/covid-19

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

Crisis Text Line
Text TALK to 741-741

The Trevor Project (LGBTQ Crisis Line)
1-866-488-7386

Seize the Awkward
seizetheawkward.org

My3 (safety planning app)
My3app.org, or download on **Android & iOS**

Suicide Prevention Resource Center
www.sprc.org/covid19

JED Foundation
www.jedfoundation.org

Local Resources

Traumatic Loss Coalition for Youth Program
ubhc.rutgers.edu/education/trauma-loss-coalition/overview.xml

2nd Floor Youth Helpline
www.2ndfloor.org

Caring Contact
caringcontact.org

NAMI NJ
www.naminj.org

Mental Health Association of NJ
www.mhanj.org

NJ 211
www.nj211.org

Society for the Prevention of Teen Suicide
www.sptsusa.org

NJ Resource Nets
<http://njresourcenet.org/>

NJ Hopeline
www.njhopeline.com

NJ's 24/7 Peer Support and Suicide Prevention Helpline
Dial 1-855-NJ-HOPELINE (654-6735)



**American
Foundation
for Suicide
Prevention**

New Jersey