

# MENTAL HEALTH HOTLINES

HELP IS AVAILABLE 24/7 THROUGH PHONE CALL, TEXT, AND ONLINE CHATS USING THE RESOURCES BELOW.

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

If you or someone you know is in crisis, whether they are considering suicide or not, please call the toll free Lifeline to speak with a trained crisis counselor 24/7. The National Suicide Prevention Lifeline connects you with a crisis center in the Lifeline network closest to your location. Your call will be answered by a trained crisis worker who will listen empathetically and without judgment. The crisis worker will work to ensure that you feel safe and help identify options and information about mental health services in your area. Your call is confidential and free.

## **National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264)/Crisis Text Line: Text NAMI to 741-741**

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message

## **National Domestic Violence Hotline: 1-800-799-SAFE (7233)**

Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.

## **National Sexual Assault Hotline: 1-800-656-HOPE (4673) / Online Chat: <https://hotline.rainn.org/online>**

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is also available at their Online Hotline. Free help, 24/7.

## **NJ MentalHealthCares Help: 866-202-HELP (4357) / (TTY 877-294-4356)**

Their line staff offers telephone counseling, information and referral and assistance in helping to get the behavioral health services needed by you or a loved one. The New Jersey MentalHealthCares Helpline is funded by the New Jersey Division of Mental Health and Addiction Services. Assistance is available in many languages. A TTY line is available for the deaf and hearing impaired at (877) 294-4356 Hours of operation are Monday thru Friday 8 a.m. to 8 a.m.