

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](#)

Youth Services

- Division of Youth & Family Services (DYFS) 877-652-2873
Middlesex County 877-NJ-ABUSE
732-293-5060
732-418-3401
/ 3402 Edison
Emergency: 800-792-8610
Mercer County 396-6722
- National Youth Crisis Hotline 800-448-4463

Crisis Services

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

Middlesex/Mercer County Hotlines

- CONTACT of **Middlesex** County (24 hours) 888-908-4636
- First Call for Help (Mon-Fri, 9-5)
- CONTACT of **Mercer** County (24 hours) 883-2880
- First Call for Help (Mon-Fri, 9-5) 799-6033
- Family Guidance Center of Central NJ 800-813-0555
- Jewish Family & Children's Services 987-8100
- Trinity Counseling Service 924-0060
- Family Crisis Intervention Unit of Mercer Co. 989-6082
- UMDNJ/University Behavioral Health Care (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

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.

Additional Resources

In the event a concern has been identified about the emotional well-being of a student, but it is not an urgent situation requiring an emergency screening, these resources may be of assistance to you. The school personnel who know your child best may be able to provide specific recommendations, possibly including individual practitioners, some of whom may be affiliated with certain insurance panels. You can also refer to your health insurance for a list of providers, if you prefer to stay within your network. We are happy to consult with you to support you and your child in this process.

Perform Care (NJ Children's System of Care) <http://www.performcarenj.org/>

1-877-652-7624 24 hours/7 days a week (Mobile Response / Home services provided)

Rutgers University Behavioral Health Care Access Center <http://ubhc.rutgers.edu/>

Piscataway, NJ 1-800-969-5300

GenPsych <http://genpsych.com> 609-403-6190 Lawrenceville, NJ

High Focus Center: <https://highfocuscenters.pyramidhealthcarepa.com/> 609-349-7626
Lawrenceville, NJ

AAMH

<http://www.aamh.org/>

819 Alexander Road, Princeton, NJ

609-452-2088

Walk-in hours to see a counselor: 8:30 am-2:00 pm

Princeton House Behavioral Health

<http://www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health.aspx>

Inpatient Admissions: 1-800-242-2550

Outpatient Admissions: 1-888-437-1610

Carrier Clinic

252 County Road 601

Belle Meade, NJ 08502

800-933-3579

<https://carrierclinic.org/>

Jewish Family and Children's Services

707 Alexander Rd., Suite 102

Princeton, NJ

(609) 987-8100 OR 1-877-408-JFCS (5327)

<http://www.jfcsonline.org/contact-us/>

CARES

601 Hamilton Ave.

Trenton, NJ

<http://www.stfrancismedical.org/Services/C-A-R-E-S--Program.aspx>

The C.A.R.E.S. Program at St. Francis Medical Center is an acute partial hospitalization program for children ages 5-14 years. Call 609-599-5000 for information.

Hotline Numbers:

New Jersey Hopeline

1-855-654-6735

24 hours/7 days per week

<http://www.njhopeline.com/>

2nd Floor

1-888-222-2228

24 Hours/7 days per week

<http://www.2ndfloor.org/>

National Suicide Prevention

1-800-273-8255

24 hours/7 days per week

<http://www.suicidepreventionlifeline.org>

** You can always call **911** to ask for help. Tell the operator you are in suicidal danger.*

Online Resources:

National Suicide Hotlines <http://suicidehotlines.com/>

National Suicide Prevention Resource Center www.sprc.org/

Yellow Ribbon www.yellowribbon.org/

Department of Health & Human Services

National Strategy for Suicide Prevention