



Local Mental Health Clinical Resources

HOTLINES:

- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- Morris County Sexual Assault Center Hotline: 973-829-0587
- Jersey Battered Women's Service Crisis Hotline: 973-267-4763
- NJMentalHealthCares: 1-866-202-HELP (4357)
- We Care: 1-800-SUICIDE
- NJ 2-1-1 Help Line: 973-398-1730
- Mental Health Association of Morris County: 973-334-3496
- Morris County Prevention is Key (substance abuse): 973-625-1998
- NJ Mental Health Cares (mental health): 866-202-4357
- National Mental Health Association: 1-800-969-6642, www.nami.org
- NJ Self-Help Group Clearinghouse: 800-367-6274
- Morris County Aging, Disabilities, and Community Programming: 800-564-4656
- National Eating Disorders Association Helpline: 800-931-2237
- NJ Eating Disorders Helpline: 800-624-2268
- Overeaters Anonymous Info Line: 973-746-8787
- Al-Anon/Alateen, www.alateen.org
- Alcoholics Anonymous, www.aa.org, 800-245-1377
- Narcotics Anonymous, www.na.org, 800-992-0401
- Addictions Hotline: 800-238-2333

WEBSITES:

- Mental Health Association of NJ, <http://www.mhanj.org>
- Teen Health, www.teenshealth.org
- Mental Health America, <http://www.mentalhealthamerica.net>
- National Institute of Mental Health, <https://www.nimh.nih.gov>
- Collaborative Support Programs of New Jersey, <https://www.cspnj.org/>

LOCAL THERAPIST SEARCH: <http://www.psychologytoday.com>

Please Note: This list is by no means is all encompassing and is intended to provide contact information for local and national resources. Please contact 911 or your local hospital if you need immediate assistance.

SOURCE: Maximize Wellness Counseling & Coaching, LLC. & The Madison Area YMCA's Community Mental Health Initiative

