

## CRISIS RESOURCES (revised August 2018)

- ACCESS Outpatient Services @ St. Joseph's Hospital (for Deaf and Hard of Hearing), Voice 973-754-5595, Videophone/TTY 973-977-2294  
<https://www.stjosephshealth.org/clinical-focuses/behavioral-health-services/item/1328-access>
- American Foundation for Suicide Prevention (AFSP), 1-888-333-2377 (National Offices), 1-202-449-3600 (Public Policy Offices), <http://www.afsp.org>
- American Association of Suicidology, 1-202-237-2280 <http://www.suicidology.org>
- American Psychological Association 1-800-374-2721 <http://www.apa.org>
- Arab American Counseling Services (MHPAC) in Clifton, NJ, Phone: 973-478-4444 ext. 12  
<http://www.mhpassaic.org/programs/arab-american-counseling-services/>
- Association for Pet Loss and Bereavement, Email: [aplb@aplb.org](mailto:aplb@aplb.org) (no phone),  
<http://www.aplb.org>
- Caring Contact, Inc: *Caring and Crisis* Hotline, Phone: 908-232-2880, Text: "heart" to 741-741,  
<http://www.caringcontact.org>
- Child Trauma Academy, Phone: 1-866-943-9779, Email: [cta@childtrauma.org](mailto:cta@childtrauma.org),  
<http://www.childtrauma.org>
- Comfort Zone Camp, Montclair office 201-867-2077/Main 1-866-488-5679  
[www.comfortzonecamp.org](http://www.comfortzonecamp.org)
- Division of Child Protection & Permanency (**DCP&P**) – Report Abuse: 1-877-NJ ABUSE, Local Offices in Paterson, NJ are 1) *Passaic Central Office* at 22 Mill Street, 973-977-4525 and 2) *Passaic North* at 100 Hamilton Plaza, 973-523-6090
- Dougy Center for Grieving Children, 1-866-775-5683, <http://www.dougy.org/>
- Family Intervention Services of Passaic County, 655 Broadway, Paterson NJ, 973-523-0089,  
[www.fisnj.org](http://www.fisnj.org)
- Family Support Organization of Passaic County, 3 Garret Mountain Road, Woodland Park NJ 973-427-0100
- Good Grief, Inc., Phone: 908-522-1999, Email: [info@good-grief.org](mailto:info@good-grief.org), <http://www.good-grief.org>
- Grief Speaks (*speaker*) Phone: 973-985-4503, Email: [lisa@griefspeaks.com](mailto:lisa@griefspeaks.com),  
<http://www.griefspeaks.com>
- Half of Us /The JED Foundation, <http://www.halfofus.com>
- Imagine – A Center for Coping with Loss, Phone: 908 264-3100, <http://www.imagenenj.org>
- Jersey Voice, Email: [contactus@jerseyvoice.net](mailto:contactus@jerseyvoice.net), <http://www.jerseyvoice.net/about>
- Joshua Children's Foundation (*sexual abuse website*)  
<http://www.joshuachildrensfoundation.org>
- Lighthouse Pregnancy Resource Center, 3 locations in Northern NJ (Paterson listed below), 75 Ellison Street Phone: 862-257-3820, Text: 201-677-2394, Email: [help@lighthouseprc.org](mailto:help@lighthouseprc.org),  
<http://lighthouseprc.org/>
- Mental Health Association in New Jersey 1-800-367-8850, Email: [info@mhanj.org](mailto:info@mhanj.org),  
<http://www.mhanj.org>
- Mental Health Association in Passaic County. Phone: 973-478-4444 [www.mhpassaic.org](http://www.mhpassaic.org)
- Mental Health Clinic of Passaic: Ida Gurtman Therapeutic Children's Program, 973-777-1403 (Passaic) <http://www.mhcp.org/ida-gurtman-passaic.html> ; 973-473-2775 (Clifton) :  
<http://www.mhcp.org/ida-gurtman-clifton.html>
- Mom 2 Mom helpline (for moms of children and adults with developmental disabilities), 1-877-914-6662
- M & S Psychotherapy and Counseling LLC, 1157 Main Street, Clifton, NJ, Phone: 973-341-9869,  
<http://www.mnspsych.com/default.asp>
- National Alliance for Grieving Children, Phone: 1-866-432-1542, <http://www.childrengrieve.org>
- National Center on Addiction and Substance Abuse at Columbia University  
[www.casacolumbia.org](http://www.casacolumbia.org)
- National Alliance on Mental Illness – NJ (NAMI-NJ), Phone: 732-940-0991, Email:  
[info@naminj.org](mailto:info@naminj.org), <http://www.naminj.org/>

- National Center for Crisis Management ,1-800-810-7550, Email: [info@nc-cm.org](mailto:info@nc-cm.org), <http://www.nc-cm.org>
- National Center for Post-Traumatic Stress Disorder -Veterans Crisis Line, 1-800-273-8255, <http://www.ptsd.va.gov>
- National Center For School Crisis & Bereavement St. Christopher's Hospital for Children, 160 East Erie Avenue, Philadelphia, PA 19134, Phone: 877-536-2722 ,Email: [info@grievingstudents.org](mailto:info@grievingstudents.org), <http://www.schoolcrisiscenter.org/>
- National Child Traumatic Stress Network (NCTSN), <http://www.nctsn.org>
- National Domestic Violence Hotline, 1-800-799-7233 or 1-800-787-3224 (TTY), [www.thehotline.org](http://www.thehotline.org)
- National Institute of Mental Health (NIMH) for publications <http://www.nimh.nih.gov/health/publications/index.shtml>
- National Human Trafficking Resource Center, Phone: 1-888-373-7888, Email: [nhtrc@polarisproject.org](mailto:nhtrc@polarisproject.org), [www.traffickingresourcecenter.org/](http://www.traffickingresourcecenter.org/)
- National Runaway Safeline, 1-800-RUNAWAY (1-800-786-2929), <http://www.1800runaway.org>
- National Sexual Assault Hotline, 1-800-656-4673, <https://www.rainn.org/get-help/national-sexual-assault-hotline>
- National Suicide Prevention Lifeline 1-800-273-TALK (8255), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- National Teen Dating Abuse Helpline, Phone:1-866-331-9474 or text "loveis" to 22522, <http://www.loveisrespect.org/>
- NJ Children's System of Care (**PerformCare**), 1-877-652-7624, <http://www.performcarenj.org>
- NJ Community Resources <http://www.njcommunityresources.info/commres.html>
- NJ Division of Mental Health and Addiction Services (NJDMHAS), Email: [dmhas@dhs.state.nj.us](mailto:dmhas@dhs.state.nj.us), <http://www.nj.gov/humanservices/dmhas/home/>
- NJ HOPELINE, 1-855-654-6735, <http://www.njhopenline.com/>
- NJ Mental Health Cares *helpline*, 1-866-202-4357, <http://www.njmentalhealthcares.org>
- NJ Youth Resource Spot, <http://njyrs.org/>
- Partnership for Drug-Free Kids, 1-855-378-4373, <http://www.drugfree.org/get-help/>
- Passaic County Children's Mobile Crisis Unit – 973-754-2230
- Passaic County Resource Net by Circle Of Care CMO, 973-942-4588, <http://www.passaicresourcenet.org/>
- Passaic County Women's Center, 973-881-1450 (24/7), <http://passaiccountywomenscenter.org/>
- Prevention Links, Phone: 1-732-381-4100, Email: [info@preventionlinks.org](mailto:info@preventionlinks.org), [www.preventionlinks.org](http://www.preventionlinks.org)
- Rainbows: *Support for Grieving Children (death, divorce, deployment, etc)*, Main: 1-847-952-1770, <http://www.rainbows.org>
- Raymond J. Lesniak RECOVERY HIGH SCHOOL, Contact: Ms. Syreeta McClain (coordinator) 908-793-9800, Email: [smcclain@ucvts.tec.nj.us](mailto:smcclain@ucvts.tec.nj.us), <http://eshrecoveryschool.org/>
- ReachOut: Get Through Tough Times (*Facts and Information for families and teens – website available in English and Spanish*), 1- 800-448-3000, <http://us.reachout.com/>
- S.A.F.E. Alternatives – Self Abuse Finally Ends, Phone: 1-800-DONTCUT (1-800-366-8288), Email: [info@selfinjury.com](mailto:info@selfinjury.com), <http://www.selfinjury.com/>
- Screening for Mental Health <http://www.mentalhealthscreening.org>
- 2<sup>nd</sup> FLOOR, NJ Youth Helpline, 1-888-222-2228 (24/7, text or call), <http://www.2ndfloor.org/>
- Sesame Workshop –Children's Grief , Email only via weblink: <http://www.sesameworkshop.org/contact-us/>, <http://www.sesameworkshop.org/what-we-do/our-initiatives/when-families-grieve/>
- Self-Injury and Recovery Program at Cornell University, Phone: 1-607-255-6179, Email: [self-injury@cornell.edu](mailto:self-injury@cornell.edu), <http://www.selfinjury.bctr.cornell.edu>

- Society for the Prevention of Teen Suicide, Contact via phone(732-410-7900) or online form at <http://www.sptsusa.org/contact-us/>, <http://www.sptsusa.org>
- St. Joseph's Psychiatric Emergency Services – 703 Main St., Paterson, NJ – 973-754-2230
- St. Joseph's Regional Medical Center – Outpatient Mental Health Clinic @ 56 Hamilton St., Paterson, NJ 07505, 973-754-4765, <https://www.stjosephshealth.org/clinical-focuses/behavioral-health-services/item/1332-outpatient-mental-health-clinic>
- St. Mary's Hospital Adolescent Partial Care Program (AWARE), 973-470-3176, <http://www.smh-nj.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Center for Trauma-Informed Care (NCTIC), Phone: 866-254-4819, Email: [nctic@nasmhpd.org](mailto:nctic@nasmhpd.org), <http://www.samhsa.gov/nctic>
- Suicide Prevention Resource Center (SPRC), 877-438-7772, <http://www.sprc.org>
- The Compassionate Friends (*child grief*), 1-877-969-0010 <http://www.compassionatefriends.org>
- The Jason Foundation, Phone: 1-888-881-2323, Email: [contact@jasonfoundation.com](mailto:contact@jasonfoundation.com), <http://jasonfoundation.com>
- Trevor Project, 1-866-488-7386, <http://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 youth.
- Training Institute for Suicide Assessment and Clinical Interviewing <http://www.suicideassessment.com>
- Traumatic Loss Coalitions for Youth, 732-235-2810, <http://ubhc.rutgers.edu/tlc>
- UCLA Center for Mental Health in Schools, <http://smhp.psych.ucla.edu>
- Wayne Counseling and Family Services Center, 973-694-1234, <http://waynecounselingcenter.org>
- YouthBuild @ Great Falls, 973-345-5516 ext. 19, [http://www.njcdc.org/~njcdc/what-we-do/page.php? Early-Childhood-Youth-Development-Great-Falls-YouthBuild-6](http://www.njcdc.org/~njcdc/what-we-do/page.php?Early-Childhood-Youth-Development-Great-Falls-YouthBuild-6)

# Grief Programs in New Jersey

Retrieved 7/11/18 from <https://childrengrieve.org/find-support/9-find-support/36-programs-in-new-jersey>

## **The Alcove Center for Grieving Children & Families**

950 Tilton Road, Suite 108  
Northfield, NJ 08225  
(609) 484-1133  
<http://www.thealcove.org>

## **Camp Firefly**

Part of Moorestown Visiting Nurse Association  
1303 Stokes Road  
Medford, NJ 08055  
(856) 522-1300  
<http://www.moorestownvna.org/services/hospice/camp-firefly>

## **Comfort Zone Camp**

110B Meadowlands Parkway, Suite 301  
Secaucus, NJ 07094  
(201) 867-2077  
<http://www.comfortzonecamp.org>

## **Common Ground Grief Center**

67 Taylor Avenue  
Manasquan, NJ 08736  
Phone: 732-606-7477  
<http://www.commongroundgriefcenter.org>

## **Good Grief, Inc.**

38 Elm Street  
Morristown, NJ 07960  
(908) 522-1999  
<http://www.good-grief.org>

## **Imagine, A Center for Coping with Loss**

244 Sheffield St  
Mountainside, NJ 07092  
(908) 264-3100  
<http://www.imaginenj.org>

## **Lisa Athan, M.A.**

Executive Director of Grief Speaks  
15 Cayuga Court  
Springfield, NJ 07081  
(973) 912-0177  
Contact email: [lisa@griefspeaks.com](mailto:lisa@griefspeaks.com)  
<http://www.griefspeaks.com>

## **American & NJ Self-Help Group Clearinghouses Saint Clare's Behavioral Health Services**

375 E. McFarlan St.  
Dover, NJ 07801  
(973) 989-1122  
<http://www.selfhelpgroups.org>

## **Children's Art Therapy Program at Riverview**

1 Riverview Plaza  
Red Bank, NJ 07701  
(732) 530-2382  
<http://meridianhealth.com>

## **GoodGrief Coaching**

21 Lakeside Lane  
Sewell, NJ 08080  
(856) 270-2308  
<http://www.goodgriefcoaching.com>

## **Griefwork Center, Inc.**

PO Box 5177  
Kendall Park, NJ 08824  
(732) 422-0400  
<http://griefworkcenter.com>

## **Hearts & Crafts Grief Counseling**

60 E. Main Street  
Ramsey, NJ 07446  
(201) 818-9399  
<http://www.heartsandcraftscounseling.org>

## **Interregnum**

PO Box 410  
Montville, NJ 07045  
(973) 224-6900  
<http://www.interregnum.org>

## **JFK Medical Center:**

### **Haven Children's Program: Growing through Grief Haven Hospice**

65 James Street  
Edison, NJ 08818-3059  
(732) 321-7769  
<http://www.jfkmc.org/programs-services/19/>

## **Joseph T. Quinlan Bereavement Center**

61 Spring Street  
Newton, NJ 07860  
973-940-0413  
<http://www.karenannquinlanhospice.org/bereavement/>

## **Kids Connect/Parents Connect Bereavement Groups The Wellness Community of Central New Jersey**

3 Crossroads Drive  
Bedminster, NJ 07921  
(908) 658-5400  
<http://www.cancersupportcnj.org>

## **Samaritan Center for Grief Support**

5 Eves Drive  
Marlton, New Jersey 08053  
(800) 596-8550  
<http://www.samaritanhealthcarenj.org>

## **Sudden Unexplained Death in Childhood Program**

549 Pompton Ave., Ste. 197  
Cedar Grove, NJ 07009  
(800) 620-7832  
[www.sudc.org](http://www.sudc.org)

## **Wings of Hope Programs for Continuing Support Services**

PO Box 443  
Medford, NJ 08055  
(609) 714-0868

## **My Sister's Kids**

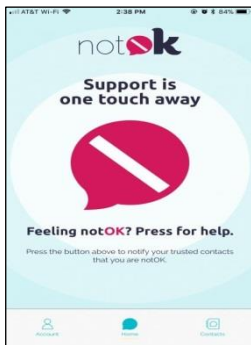
Peer support for Children, Teens & Families  
1800 E. Broad St.  
Malaga, NJ 08328  
(609) 364-8320  
[www.mysisterskids.org](http://www.mysisterskids.org)

# Mental Health Phone Applications

As the prevalence of mental illnesses like depression and anxiety continues to grow, clinicians have turned to mobile applications as tools for aiding their patients' treatment. These apps can be especially helpful for teenagers and young adults suffering from mental illness due to their frequent use of technology as a means of communication.

The apps can be helpful as a way to engage people who may be unwilling or unable to attend face-to-face therapy, and they can also provide support in between sessions. Experts believe that these apps will work best when used in conjunction with medication and/or in-person therapy. Read through the slideshow to learn more about some of the best apps that can be used by patients to improve their mental health.

**Three apps below are available on Apple iOS systems and Android.** Please be sure to check your app store and search terms like "mental health" or "suicide prevention" to browse.



## notOK

When you can't think of the right words, the notOK App™ takes the guesswork out of getting the help and support you need through immediate support from your friends, family, or peer network.

Simply open the app, tap the notOK™ button and a text message along with your current GPS location will be sent to your pre-selected contacts.



## TalkLife

Sometimes life is rough but you're not alone. TalkLife™ is a peer-support community that values research, evidence and impact to make sure you get the best help possible. It is a safe social network where you can talk about your worries and how you are really feeling at any time of the day or night, for issues like: self-harm, depression, anxiety, stress, eating disorders, bullying or suicidal feelings. There are no judgements or bullying; there's just people who understand what you're going through.

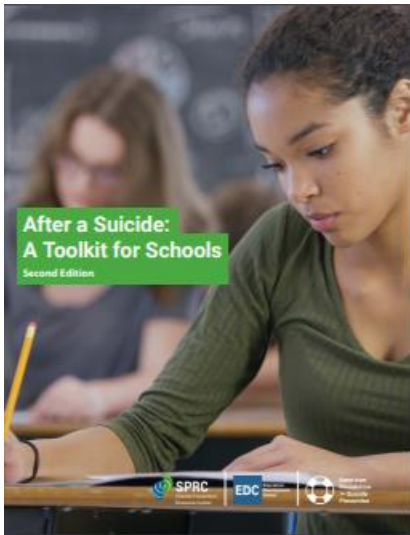


## Breathe2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skills for breathing techniques. The application provides a video demonstration of proper breathing practices as well as timed "cycles" for inhaling and exhaling, which can be adjusted to meet users' unique breathing patterns. Additionally, the app features a selection of soothing music and backgrounds to accompany breathing cycles. Users are asked to log their stress level before and after completing a breathing cycle, and their answers are tracked on a graph for comparison and analysis over time.

# PLEASE USE THE TWO RESOURCES BELOW WHEN ACCESSING INFORMATION ON SUICIDE

1). ***After a Suicide: A Toolkit for Schools*** addresses Objective 4.2 of the National Strategy for Suicide Prevention: Increase the proportion of school districts and private school associations with evidence-based programs designed to address serious childhood and adolescent distress and prevent suicide.

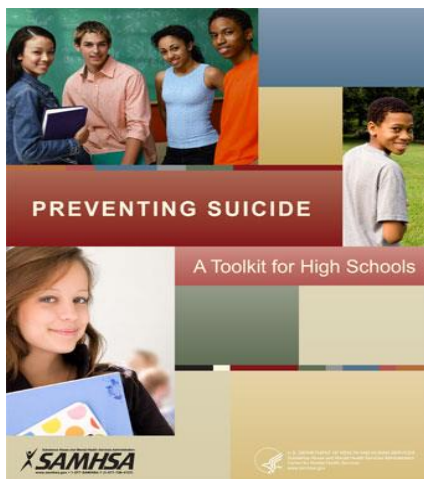


## After a Suicide: A Toolkit for Schools Second Edition

This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community. It is meant to serve as a practical resource for schools facing real-time crises to help them determine what to do, when, and how. The toolkit reflects consensus recommendations developed in consultation with a diverse group of national experts, including school-based personnel, clinicians, researchers, and crisis response professionals. It incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance.

<http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>

2). ***Preventing Suicide: A Toolkit for High Schools*** aims at reducing the risk of suicide among high school students by providing school administrators, principals, mental health professionals, health educators, guidance counselors, nurses, student services coordinators, teachers and others guidelines for identifying teenagers at risk and resources for taking appropriate actions to provide help.



## Preventing Suicide: A Toolkit for High Schools

This toolkit represents the best available evidence and expert opinion on preventing suicide among high school students. It provides schools with recommended steps and accompanying tools to guide them in creating and implementing strategies and programs that prevent teen suicide and promote behavioral health among their students.

<http://store.samhsa.gov/product/SMA12-4669>