

MENTAL HEALTH MATTERS



MENTAL HEALTH AWARENESS MONTH

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans Crisis Line

1-800-273-8255 (Press 1)

SAMHSA's National Helpline

1-800-662-HELP (4357)

Disaster Distress Helpline

1-800-985-5990

Behavioral Health Treatment
Services Locator

findtreatment.samhsa.gov

HELP IS AVAILABLE



NJHopeline 1-855-654-6735

**NJMentalHealthCares Helpline
1-866-202-HELP**

**ACCESS American Sign Language
and Videophone Helpline
973-870-0677**

**HEAL NJ Healthcare Workers
COVID Hope & Healing Helpline
1-833-416-8773**

**RISE NJ First Responders COVID
Hope & Healing Helpline
1-833-237-4325**

**Assistance and Referrals to
Addiction Treatment
1-844-ReachNJ**

**Parents and Caretakers of
Adults with Intellectual and
Developmental Disabilities
1-833-NJ-ADULT**