

## Suicide Prevention Resources

- National Suicide Prevention Lifeline: 1-800-273 TALK (8255)
  - For all ages
  - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- NJ HOPELINE: 1-855-NJ-HOPELINE (654-6735)
  - For all ages
  - Available for confidential telephone counseling and support 24 hours a day, 7 days per week.
- Caring Contact: 908.232.2880
  - Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline and listening community for all ages. They provide active listening support and best-in-class education to the Central and Northern New Jersey community.
  - Available seven days a week between 7:00 a.m. to 11:00 p.m.
- The 2nd Floor youth helpline: 1-888-222-2228, or text at 888-222-2228.
  - For youth ages 10-24
  - 2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. They help find solutions to problems and are available 24/7 365 days a year.
- Trevor Project: 1-866-488-7386
  - Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Trained counselors available 24/7.
- Vet2Vet: 1-866-838-7654 (1-866-VETS-NJ-4)
  - Provides 24-hour support to New Jersey National Guard members, active military personnel, veterans, their families, and caregivers, statewide.
- Cop2Cop: 1866-Cop-2COP
  - Free and confidential 24-hour telephone Helpline in NJ. It is available exclusively for law enforcement officers and their families to help deal with personal or job related stress and behavioral healthcare issues.
- Mom2Mom: 1-877-914-6662 (1-877-914-MOM2)
  - 24 hours a day, 7 days a week. Statewide program that offers peer support to mothers of children with special needs.