

Suicide Prevention Resources

National Suicide Prevention Lifeline: 1-800-273 TALK (8255) or message the crisis texline at 741741

- The Lifeline provides 24/7, free and confidential support for people of all ages in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- <https://suicidepreventionlifeline.org>

NJ HOPELINE: 1-855-NJ-HOPELINE (654-6735)

- For all ages
- Available for confidential telephone counseling and support 24/7.
- <https://njhopeline.com>

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. They are available seven days a week between 7:00 a.m. to 11:00 p.m.
- <https://caringcontact.org>

The 2nd Floor youth helpline: 1-888-222-2228, or text at 888-222-2228

- 2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults (ages 10-24). They help find solutions to problems and are available 24/7, 365 days a year.
- <https://www.2ndfloor.org>

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.
- <https://www.thetrevorproject.org>

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.
- <https://www.njvet2vet.com>

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.
- <https://njcop2cop.com>

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.
- <https://mom2mom.us.com>

Additional Resources:

Suicide Prevention Resources

- Curated by the New Jersey Division of Human Services, Division of Mental Health and Addiction Services, Office of Suicide Prevention

American Foundation for Suicide Prevention

- The American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

Additional Resources from speakers:

A Train Education: Suicide, Race and Ethnicity Article

- <https://www.etraineu.com/content/3-suicide-race-and-ethnicity-0>

Diana Cortez Yanez's Website

- <http://dianacspeaks.com/>

Elise I. Antoine's Website and Nonprofit Organization

- <https://www.eliseantoine.com>
- <https://www.riphthestigma.org>

Now Matters Now:

- An organization that shares stories and research based ways for managing the most painful moments of life. They teach Mindfulness, Mindfulness of Current Emotion, Opposite Action and Paced-breathing.
- Nowmattersnow.org