

Mental Health Phone Supports

Name	Phone Number	Type of Support
Peer Recovery Warmline (Mon-Fri 8AM-10PM; Sat-Sun 5 PM-10PM; Holidays 3PM-10PM)	1-877-292-5588	Peer-run service providing telephone support to mental health consumers as they work towards their recovery.
Bridgeway PESS (for acute psychiatric distress and other services)	1-908-526-4100	Crisis Intervention, Stabilization, Crisis Hotline, Family Crisis Services, Mobile Outreach
Suicide Prevention Lifeline (24/7 phone support)	1-800-273-8255 with a specialized Crisis Line for Veterans: Press 1	24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
NJ Hopeline (24/7 phone support)	1-855-654-6735	"Need someone to talk to? We are here to help."
Crisis Text Line (24/7 text support)	Text HOME to 741741	Crisis counseling via text available 24/7
2NDFLOOR – for Youth (24/7 call or text)	1-888-222-2228	Confidential/anonymous helpline 24/7; CALL/TEXT
Alcoholics Anonymous	www.aaphonemeetings.org www.aa-intergroup.org/directory.php www.aaspeaker.com	Online 12-Step Resources and Meetings

The Trevor Project – for Youth (call or text 24/7)	TrevorLifeline1-866-488-7386 TrevorText; Text 678678	24/7 support for LGBTQ youth in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.
NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	24/7 Hotline for COVID-19 questions
Mental Health Helpline 7 days per week, 8 am - 8 pm	(866) 202-HELP (4357)	Free helpline offering emotional support, information and assistance
Reach NJ (24/7)	1-844-ReachNJ (732-2465)	24/7 hotline to get persons living with addiction help
NJ IME Addictions Access Center (24/7)	1-844-276-2777	24/7 assistance and referral to treatment for substance use

Online Supports and Meetings

Name	Website	Type of Support
SMART Recovery	www.smartrecovery.org/community	Online Peer Support Community
Unity Recovery	https://unityrecovery.zoom.us/my/allrecovery	7 days/week at 9am, 12pm, 3pm and 9pm EST
Step-Chat In The Rooms	www.intherooms.com www.stepchat.com	Online Recovery Support Meetings
NAMI NJ	www.naminj.org/online-support-groups/	Online weekly support groups

Narcotics Anonymous	www.nabyphone.com www.na-recovery.org	Online 12-Step Resources and Meetings