**Please be advised that this is a listing of resources available to parents and students. These are not recommendations or referrals. These resources are not endorsed by the Roselle Park School District Board of Education.*

Community Resources and Helplines

2nd Floor Youth Helpline: 1-888-222-2228 or **www.2ndfloor.org**
24 hours a day - 7 days a week
This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

Childmind.org: **www.childmind.org**
This site provides information/resources for parents and guardians about a wide variety of mental health issues surrounding teenagers and young adults in today's world. The site also provides parental support guides on multiple topics.

Contact WE CARE: **908-232-2880**
24 hours a day - 7 days a week
If you're more comfortable texting, text "heart" to 741-741.

Crisis Hotline for LGBTQ Teens: **1-866-488-7386**
24 hours a day - 7 days a week
Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth

Division of Child Protection and Permanency – DCP&P
1-877-NJ-ABUSE or **908-497-1488** (Local Office)
Formally known as DYFS

Family Helpline: 1-800-THE-KIDS (843-5437)
24 hours a day - 7 days a week
If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathetic listening about parenting and refer you to resources in your community.

Know the Signs: https://www.suicideispreventable.org/
Visit this website to learn more about what signs to look for in a friend of loved one that you are concerned about.

Love is Respect – Dating Abuse and Relationship Support: 866-331-9474
24 hours a day - 7 days a week
Text "love is" to 22522 or visit www.loveisrespect.org for a 24/7 live chat

National Domestic Violence Hotline: 1-800-572-SAFE (7233)
24 hours a day - 7 days a week

National Suicide Prevention Hopeline: 1-800-SUICIDE (784-2433)
24 hours a day - 7 days a week

NJ Hopeline: 1-855-654-6735 or **www.njhopeline.com**
This is New Jersey's 24/7 Peer Support & Suicide Prevention Hotline. It is a confidential telephone counseling and support line available 24 hours a day, 7 day per week.

NORWESCAP: **908-484-7000** or **www.norwescap.org**
NORWESCAP is a local non-profit organization that assists low-income families in the following areas: children services, case management, economic development, housing and energy, information services and nutrition and health.

Performcare/Family Intervention Services: **1-877-652-7624**
24 hours a day - 7 days a week
Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.

Sexual Assault Hotline: 1-800-656-HOPE (4673)
24 hours a day - 7 days a week

Suicide Prevention Lifelife: 1-800-273-TALK (8255) or
http://www.suicidepreventionlifeline.org
This is 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. By dialing 1-800-273-TALK, the call is routed to the nearest crisis center in our national network of more than 150 crisis centers. The Lifeline's national network of local crisis centers, provide crisis counseling and mental health referrals day and night.

Take 5 to Save Lives: www.take5tosavelives.org
Visit this website to learn more about 5 simple steps to take to help save a life.

The 9 Line: 1-800-999-9999 or **http://www.nineline.org**
Covenant House- free/confidential resource for teens. Need help? You who call are helped with bullying, family/relationship issues, suicide, abuse, health concerns, drugs & alcohol, feelings, and basic needs.

Wellness Resources and Helpful Websites

Anger Management
10 Tips to Tame Your Anger
American Psychological Association

Eating Disorders
Eating Disorders: About More Than Food

The Renfrew Center
Robert Wood Johnson Medical Center - Somerset Campus

Fitness
Center for Disease Control and Prevention: Healthy Living
President's Council on Fitness, Sports, and Nutrition
The Importance of Physical Activity
Weight Management

Grief/Loss
Comfort Zone Camp
The Good Grief Organization
The Imagine Center for Coping with Loss
National Alliance for Grieving Children
Rainbows.org

LGBTQ
It Gets Better Project
LGBTQI Resources
Parents/Friends of Lesbians and Gays
The Pride Center of NJ
The Trevor Project
What Do I Do if My Child is Gay?

Mental Health/Counseling
Center for Evaluation and Counseling
National Alliance on Mental Illness
National Institute of Mental Health
New Jersey Mental Health Cares

Nutrition
Healthfinder.gov
Healthy Eating Tips
U.S. Department of Agriculture- Choose My Plate
U.S. Food and Drug Administration

Relationship/Dating Violence
Break The Cycle- Empowering Youth to End Domestic Violence
Domestic Abuse & Sexual Assault Intervention Services (DASI)
Love is Respect
National Center for Victims of Crime- Dating Violence Resource Center

Sexual Health/Young Mothers
SAFE HAVEN Infant Protection Act
Planned Parenthood – Elizabeth NJ Clinic

Substance Abuse/Prevention

Al-Anon Family Group
Narcotics Anonymous
Narcotics Anonymous New Jersey
National Institute on Drug Abuse
New Jersey Al-Anon & Alateen
Substance Abuse and Mental Health Services Administration

Suicide Prevention

National Suicide Prevention Lifeline
SafeTALK Suicide Prevention Resource List
Suicide Prevention Resource Center