

Mental Health Resources for Immediate Assistance

For adults and children experiencing emotional concerns during the current challenging times, it may be necessary to pursue additional help. Below are community resources that you may access for issues that require immediate assistance.

If the issue is an immediate emergency, call 9-1-1

2nd Floor Youth Helpline: For students above age 10, call or text 888-222-2228 to speak with a counselor/ mental health resource person.

National Suicide Prevention Helpline: Call 1-800-273-TALK (8255) - 24/7 to be connected to a skilled, trained counselor at a crisis center

Performcare- Mobile Response Services: 1-877-652-7624

Crisis Hotline Serving Morris County: 888-247-1400

