

# Mental Health Resources

## Family and Student Mental Health Resources

### CRISIS SERVICES

Immediate Urgent Response: 9-1-1

[Monmouth County Psychiatric Emergency Screening Services at Monmouth](#)

[Medical Center](#): 732-923-6999

Provides crisis screening and referral for psychiatric emergencies

[Mobile Response and Stabilization Services](#): 877-652-7624

In home intervention available 24 hours a day, seven days a week, to help children and youth who are experiencing emotional or behavioral crisis.

[Jersey Shore University Medical Center](#): 732-643-4400

[Department of Children and Families Hotlines and Helplines](#)

### COMMUNITY COUNSELING SERVICES

[PerformCare NJ](#): 877-652-7624

PerformCare is the single point of entry for all children, youth and young adults entering the New Jersey Children's System of Care. NJ Children's System of Care serves children and adolescents with emotional and behavioral health care challenges and their families; children with developmental and intellectual disabilities and their families; and, children with substance use challenges and their families.

[Community YMCA Counseling and Social Services Young People's Program](#):  
732-290-9040

[CPC Behavioral Healthcare](#): 732-842-2000, x4221

[Jewish Family and Children's Services](#): 732-774-6886

[Catholic Charities Family and Community Services](#): 732-747-9660

### **HOTLINES/HELPLINES**

[NJ Hopeline](#): 855-654-6735

NJ suicide prevention hotline

[2nd Floor](#): 888-222-2228

Youth helpline serving all youth and young adults in NJ

[Trevor Lifeline](#): 866-488-7386

Crisis and suicide prevention helpline for LGBT youth and young adults

[Rape Crisis Center](#): 1-888-264-7273

[Monmouth County Division of Mental Health and Addiction Services-Information and Referral](#): 732-431-7200

[Department of Child Protection and Permanency \(DCP&P\)](#): 1-877-652-2873

[180 Turning Lives Around](#): 732-264-4111

### **ADDITIONAL RESOURCES**

[NAMI--National Alliance on Mental Illness](#): 1-800-950-6264

[National Eating Disorders Association](#): 1-800-931-2237

[PFLAG \(Parents, Families & Friends of Lesbians & Gays\)](#): 908-814-2155

[CHADD--ADHD information and support](#): 732-552-8012