

State – Wide Mental Health Resources

National Suicide Prevention Hotline – 1-800-273-8255

NJ Coalition to End Domestic Violence – New Jersey Statewide Domestic Violence Helpline – call 1-800-572-7233, 24 hours per day, 7 days per week.

PerformCare – Statewide mental health services for children/teens and their families anywhere in New Jersey – Call this access phone number 1-877-652-7624

Postpartum Support International – 1-800-944-4773. Offers peer to peer support with others who have had struggles related to pregnancy and childbirth. Services are via phone and internet contact; help in finding peer mentors who have had peri-natal struggles including loss, depression and anxiety.

Afghan Medical Professionals Association of America (AMPAA) – 571 427-5923; healproject@ampaa.org (Dari and Pashto). Grant Funded, connection to counseling services

Afghan Wellness Helpline – 800 615-6514 (Dari and Pashto) Counseling services and support to Afghan new arrivals. Operates 24 hours per day, 7 days per week. Connection to counseling and wellness services. All ages.

Haitian American Psychiatric Association; Radio Solieu – <http://www.radiosoliel.com>; <https://tunein.com/radio-soliel-new-york-s1536/>

Association of Nepali Physicians in America – web: <http://anpa-usa.org>; email _info@anpa-usa.org

Catholic Charities – Statewide Access Line for Mental Health and other services – 800-360-7711

Henry J. Austin Health Center – Statewide Access Line 609-278-5900.

NJ4S – NJ Statewide student support services focused on the mental/social well-being of children and teens. 732 235-6586.