

Student Support Services Resources



**SAVE
THIS NUMBER!**

988: National Suicide Prevention & Mental Health Crisis Lifeline

Experiencing a mental health crisis?

CALL or TEXT the number 988 to connect with local mental health professionals trained to respond to these emergencies.

This is FREE and CONFIDENTIAL SUPPORT, available 24/7, for people in suicidal crisis or emotional distress.

Click for more information: <https://988lifeline.org>

If you know anyone who is struggling with mental health issues, please share this information!

(NOTE: Their previous number, 1-800-273-TALK [8255], will continue to work indefinitely.)



HOW TO CONNECT TO CARE TODAY:

PHONE: 888-515-0595 - Available 24/7/365 in multiple languages

WEBSITE: <https://caresolace.com/site/willingboro>

Search for a provider on your own, or click “Book Appointment” for assistance by video chat, email, or phone

Find the right help at the right time with Care Solace.

(This is not an emergency response service. In a life-threatening emergency, call 911 or the National Suicide & Crisis Lifeline at 988.)

Care Solace is a complimentary and confidential mental health coordination service that can help link families, students, and staff to mental health services regardless of circumstance.

If you're looking for help with mental health or substance use, Care Solace will quickly and confidentially find available providers matched to your needs (in-person, teletherapy, residential options).

A multilingual team is available 24/7/365 to help you understand your options, call providers on your behalf, and schedule an appointment.

Connect to care with any insurance coverage, including Medicaid, Medicare, and sliding scale options for those without insurance.



Virtual Therapy for Teens:

The 7 Best Online Therapy Programs for Kids

Click the link below to read about these great virtual resources.

(They should accept insurance - please check with your provider.)

www.verywellmind.com/best-online-therapy-for-kids-4800984

24/7 Youth Helpline:

2nd Floor

phone: 1-888-222-2228

website: <http://2ndfloor.org>

Sometimes just talking about a problem helps to ease the pain, stress, and burden.

2NDFLOOR is one number, one place for you to call or post about both everyday and serious issues. It's a confidential and anonymous helpline for New Jersey's youth. They are here to help you find solutions to any crisis or problem that you may face. They are available 24/7, 365 days a year.



GET HELP WITH:

**Bullying • Family Issues • Depression/Anxiety • Friend/Peer
issues • Dating • Sex and Sexuality • School Struggles •
Substance Abuse • Family/Dating Abuse • Health • Basic Needs**



www.contactburlco.org

info@contactburlco.org

Crisis Text Line:

phone: Text HOME to 741741

website: www.crisistextline.org

Free, 24/7, Anonymous, Confidential Support.

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information through TEXT - a medium people already use and trust.



In a crisis?

**Text HOME to 741741 to
connect with a Crisis
Counselor**

Free 24/7 support at your fingertips

How It Works:

- Text HOME to 741741 from anywhere in the US, anytime, about any type of crisis - bullying, self-harm, suicidal thoughts, anything. Crisis Text Line is here for any crisis.

- A live, trained Crisis Counselor receives the text and responds, all from their secure online platform.
- The volunteer Crisis Counselor will help you move from a hot moment to a cool moment, and stay safe and healthy.

Street Outreach Services:

phone: 1-800-355-0660

email: access@centerffs.org

website:

www.centerffs.org/our-services/victim-trauma-services/street-outreach-services

A street-based outreach program offering crisis intervention, counseling, advocacy, and prevention services. Counselors work to help teens who are facing homelessness, have run away, or are couch-surfing, find a safe and stable home.

Street Outreach Services offers teens up to age 21 a variety of services including:

- Crisis intervention and counseling to prevent homelessness
- Referral and safe transportation to shelter facilities
- Life-skills training and connection to community support services
- Prevention education and outreach programs in schools and community

THE FREEDOM PROGRAM

"It Did not break me. It made me free."

THE FREEDOM STORY

Creative Change Counseling's Freedom Program is an NJ State licensed drug and alcohol treatment program providing outpatient, intensive outpatient, partial care, and co-occurring treatment services. Our agency utilizes a strength-based, and solution-focused treatment model rooted in core principles from the Recovery Model that supports an individual's potential for recovery. Our program is designed to treat dual diagnosis individuals with a history of chemical addiction and mental health issues.

We educate and train participants to refrain from use of mind-altering substances, and live healthy and productive lifestyles. The Freedom Program utilizes evidenced-based treatment modalities to help individuals manage underlying psychological, emotional and behavioral issues that contribute to daily life stressors and substance use.

SERVICES

- Substance Abuse Assessment and Evaluations
- Individual/Group Substance Abuse Counseling
- Psycho-educational Group & Workshops
- Life Skills Training & Development
- Nutrition, Health & Wellness
- Outpatient & Intensive Outpatient Treatment Services
- Partial Care
- Co-Occurring Treatment Services
- Urine Drug Screening (UDS)

Contact

Jerome Robinson, Ed.S, LPC, LCADC
Director of Substance Abuse
Office: (609) 667-7353
Fax : (609) 667-7944
jrobinson@creativechangeinc.org
www.creativechangeinc.org



Creative Change Counseling

<http://creativechangelcounseling.org>

CCC provides services to adolescents and adults who suffer from Substance Abuse and Mental Health illnesses.

Woebot, the AI-Powered App:

Click the link to learn about Woebot - a free, AI-powered app that helps you monitor your mood and learn about yourself. It asks how you're feeling and what's going on in your life with brief daily conversations.

[**https://woebothealth.com**](https://woebothealth.com)

Woebot draws from a therapy called Cognitive Behavior Therapy (CBT) to help you think through situations with step-by-step guidance. It also talks to you about mental health and wellness, and sends you videos and other useful tools depending on your current mood and needs.

You can think of Woebot as a choose-your-own-adventure self-help book that gets more specific to your needs over time.

Child Mind Institute - Symptom Checker:

Click the link to complete this easy-to-use symptom checker.

<https://childmind.org/symptomchecker/>

Answer questions to indicate behaviors that are concerning you about your child. This Symptom Checker analyzes your answers to give you a list of psychiatric or learning disorders associated with these symptoms.

Since individual symptoms can reflect more than one disorder, this tool will give you a range of possibilities and guide you toward next steps. This tool cannot diagnose your child, but it informs you about possible diagnoses and offers information and articles to help you learn about them, to facilitate a conversation with a professional.

Be a Looper! - Free Mental Health / Peer Support App:

**Click the link to see how you can both support, and be supported by, your
friends!**

www.bealooper.com

**Be A Looper is a FREE app providing daily mental health check-ins and
peer support. It keeps users "in the loop" with up to five people globally.**

**This tool was created by leading mental health and design specialists. It
helps users share how their day is going in an interesting way, while also
keeping a close eye on those they care about.**

PerformCare NJ:

phone: 1-877-652-7624 (there's NO charge for calling them)

website: www.performcarenj.org

Available 24 hours a day, 7 days a week, 365 days a year

Sometimes it can be hard to tell the difference between what may be normal for your child and when you should reach out for extra help. If your child is struggling with emotional and behavioral healthcare needs, intellectual and developmental disabilities, or substance abuse challenges, the NJ Children's System of Care and PerformCare are ready to help you and your family when you call 1-877-652-7624.

PerformCare connects NJ families and young people to the care they need by helping them access publicly funded services through the statewide NJ Children's System of Care.

PerformCare can assist your family when your child is impacted by: Depression, Bullying, Defiant Behavior, Drug or Alcohol use, Violence, Trauma, and Intellectual & Developmental Disabilities (such as Autism, Down syndrome, Cerebral Palsy).

The NJ Department of Children and Families Division of the Children's System of Care (administered by PerformCare) has free or low-cost access to behavioral health support 24/7/365. Please see flyers here so that students can get the support they need.



Support Your Teen's Mental Health

- Acknowledge your teen's emotional pain
- Offer reassurance when facing fears
- Consider help from a professional
- Educate yourself about how the body reacts to anxiety
- Let your teen know: "It's ok not to be ok"

Call 2nd Floor Hotline at 1-888-222-2228 or access services from one of our Family Support Organizations at 1-877- 652-7624.



MY CHILD IS IN CRISIS! WHO DO I CALL?

IF THERE IS INJURY OR THREAT OF INJURY, DIAL 911

If your child has been impacted by depression, trauma, violence, defiant behavior, and/or drug or alcohol use, call the NJ Children's System of Care at 1-877-652-7624. It is open 24/7/365.

What is the Children's System of Care?

It is New Jersey's free or low cost behavioral health system for kids up to age 21. It provides eligible youth with coordinated access to mental health supports, substance use treatment and services for intellectual or developmental disabilities.

It can include:

- **Mobile Response and Stabilization Services (MRSS)**, real time de-escalation and crisis counseling with a clinician at your home or any location.
- **BioPsychoSocial (BPS)** Assessment is a one-time, in-home evaluation by a licensed clinician to determine if your child can benefit from behavioral supports and services.
- **Care Management Organization (CMO)** connects families to treatment services for youth that are displaying/experiencing significant emotional and behavioral health concerns.
- **Intensive In-home Services (IIS)**, is designed to concentrate on behaviors where they take place — in the home, in the community or in school. It may include individual, group and family sessions.

How much do services cost?

Services recommended and authorized are paid by a variety of sources, such as Medicaid, NJ FamilyCare, and commercial insurance or self-pay. Families will be asked to provide insurance information.

What if I want out of home (residential or group home) treatment for my child?

It is national best practice that youth be served at home and in their communities. Out-of-home treatment is considered a last resort and is sought only after having exhausted every effort at a community-based plan.



HOW ARE YOU, **REALLY?**

For many youth in the Black, Indigenous, People of Color (BIPOC) community, the answer is '**I'm not ok.**'

- *Disappointing perspectives on current events from friends or family*
- *Overexposure to hostility in the news and social media*
- *Generational trauma*
- *Disproportionate COVID-19 impact*
- *Civil unrest*
- *Tough conversations about race*

These, and other stressors, can impact mood, sleep cycles, energy and productivity.

For youth exhibiting signs of behavioral health challenges, call the **Children's System of Care** at **1-877-652-7624**

or introduce them to **2nd Floor**, an anonymous youth helpline with trained staff and volunteers at **1-888-222-2228**



Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

Watch for:

- opposition and aggression
- disrespect and property damage
- anxiety or depression
- lying and fighting
- stealing or substance use
- running away or self-harm

Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.



If your child is in crisis, GET HELP!

Social distancing can create a feeling of isolation from friends and support systems.

For children and youth with behavior disorders or mental health diagnoses, COVID-19 may heighten their anxiety and distress.

NJ's free Mobile Response services provide safe, real-time emergency counseling and therapies, 24/7/365.

Don't wait! Call the Children's System of Care at 1-877-652-7624.





CASTL

Inspira

Twin Oaks

Bret Dinuovi

Acenda

Catholic Charities- Crisis Intervention Support Services

Drug and Alcohol Outpatient Resources

It Takes a Family

101 Route 130, Suite 510

Cinnaminson, NJ 08077

609-933-7044

Rehab After School

851 Route 73 North

Greentree Commons, Suite C

Marlton, NJ 08053

856-810-1012

Solstice Counseling Services

1561 Route 38 West, Unit 1

Lumberton, NJ 08048

609-288-8844

SODAT

60 High Street

Mt. Holly, NJ 08060

609-265-7884

Princeton House

351 New Albany Road

Moorestown, NJ 08057

856-779-2300

Twin Oaks Community Services

770 Woodlane Road

Mount Holly, NJ 08060

609-267-5928

Drug and Alcohol In-Patient Resources

Princeton House Behavioral Health Center
905 Herrontown Road
Princeton, NJ 08540-3300
609-497-3300

Caron Foundation
17 Camp Road
Wernersville, PA 19565
800-678-2332

Carrier Clinic
252 County Road 601
Belle Meade, NJ 08502
800-933-35798

Daytop New Jersey
80 West Main Street
Mendham, NJ 07945
973-543-5656

Hampton Behavioral Health Center
650 Rancocas Road
Westhampton, NJ 08060
609-267-7000

Lighthouse at Mays Landing
5034 Atlantic Avenue
Mays Landing, NJ 08330
609-837-4900

New Hope Foundation
80 Conover Road
Marlboro, NJ 07746
800-705-HOPE (4673)

Resources

<https://drugfree.org/>

The following links are provided to parents as resources for support groups:

<http://www.caron.org/alumni/support-groups/parent/southern-nj>

<http://www.parent2parentnj.org/services.php>