

Metropolitan YMCA of the Oranges Mental and Emotional Wellbeing Community Resources for Middle School & High School Youth



Crisis Support

24 hours a day, 7 days a week

National Suicide Prevention Help Line: Call **988** or **Text 741741** if you or someone else is in crisis

Perform Care: Families of children and teens who are experiencing a mental, emotional, or behavioral crisis can call **1-877-652-7624** to be evaluated for a response from the Mobile Response and Stabilization Services team and for de-escalation assistance.



Local & School Resources

Atlantic Behavioral Health Assessment Center: Children age 5+ can receive behavioral health evaluations, short-term care, and return to school assessments, and short-term medication management by calling **973-971-4441** or going to **100 Madison Ave, Anderson Building, Lower G, Morristown**. Services are available for up to 30 days until a permanent community provider appointment can be obtained.

School-Based Support: Students can reach out to a school counselor, social workers, psychologist, nurse, or other trusted school staff member for help with stress, anxiety, depression, family concerns, school challenges, or other emotional needs.



Service Connection

Perform Care: Children, teens, and their families can call **1-877-652-7624** to be connected to services to assist with emotional and behavioral challenges

Project Child Find: Families with youth aged birth – 21 years old can call **1-800-322-8174** to access this free referral resource service that assists in the identification of youth with a delay or disability

NJ211: Anyone can call **211** when you or someone else needs assistance with food, housing, utilities, childcare, or is struggling financially



Substance Use Support

Reach NJ: Individuals and families can call **1-844-732-2465** for information, support, and connections to substance use treatment and recovery services throughout New Jersey

Partnership to End Addiction: Provides information, resources, and support for teens and families affected by alcohol or drug use. Visit <https://drugfree.org/>

NJ Prevention Network: Provides substance use prevention information, education, and resources for youth, families, and communities throughout New Jersey. Visit <https://www.njpn.org/>

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Supporting Teen Wellbeing

The Trevor Project: Provides support, education, and resources specifically for LGBTQ+ young people, including information related to identity, mental health, and suicide prevention. Visit <https://www.thetrevorproject.org/> **Love Is Respect:** Provides information and resources for young people about healthy relationships, communication, boundaries, dating abuse, and recognizing unhealthy relationship behaviors. Visit <https://www.loveisrespect.org/>

NAMI: Provides mental health education, resources, and support for teens and families navigating mental health concerns. Visit <https://www.nami.org/kids-teens-and-young-adults>

Child Mind Institute: Provides practical, evidence-based information to help parents and caregivers understand and support children's and teens' mental health, behavior, and emotional wellbeing. Visit <https://childmind.org/>



Helplines

2nd Floor Youth Helpline: Youth ages 10 – 24 can call **888-222-2228** when you or someone else needs assistance with daily life challenges at home, school, or play

Family Helpline: Parents and adults can call **800-THE-KIDS (843-5437)** when you or someone else is struggling with parental stress or frustration

The Metropolitan YMCA of the Oranges strengthens the communities we serve by focusing on healthy living, youth development, and social responsibility. We seek to improve the overall wellbeing of our communities through a holistic approach to promoting physical *and* emotional wellness. To learn more: <https://metroymcas.org/mental-health>