

RESOURCES FOR TEENS IN CRISIS

Call 911 for emergencies

National Suicide Prevention Lifeline | 1 (800) 273-8255

****Support is available 24/7**

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress. Click [here](#) if you're interested in Live Chat.

Crisis Text Line | text HOME to 741741

****Support is available 24/7**

Crisis Text is a free, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.

Planned Parenthood | 1 (800) 230-7526

Planned Parenthood offers STD testing, treatments and vaccines, healthcare for men and women, abortion services, birth control, emergency contraception, LGBT services, and pregnancy testing. You will not be turned away because of your inability to pay.

Rape, Abuse, & Incest National Network | 1 (800) 656-4673

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

National Alliance on Mental Health | (732) 940-0991

NAMI New Jersey (NAMI NJ) is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.

2nd Floor NJ Youth Helpline | 888-222-2228

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face and we are available 24/7 365 days a year.

National Runaway Safeline | 1 (800)-786-2929

For 50 years, the National Runaway Safeline has been responding to youth and families in crisis, serving as the national communications system for runaway and homeless youth. National Runaway Safeline continually transforms technology, training and services to meet the current needs of vulnerable youth and ultimately achieve an end to youth homelessness.

Covenant House | 908-354-4750

For more than four decades, Covenant House has helped transform and save the lives of more than a million homeless, runaway and trafficked young people. Covenant House offers housing and support services to young people in need – currently reaching 50,000 youth every year.

Community Access Unlimited | 908-354-4750

Community Access Unlimited (CAU) is a Union County-based nonprofit that serves people with disabilities and at-risk youth across New Jersey. CAU gives a voice to individuals who historically hold little power in society, assisting community members with housing, life skills, employment, personal finance, relationships, civic engagement, and much more.