

LOCAL CLINICAL RESOURCES

- **National Suicide Prevention Lifeline: 800-273-TALK (8255)**
- Morris County Sexual Assault Center Hotline:973-829-0587
- Jersey Battered Women's Service Crisis Hotline:973-267-4763
- NJMentalHealthCares: 1-866-202-HELP (4357)
- Contact We Care: 1-800-SUICIDE
- NJ 2-1-1 Help Line: 973-398-1730
- Mental Health Association of Morris County:973-334-3496
- Morris County Prevention is Key (substance abuse):973-625-1998
- NJ Mental Health Cares (mental health):866-202-4357
- National Mental Health Association:1-800-969-6642, www.nami.org
- NJ Self-Help Group Clearinghouse: 800-367-6274
- Morris County Aging, Disabilities, and Community Programming: 800-564-4656

EATING DISORDERS

- National Eating Disorders Association Helpline: 800-931-2237
- NJ Eating Disorders Helpline: 800-624-2268
- Overeaters Anonymous Info Line: 973-746-8787

SUBSTANCE ABUSE

- Al-Anon/Alateen, www.alateen.org
- Alcoholics Anonymous, www.aa.org
800-245-1377
- Narcotics Anonymous, www.na.org
800-992-0401
- Addictions Hotline: 800-238-2333

WEBSITES

Mental Health Association of NJ, www.mhanj.org
Teen Health, www.teenshealth.org
Mental Health America, www.mentalhealthamerica.net
National Institute of Mental Health, <https://www.nimh.nih.gov/>

LOCAL THERAPIST SEARCH: www.psychologytoday.com

This list is by no means is all encompassing and is intended to provide contact information for local and national resources and please contact 911 or local hospital if you need immediate assistance.