EMPOWER AND THRIVE COUNSELING

New Jersey Crisis & Emergency Resource Directory

A quick-reference guide for individuals, families, and caregivers

If you or someone else is in immediate danger, call 911 or go to the nearest emergency department.

1 | Start Here: Emergency vs. Crisis

Resource	Contact	How this can help
911	Call 911	Immediate danger; serious injury or medical emergency; active violence; overdose; fire/crime; or when immediate EMS/law-enforcement response is required.
988 Suicide & Crisis Lifeline	Call or text 988	24/7 crisis counseling for suicidal thoughts, mental-health or substance-use crisis, and emotional distress. May assess adults for NJ MCORT response.
NJ 988 Mobile Crisis Outreach Response Team (MCORT)	Access through 988	For adults 18+ experiencing a non-life-threatening behavioral health crisis. Call 988 to discuss whether mobile crisis support may be appropriate.
NJ Designated Screening Services	County-specific 24/7 numbers	24-hour psychiatric crisis assessment and referrals. Find your county's number later in this guide.

2 | Mental Health & Suicide Support

Resource	Contact	How this can help
988 Suicide & Crisis Lifeline	988	Call or text 24/7. Use for suicidal thoughts, mental-health/substance-use crises, emotional distress, or concern about another person.
NJ Mental Health Cares	1-866-202-HELP (4357)	Behavioral-health information and referral line; useful for connecting people with ongoing mental-health services.
NJ Disaster Mental Health Helpline	1-877-294-HELP (4357)	Mental-health support related to disasters and emergencies.
Crisis Text Line	Text HOME to 741741	Text-based crisis support; not a substitute for 911 when immediate emergency response is required.

3 | Children, Teens & Families

Resource	Contact	How this can help
PerformCare / NJ Children's System of Care	1-877-652-7624	24/7 access for youth/families with behavioral-health, substance-use, or intellectual/developmental-disability service needs; access point for Mobile Response & Stabilization Services.
Mobile Response & Stabilization Services	Via PerformCare: 1-877-652-7624	For urgent youth behavioral/emotional crises that are not life-threatening. Mobile Response is available 24/7 and may provide stabilization following dispatch.
2NDFLOOR Youth Helpline	1-888-222-2228	24/7 NJ youth and young-adult helpline for everyday and

		serious life challenges.
NJ Child Abuse / Neglect Hotline — State Central Registry	1-877-NJ-ABUSE 1-877-652-2873	24/7. NJ requires reports when there is reasonable cause to believe a child has been abused or neglected.
Family Helpline	1-800-THE-KIDS 1-800-843-5437	24/7 parent/family support and referrals before or during family stress/crisis.

For life-threatening emergencies involving a child or teen, call 911.

4 | Domestic & Sexual Violence Support

Resource	Contact	How this can help
NJ Domestic Violence Hotline	1-800-572-SAFE 1-800-572-7233	24/7 confidential crisis intervention, information, advocacy, and referral to domestic-violence services.
NJ Coalition Against Sexual Assault Statewide Hotline	1-800-601-7200	24/7; connects people affected by sexual violence with assistance and the nearest rape crisis care center.
National Domestic Violence Hotline	1-800-799-SAFE 1-800-799-7233 Text START to 88788	24/7 national survivor support and safety-planning resource.
National Sexual Assault Hotline / RAINN	1-800-656-HOPE 1-800-656-4673	24/7 confidential sexual-assault support.
NJ Address Confidentiality Program	1-877-218-9133	Non-emergency program for eligible survivors who have relocated for safety.
Legal Services of NJ — Domestic Violence Representation Project	1-888-LSNJ-LAW 1-888-576-5529	Legal information/assistance related to domestic violence.

5 | Protecting Vulnerable Adults

Resource	Contact	How this can help
Adult Protective Services (APS)	855-TELL-APS 1-855-835-5277	State contact to help connect with county APS. Community APS serves qualifying vulnerable adults age 18+; reports are handled by the county where the adult resides.
NJ Long-Term Care Ombudsman	1-877-582-6995	Complaints, advocacy, and concerns involving residents of covered long-term-care settings.
NJ Department of Health — Health Care Facility Complaints	1-800-792-9770	Complaints concerning licensed health-care/long-term-care facilities.
DDD / TBI Abuse & Neglect Hotline	1-800-832-9173 Press 1	NJ resource for abuse/neglect concerns involving applicable DDD/TBI service systems.
Immediate danger	911	Use emergency services for immediate danger or serious injury rather than waiting for a protective-services response.

6 | Substance Use & Poisoning

Resource	Contact	How this can help
ReachNJ	1-844-REACHNJ 1-844-732-2465	NJ addiction helpline connecting residents with substance-use treatment and support resources.
NJ Addictions Access Center	1-844-276-2777	State-listed addiction access resource.
NJ Addictions Hotline	1-800-238-2333	State-listed addiction helpline.
NJ Poison Control	1-800-222-1222	Poisoning/exposure guidance. For collapse, severe symptoms, breathing problems, seizure, or other immediate medical danger, call 911.

7 | 24-Hour Psychiatric Screening by County

Resource	Contact	How this can help
Atlantic	609-344-1118	Psych Intervention Program @ AtlantiCare Regional Medical Center
Bergen	201-262-4357	Care Plus NJ @ Bergen New Bridge Medical Center
Burlington	609-835-6180	Legacy Treatment Services / Screening & Crisis Intervention Program
Camden	856-428-4357	Oaks Integrated Care / Crisis Screening
Cape May	609-465-5999	Cape Regional / Psychiatric Emergency Screening
Cumberland	856-455-5555	Inspira / Psychiatric Emergency Screening
Essex	973-623-2323	Primary county psychiatric emergency screening service
Gloucester	856-845-9100	Primary county psychiatric emergency screening service
Hudson	866-367-6023	Primary county psychiatric emergency screening service
Hunterdon	908-788-6400	Primary county psychiatric emergency screening service
Mercer	609-396-4357	Capital Health / psychiatric emergency screening
Middlesex	732-235-5700	Rutgers University Behavioral Health Care / screening
Monmouth	732-923-6999	Monmouth Medical Center / psychiatric emergency screening
Morris	973-625-6160	St. Clare's / psychiatric emergency screening
Ocean	732-886-4474	Psychiatric Emergency Screening Services
Passaic	973-754-2230	St. Joseph's / psychiatric emergency screening
Salem	856-575-4196	Primary county psychiatric emergency screening service
Somerset	908-526-4100	Robert Wood Johnson University Hospital Somerset / screening
Sussex	973-383-0973	Primary county psychiatric emergency screening service
Union	908-994-7131	Trinitas / psychiatric emergency screening
Warren	908-454-5141	Primary county psychiatric emergency screening service

Choose the county where you are currently located when seeking an in-person psychiatric crisis screening.

8 | Additional New Jersey Support

Resource	Contact	How this can help
NJ 211	Dial 211	Statewide information/referral for housing, food, utilities, community services, and other social supports.
Women's Referral Central	1-800-322-8092	24/7 information/referral and crisis response for housing, legal, employment, violence, family, and related concerns.
Safe Haven Infant Protection Hotline	1-877-839-2339	NJ Safe Haven information for distressed parents regarding lawful anonymous surrender of an infant.
TTY access for NJ DCF hotlines	1-877-294-4356	TTY access listed by NJ DCF for people who are deaf or hard of hearing.

This guide is for general information and is not a substitute for emergency services or professional assessment. Hours, eligibility, and contact details may change; confirm with the organization when needed.