

INFORMATION, HELP & SUPPORT

For immediate help call (or text) **988**

www.988lifeline.org

In instances of child abuse or neglect call

1-877 NJ ABUSE (1-877-652-2873)

Alcohol, Tobacco, & Other Drugs

- **Alcoholics Anonymous (www.aa.org)** - AA's website gives information regarding alcoholism, the history of AA, how to get help, and where to look for meetings.
- **Narcotics Anonymous (www.na.org)** - The NA website provides information and resources regarding addictions and also allows individuals to locate local meetings.
- **Al-Anon/Alateen (www.al-anon.alateen.org)** - Al-Anon (which includes Alateen for younger members) has been offering hope and help to families and friends of alcoholics.
- **SAMHSA (www.samhsa.gov/find-treatment)** - SAMHSA's website can help you find the closest treatment location center.

Body Image/Eating Disorders

- **National Association of Eating Disorders (NEDA) (www.nationaleatingdisorders.org)** - NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.
- **Families Empowered and Supporting Treatment of Eating Disorders (FEAST) (www.feast-ed.org)** - For parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research to reduce the suffering associated with eating disorders.

Depression

- **Families for Depression Awareness (FFDA) (www.familyaware.org)** - Families for Depression Awareness (FFDA) is a comprehensive resource for families coping with depressive issues. - A nationwide nonprofit organization that strives to inform the general public about the signs and symptoms of depression, FFDA also offers much-needed support to depressed individuals and their families.
- **Depression and Bipolar Support Alliance (DBSA) (www.dbsalliance.org)** - The Depression and Bipolar Support Alliance (DBSA) strives to empower individuals struggling with depression and bipolar and offers a wealth of resources, including downloadable educational materials and self-help tools.
- **Communities Healing Adolescent Depression and Suicide (CHADS) (www.chadscoalition.org)** - CHADS offers school outreach programs, community awareness presentations, and classes as well as family support programs to advance the awareness and prevention of depression and suicide.

Harassment

- **Stop Bullying (www.stopbullying.gov)** - Bullying can happen anywhere: face-to-face, by text messages or on the web. It is not limited by age, gender, or education level. It is not a phase and it is not a joke. Bullying can cause lasting harm. Check out this website to learn warning signs and how to get help for you or for a friend who is being bullied.
- **National Organization for Victims Assistance (NOVA) (www.trynova.org)** - NOVA's mission is to champion dignity and compassion for those harmed by crime and crisis.

LGBTQ+

- **LGBT National Help Center (www.glbthotline.org)** - The National Help Center provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. They also maintain a database of local resources around the country.
- **GLSEN (www.glsen.org)** - The Gay, Lesbian, and Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.
- **The Trevor Project (www.thetrevorproject.org)** - A 24-hour, toll-free confidential suicide hotline for LGBTQ+ youth.
- **The Trans Lifeline (www.translifeline.org)** - Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

Self-Injury

- **Self Injury Outreach and Support (SIOS) (www.sioutreach.org)** - As part of a collaboration between the University of Guelph and McGill University, SIOS is a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.
- **Self Abuse Finally Ends (SAFE) (www.selfinjury.com)** - This website is devoted to prevention of self-injury and to providing support and help for those in need.

Sexual Abuse/Healthy Relationships

- **Darkness to Light (D2L) (www.d2l.org)** - Darkness to Light provides crisis intervention and referral services to children or people affected by sexual abuse of children.
- **Stop It Now (www.stopitnow.org)** - Provides information to victims and parents/relatives/friends of child sexual abuse. The site also has resources for offender treatment as well as information on recognizing the signs of child sexual abuse.
- **Loveisrespect (www.loveisrespect.org)** - Online, loveisrespect strives to be a safe, inclusive space for young people to access information and get help in an environment that is designed specifically for them. The website provides comprehensive education on healthy, unhealthy and abusive dating relationships and behaviors.

General Mental Health

- **211 (211.org)** - 211 is a referral service that has community offices located across the country. In addition to mental health resources, they offer an expansive database of organizations to help with anything from financial assistance to information on housing. Use their website or call 2-1-1 to locate the office near you.
- **2nd Floor (2ndfloor.org)** - 2nd Floor is a confidential and anonymous helpline for New Jersey's youth and young adults. Their goal is to help you find solutions to the problems that you may be facing at home, at school, or elsewhere. You can call or text 888-222-2228 at any time to talk about an issue or problem that you are facing.
- **American Foundation for Suicide Prevention (AFSP) (www.afsp.org)** - AFSP is dedicated to saving lives and bringing hope to those affected by suicide. AFSP creates a culture that's smart about mental health by engaging in research, education, advocacy, and supporting the community.
- **Calm (www.blog.calm.com)** - This website is a hub for all things mindfulness and self-care. They have free guided meditations, music playlists, and tons of other resources.
- **Good Grief (www.good-grief.org/resources)** - Good Grief's mission is to provide unlimited and free support to children, teens, young adults, and families after a significant loss in their lives through peer support programs, education, and advocacy. This website provides support through videos, informational articles, and helps you find support in your community.
- **National Alliance on Mental Illness (NAMI) (www.nami.org)** - NAMI is dedicated to building better lives for the millions of Americans affected by mental illness. They provide resources, support, and referrals for anyone in need.
- **Self-care Institute (www.selfcareinstitute.com)** - This website was created by a music therapist to help other professionals decrease rates of burnout and stress by discovering what self-care strategies work for them.

SOCIAL MEDIA FOR SUPPORT

RESOURCES FROM INSTAGRAM TO TIK TOK AND MORE TO MAKE YOUR SOCIAL MEDIA A MORE POSITIVE AND EDUCATIONAL TOOL

Social media tips

1) *Protect yourself*

Switch to a private account so that you can control who sees your content

2) *Mute function*

It's okay to mute, unfollow, or block any content that is not bringing you joy

3) *Comment controls*

Use comment controls to control who can comment and to censor what comments you don't want to see on your account

4) *Look out for each other*

Keep an eye on others and make sure their comment section and posts are a positive place for everyone involved

Instagram

@jessrachelsharp

An artist who makes inspiration and self love illustrations to get you through hard days

@the_happy_broadcast

An account to add only good news to your feed for when your feed is getting overwhelmed with bad news

@thegoodquote

This account features encouraging posts, quotes, and illustrations to advocate for self love and mental health

@recipesforselflove

An account full of encouraging posts, quotes, and illustrations to bring you some positivity and self love reminders

@no.food.rules

An account dedicated to showing you that you can have a healthy relationship between food and your body

@stacieswift

An artist who makes inspiration and self love illustrations to bring self care and good thoughts to your feed

Tik Tok

@quitwithme

Follow along as the owner of the account quits vaping and gives her tips and tricks that she is using to help you quit too

@RAINN

Run by the sexual assault hotline, learn what to do to help those you love who have been affected by sexual assault

@hvwc_afsp

To help suicide prevention and to provide resources to those who may be struggling

@skinnypudge

A man and his cat who post positive content to make you smile

@sky.McKee

Mental health advocacy and teaching about mental health awareness

@mentalhealthgang

To help end the stigma of mental health and to bring awareness to issues tied to mental health

@standuplacer

For survivors of sexual assault and how to help those you love who have been affected

@angryreactions

Positive reactions to a variety of videos but presented in a silly angry voice

@living.in.zen

Posts a zen garden routine that introduces mindfulness and meditation

@holly.Williams

Every day posts a reason to smile and to think about to brighten your day

Twitter

@MHFirstAidUSA

Official Twitter for mental health first aid training, this account provides resources for mental health and substance use challenges

@MPPresentations

Twitter account for our very own M&P Presentations, which is sure to brighten up your day!

@positiveplants

Twitter account for pictures of flowers and positive encouragements added to those

@kindlilovebot

Hourly reminders for self love and kindness posted by a bot to bring you some self love

@NIMHgov

Research and advocacy for mental health done by the government's National Institution for Mental Health

@WholesomeMeme

Posting of wholesome jokes and memes to make you laugh and see memes in a positive light

@antiracismeveryday

An account dedicated to anti racism and daily advocacy towards this important cause

@remindersph

Daily illustrations and positive reminders posted several times a day to brighten your feed and remind you you are great