# Mental Health Resources

## NJ 211
Provides community resources.  
*Phone: 2-1-1  
*Text: Zip Code to 898-211  
*Website: [https://www.nj211.org/](https://www.nj211.org/)

## NAMI: National Alliance on Mental Health
Provides advocacy, education, support, and public awareness on mental illness.  
*Phone: 800-950-6264  
*Text: NAMI to 741741  
*Website: [https://www.nami.org/](https://www.nami.org/)

## NAMI NJ: National Alliance on Mental Health New Jersey
*Phone: 732-940-0991  
*Website: [https://www.nj211.org](https://www.nj211.org/)

### Online Support Groups
[http://www.naminj.org/online-support-groups/](http://www.naminj.org/online-support-groups/)

## NJ Mental Health Cares
Provides behavioral health information and referral service.  
*Phone: 800-202-4357  
*Website: [https://www.njmentalhealthcares.org/](https://www.njmentalhealthcares.org/)

## Mental Health Association in New Jersey, Inc.
Provides advocacy, education, training, and services on mental health and substance abuse.  
*Phone: 800-367-8850  
*Website: [https://www.mhanj.org/](https://www.mhanj.org/)

### Hotlines
- The Peer Recovery WarmLine: 877-292-5588
- NJ Connect for Recovery: 855-652-3737

## rtor.org – Gateway to Mental Health Services
Offers families affected by mental illness guidance, support, and information on the best practices and providers in recovery-oriented mental health care.  
*Phone: 203-724-9070  
*Website: [https://www.rtor.org/](https://www.rtor.org/)

## National Domestic Violence Hotline
Provides support for anyone affected by abuse.  
*Phone: 800-799-7233  
*Text: LOVEIS to 22522  
*Website: [https://www.thehotline.org/](https://www.thehotline.org/)

## National Suicide Hotline
Provides emotional support to people in suicidal crisis or emotional distress.  
*Phone: 800-273-8255  
*Website: [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

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**OEOD**

210 South Broad Street, Trenton NJ  
800-367-6577  
oed@gw.njsp.org
Self-Help Resources

**Alcoholics Anonymous**

Provides nonprofessional, self-support for people with a drinking problem.

Phone: 212-870-3400  Website: [https://aa.org/](https://aa.org/)

Online Support Groups: [https://www.aa-intergroup.org/](https://www.aa-intergroup.org/)

**NNJAA: Northern New Jersey Alcoholics Anonymous**

Hotline: 908-687-8566 or 800-245-1377 (NJ Area Codes)  Website: [https://www.nj211.org/](https://www.nj211.org/)

**Narcotics Anonymous**

Provides nonprofessional, self-support for people addicted to drugs.

Phone: 818-773-9999  Website: [http://na.org/](http://na.org/)

Online Support Groups: [https://virtual-na.org/meetings/](https://virtual-na.org/meetings/)

**NANJ: Narcotics Anonymous in New Jersey**

Phone: 732-933-0462  Hotline: 800-992-0401  Website: [https://nanj.org](https://nanj.org)

**Gamblers Anonymous**

Provides nonprofessional, self-support for people with a gambling problem.

Phone: 626-960-3500  Hotline: 855-222-5542  Website: [http://www.gamblersanonymous.org/ga/](http://www.gamblersanonymous.org/ga/)

Online Support Groups: [https://area12ga.com/](https://area12ga.com/)

**Overeaters Anonymous**

Provides nonprofessional, self-support for people dealing with compulsive eating and food behaviors.

Phone: 505-891-2664  Website: [https://oa.org/](https://oa.org/)

Online Support Groups: [https://oa.org/find-a-meeting/?type=1](https://oa.org/find-a-meeting/?type=1)
Other Resources

Articles

“Resources for Teaching and Learning During this Period of Social Distancing”
Website: https://www.kqed.org/mindshift/55521/resources-for-teaching-and-learning-during-this-period-of-social-distancing

“Coronavirus Triple Duty: Working, Parenting, and Teaching from Home”
Website: https://www.npr.org/2020/03/17/816631571/coronavirus-triple-duty-working-parenting-and-teaching-fromhome?utm_campaign=npr&utm_term=nprnews&utm_medium=social&utm_source=facebook.com&fbclid=lwAR2R0KIDDqWxrCRdHcu5IFkqC6cT9D3Erh5YoAueZ6ix7MSZydbCyE6TJk0

“Dealing with Disappointment”
Website: https://positivecoach.org/ask-pca/dealing-with-disappointment-during-coronavirus-cancellations-postponements/?fbclid=lwAR1qfOaU0ZI-xCOuJ0t0e8O8cSy08rgAxtqhiC31-GLyQHTIE03198n

“What You Need to Know About Coronavirus and Grief”
Website: https://www.griefrecoverymethod.com/blog/2020/03/what-you-need-know-about-coronavirus-and-grief

Video-Sharing Sites and Apps

Safe House for Chill Pill and Calm
Website: https://www.youtube.com/watch?v=F5X5oVmTyOM

Smiling Minds
Website: https://www.youtube.com/user/SmilingMindTV

Yoga with Adriene
Website: https://ww25.yogawithadrienne.com

A Steady Heart In Time of Coronavirus with Jack Kornfield and Tara Brach
Website: https://www.tarabrach.com/steady-heart-coronavirus/

Rotterdam Philharmonic Orchestra “Ode to Joy”
Website: https://www.youtube.com/watch?v=unUCosYapEl&feature=youtu.be

Calm
Website: https://www.calm.com/

Simple Habit: The Best Meditation App for Busy People
Website: https://www.simplehabit.com/