

NEW JERSEY STATE RESOURCES

Mental Health Resources in the State of New Jersey

[The New Jersey Department of Children and Families](#) is the state's first comprehensive agency dedicated to ensuring the safety, well-being and success of children, youth, families and communities.

[The Mental Health Association in New Jersey](#) strives for mental health for children and adults through advocacy, education, training, and services.

[Veterans Counseling Hotline](#). The new toll-free number will provide immediate assistance to veterans suffering from psychological or emotional distress as well as those having difficulty re-assimilating back into civilian life following the conclusion of their mobilization for active duty service.

More NJ State Mental Health Resources

The NJ Department of Human Services' Division of Mental Health and Addiction Services, in collaboration with the Mental Health Association in New Jersey, makes a valuable resource available to New Jerseyans in need of emotional support due to the coronavirus. The NJ Mental Health Cares Helpline is staffed by trained counselors ready to listen.

Please visit their website at: www.njmentalhealthcares.org

National Resources

[Post Partum Depression](#). Perinatal mood disorders (PMD) are treatable, but many people do not know the facts. They wait too long to get help, or never seek treatment.

[The American Foundation for Suicide Prevention \(AFSP\)](#) is exclusively dedicated to understanding and preventing suicide through research and education, and to reaching out to people with mood disorders and those impacted by suicide.

[The Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) has established a clear vision for its work — a life in the community for everyone. To realize this vision, the Agency has sharply focused its mission on building resilience and facilitating recovery for people with or at risk for mental or substance use disorders. SAMHSA is gearing all of its resources — programs, policies and grants — toward that outcome.

CDC Resources in Languages Other Than English

[Other Languages](#)