

Crisis Resources

RESOURCE GUIDE

**Mental Health Emergency Crisis Services:**

University Behavioral Health Care
671 Hoes Lane Piscataway 08855 732-235-5700
Phone: 732-235-8420
smithksh@ubhc.rutgers.edu

- If you are in crisis or have suicidal concerns you can contact your local crisis hotline in each county.
- For other county go to:

https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf

**988 Suicide & Crisis Lifeline:**

Phone: 9-8-8

- 24/7 National suicide hotline. Individuals can call or text 9-8-8.

**NJ Hopeline:**

Phone: 1-855-NJ-HOPELINE or 1-855-654-6735

- 24/7 NJ suicide prevention hotline.
- Telephone counseling
- Anonymous and confidential
- Support and referrals to local resources

**National Domestic Violence Hotline:**

Phone: 1-800-787-3224 or text "START" to 88788

- 24/7 National DV hotline.

**The Trevor Project Lifeline:**

Phone: 1-866-488-7386 or text "START" to 678-678

- 24/7 National crisis/suicide hotline for LGBTQ+ youth.