

Family Resource Numbers & Websites

Crisis Text Line

Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or a crisis. 24 hours a day, 7 days a week.

TEXT "NJ" TO 741741

Family Helpline

If you're feeling stressed out, call to speak to a trained volunteer of Parents Anonymous who can provide support and refer you to resources in your community. 24 hours a day, 7 days a week.

CALL 1-800-THE-KIDS

Department of Children and Families Info Line

Call this helpline for general information about the Department of Children and Families' (DCF) programs and services. Monday - Friday, 8:30 a.m. - 4:30 p.m.

**CALL 1-855-INFO-DCF
(463-6323)**

Child Abuse/Neglect Hotline

Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DCF's Child Protection and Permanency (CP&P). Calls can be made anonymously. 24 hours a day, 7 days a week. 1-877-NJ ABUSE (652-2873) / 1-800-835-5510 (TTY)

CALL 1-877-652-2873

**CALL 1-800-835-5510
(TTY)**

Children's System of Care

(Mobile Response Stabilization Services – MRSS)

Call to find out about services for children and teens with emotional and behavioral health care challenges and their families.

CALL 1-877-652-7624

MOM-2-MOM

The Mom2Mom helpline offers 24/7 peer support to mothers of children with special needs.

**CALL 1-877-914-MOM2
(1-877-914-6662)**

NJ Mental Health Cares Hotline

For emotional support dealing with stress, anxiety and depression due to COVID-19, speak with a behavioral care specialist at 866-202-HELP (4357) daily from 8am-8pm.

**CALL 866-202-HELP
(4357)**

Additional Numbers and Websites:

Cumberland, Gloucester, & Salem County Resource Net
www.cgsresourcenet.org

South Jersey Behavioral Health Resources (Outpatient Counseling Resources)
www.sjbhr.org

Center for Family Guidance (Individual / Family Counseling & Resources)

www.ctrfamilyguidance.com / 856-251-0500 (West Deptford Office)

Center for Emotional Health (Resources / Counseling for Anxiety Behaviors/Disorders)

www.thecenterforemotionalhealth.com / 856-220-9672

Catholic Charities

www.catholiccharitiescamden.org