

ADDITIONAL HOTLINES AVAILABLE IN MERCER COUNTY (NJ) OFFERING INFORMATION AND SUPPORT AMIDST THE COVID-19 OUTBREAK

New Jersey Peer Recovery program hours are 8 a.m. to 8 p.m., and beginning March 26, hours will be extended to 10 p.m. for individual with substance abuse problems or those in recovery and feeling like they need extra support during the current COVID-19 situation. That number is 1-833-422-2765.

Vets 4 Warriors -- 24/7 National Program for veterans who have served in wars-1-855-838-8255

Vet 2 Vet -- for any New Jersey veteran 24/7, 1-866-838-7654 (Offer support and needed services for veterans and families nationwide)

Mom 2 Mom -- mothers with special needs children, 8 a.m. to 8 p.m., 1-877-914-6662 (assist mothers who have special needs children in finding resources that can support)

Care 2 Caregiver -- family members who are caring for a family member with memory loss,

Alzheimer's, dementia or a related disorder 8 a.m. to 8 p.m., 1-800-424-2494

Cop 2 Cop -- 24/7 law enforcement officers, 1-866-267-2267

Worker 2 Worker -- for DCP&P workers, 8 a.m. to 8 p.m., 1-855-327-7482

Aid NJEA -- school staff members and their families Monday-Thursday 12 noon to 8 p.m. and Fridays 12 noon to 6 p.m., 1-866-243-6532 (Supports Teachers and Custodians throughout the state of NJ in school districts)

24-Hour Public Hotline -- 1-800-222-1222. Trained health care professionals are standing by 24/7 to answer your questions about COVID-19. The call is free. Note: Hotline is not to locate testing, to get test results or for medical advice.

Coping with Stress. Stress and anxiety are real emotions during unsettling times. The Centers for Disease Control and Prevention (CDC) and the New Jersey Department of Health offer good advice on how to deal with heightened emotions. If you or someone you care about are feeling overwhelmed with emotions like sadness, depression or anxiety, call the SAMHSA Disaster Distress Helpline, 1-800-985-5990 or text TalkWithUs to 66746 (TTY 1-800-846-8517).

STATE CONTACT NUMBERS (COVID-19)

Crisis Assistance & Suicide Prevention

Mercer County Crisis Help- 609-896-2120 609-585-2244 www.contactofmercer.org

Mental Health Assistance

Mercer County Mental Illness Help- 800-273-TALK (8255) www.namimercer.org/help/crisis.shtml

NJ Mental Health Hotline – 1 866-202-HELP (4357) www.njmentalhealthcares.org

Parental and Family Assistance

NJ Anonymous Parents & Family- 1-800-THE-KIDS (843-5437) www.pa-of-nj.Org

NJ Family Healthline- 1-800-328-3838 www.state.nj.us/health/fhs/primarycare/healthline.shtml

NJ Women's Hotline - 1-800-322-8092- www.nj.gov/dcf/women/hotlines

Disaster Assistance

Red Cross Emergency Disaster Help – 609-951-8550 www.redcross.org/local/new-jersey

Adolescents & Young Adult Assistance

Anchor House 609-396-8329 www.anchorhousenj.org

NJ Youth & Young Adult Hotline 1-888-222-2228 www.2ndfloor.org