



## Jackson School District Counseling Resources for Families

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*We want our parents, staff and students to know that during times of crisis or sadness, the Jackson School District is here to help. Please do not hesitate to reach out to our school staff, counselors and other members of our Crisis Team if you or your child need assistance.*

*You are welcome and encouraged to call the guidance office at your child's school.*

***Below is a list of resources that may be helpful as well.***

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### **2<sup>nd</sup> Floor Youth Help Line**

A confidential and anonymous helpline for New Jersey's youth and young adults.

<https://www.2ndfloor.org>

### **Psychiatric Emergency Screening Services (PESS)**

Emergency screening and interventions for people experiencing traumatic events.

732-886-4474 or Toll free - 866-904-4474

<https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/conditions/psychiatric-emergency-screening-service/>

### **Society for the Prevention of Teen Suicide**

When do the normal ups and downs of adolescence become something to worry about? How can you know if suicide is a risk for your family? And if you are worried about it, what can you do? If you find yourself asking some of these questions, you're not alone. The Society for the Prevention of Teen Suicide can help.

<http://www.sptsusa.org/parents/>

### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255)

### **Children's Mobile Response and Stabilization System**

Provides time-limited, crisis intervention/stabilization services to children with emotional or behavioral disturbances.

877-652-7624

<http://www.nj.gov/dcf/families/csc/mobile/>

### **Ocean County Department of Health**

Website and Crisis Hotlines. [www.ochd.org](http://www.ochd.org)

### **RWJ Barnabas Health Grief & Loss**

Robert Wood Johnson Behavioral Health Access Center. 24-hour consults and mental health support to help find the right type of assistance for those in need.

800-300-0628

<https://www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/conditions/grief-loss/>

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### **Preferred Behavioral Health of NJ**

Individual and group counseling services available

732-367-4700

<http://www.preferredbehavioral.org>

### **American Foundation for Suicide Prevention**

A national not-for-profit organization dedicated to understanding and preventing suicide.

[www.afsp.org](http://www.afsp.org)

### **Suicide Prevention Resource Center**

Very helpful resources if suicide has touched your life.

<http://www.sprc.org/sites/default/files/resource-program/Families.pdf>

### **National Suicide Prevention Lifeline**

1-888-TALK (8255)

<https://suicidepreventionlifeline.org/>

### **The Compassionate Friends**

Grief support after the death of a child.

[www.compassionatefriends.org](http://www.compassionatefriends.org)