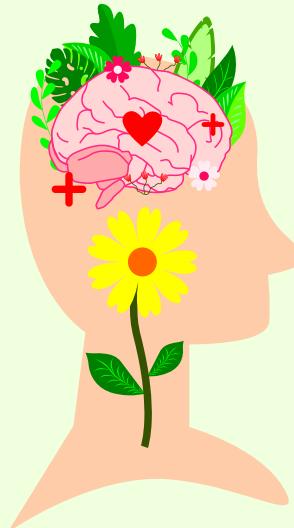


MENTAL HEALTH



SAMHSA's National Helpline is a free, confidential, 24/7, 365-days-a-year treatment, referral, and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 800-662-HELP (4357)



The NJ Mental Health Association in Union County's Esperanza Wellness Center provides an environment that promotes wellness and recovery for Spanish-speaking individuals in recovery from mental illness. 201-275-0207 or 800-662-HELP (4357)

RESOURCES FOR UNION COUNTY RESIDENTS

NAMI National Alliance on Mental Illness
800-950-6264, 800-273-8255 or 988 Suicide and crisis hotline

Mental Health Association in NJ, Inc.
Emotional help, information, and referrals
866-202-HELP (4357)

The Lifeline is an option when in-person assistance is not needed but you would like to speak with a crisis specialist.
800-273-8255

Psychiatric emergency screeners at Trinitas, Overlook, or Rahway will quickly assess the situation over the phone and determine the proper course of action for you.

TRINITAS 908-994-7131
OVERLOOK 973-831-5078
RAHWAY 732-381-4949



Caring Contact is an award-winning, volunteer-staffed caring and crisis hotline and listening community that provides active listening support and best-in-class education to Central and North New Jersey communities. 908-232-2880

