

COUNSELING SERVICES

Ocean Mental Health Services	http://oceanmhs.org/	732-575-1111 / 877-621-0445	Ocean Mental Health Services provides a continuum of behavioral health, substance abuse, and integrated healthcare services.
PerformCare New Jersey	http://www.performcarenj.org/about/index.aspx	877-652-7624	PerformCare provides free services for children, youth, and young adults who are experiencing emotional and behavioral challenges, are impacted by substance use treatment needs, or have an intellectual/developmental disability.
St. Francis Counseling Services	http://stfranciscenterlbi.org/counseling	609-494-1554	St. Francis Counseling Service provides individuals, couples, and families with affordable, professional psychotherapy services addressing a wide range of issues.

SUBSTANCE ABUSE SERVICES

NJ Connect for Recovery	http://www.njconnectforrecovery.org/	855-652-3737	The NJ Connect for Recovery Call Line provides support for those concerned with their own opiate use and those who are experiencing distress related to the opiate use of a friend or family member.
Ocean County Health Dept.	https://www.ochd.org/	800-342-9738 / 732-341-9700	The Alcohol and Drug Unit at Ocean County Health Department contracts with substance abuse agencies in the local community to provide services to Ocean county residents. The Alcohol and Drug Unit provides services on a continuum of care, ranging from detoxification and inpatient to outpatient services.
Preferred Behavioral Health	https://www.preferredbehavioral.org/	732-367-4700	Preferred Center for Children and Families is an outpatient mental health program providing Ocean County youths (ages 4-18) and their caregivers with the assistance, support and education to manage depression, anxiety domestic issues, behavior, and other disorders.

SUICIDE / DEPRESSION SERVICES

POLICE		911	Call your local police department for emergency assistance.
PESS: Psychiatric Emergency Screening Services	http://www.oceanresourcenet.org/news-events/hotlines/psychiatric-emergency-screening-service-pest-for-ocean-county/	866-904-4474 / 732-886-4474	Call for emergency assistance if you believe your son/daughter is at risk for self-harm
2nd Floor Youth Helpline	http://contactoceanmonmouth.org/	888-222-2228	2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. Available 24/7 365 days a year.
CONTACT of Ocean & Monmouth Counties	http://contactoceanmonmouth.org/	732-240-6100 / 609-693-5834	CONTACT of Ocean & Monmouth Counties, provides trained telephone listeners who respond to human needs 24 hours every day. This organization offers free confidential crisis intervention, information on available resources, and referral to community services.
Crisis Text Line	https://www.crisistextline.org/	Text HOME to 741741	Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.
National Suicide Prevention Lifeline	http://suicidepreventionlifeline.org/	800-273-8255	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

New Jersey Hopeline	http://njhopeline.com/	1-855-654-6735	Specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week.
YOUTH SERVICES			
Harbor House	http://www.oceansharborhouse.org/	732-929-0660	Harbor House assists homeless, runaway, abused, neglected and abandoned youth, ages 10-21.
National Runaway Hotline	http://www.1800runaway.org/	800-RUNAWAY	The National Runaway Safeline provides free and anonymous 24 hour support for runaway children.
NJ Division of Child Protection & Permanency	http://www.nj.gov/dcf/about/divisions/dcpp/	877-NJABUSE	Child Protection and Permanency, CP&P (formerly the Division of Youth and Family Services, DYFS), is New Jersey's child protection and child welfare agency within the Department of Children and Families. The Child Abuse Hotline receives all reports of child abuse and neglect 24-hours a day, 7-days a week.