

# Metropolitan YMCA of the Oranges Mental and Emotional Wellbeing Community Resources for Youth



## Crisis Support

24 hours a day, 7 days a week

**National Suicide Prevention Help Line:** Call **988** or **Text 741741** if you or someone else is in crisis

**Perform Care:** Families of children and teens who are experiencing a mental, emotional, or behavioral crisis can call **1-877-652-7624** to be evaluated for a response from the Mobile Response and Stabilization Services team and for de-escalation assistance



## Local Resources

**Atlantic Behavioral Health Assessment Center:** Children age 5+ can receive behavioral health evaluations, short-term care, and return to school assessments, and short-term medication management by calling **973-971-4441** or going to **100 Madison Ave, Anderson Building, Lower G, Morristown**. Services are available for up to 30 days until a permanent community provider appointment can be obtained.



## Service Connection

**Perform Care:** Children, teens, and their families can call **1-877-652-7624** to be connected to services to assist with emotional and behavioral challenges

**Project Child Find:** Families with youth aged birth – 21 years old can call **1-800-322-8174** to access this free referral resource service that assists in the identification of youth with a delay or disability

**NJ211:** Anyone can call **211** when you or someone else needs assistance with food, housing, utilities, childcare, or is struggling financially



## Helplines

**2<sup>nd</sup> Floor Youth Helpline:** Youth ages 10 – 24 can call **888-222-2228** when you or someone else needs assistance with daily life challenges at home, school, or play

**Family Helpline:** Parents and adults can call **800-THE-KIDS (843-5437)** when you or someone else is struggling with parental stress or frustration

The Metropolitan YMCA of the Oranges strengthens the communities we serve by focusing on healthy living, youth development, and social responsibility. We seek to improve the overall wellbeing of our communities through a holistic approach to promoting physical *and* emotional wellness. To learn more: <https://www.metroymcas.org/main/mental-health-community-support/>