

Metropolitan YMCA of the Oranges Senior Mental and Emotional Wellbeing Community Resources



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

NJ Hope Line: Call **855-654-6735** if you or someone else needs mental or emotional support



Ongoing Support

NJ Mental Health Cares: Anyone in NJ can call **866-202-HELP (4357)** when you or someone else needs emotional support, a mental health screen, and/or referral for mental health treatment

Division of Aging Services Caregiver Support: Seniors in NJ who are caring for a loved one with Alzheimer's, other types of dementia, or chronic illness can be connected to the Stress Busters for Family Caregivers program by calling **609-438-4797**

Medicare or Insurance Coverage for Mental Health: Call the number on the back of your insurance card or **1-800-MEDICARE (1-800-633-4227)** if you have Medicare to locate an in-network provider. You may look for a social worker, counselor, therapist, psychologist, or psychiatrist.



Help Lines & Service Connection

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

NJSave: Seniors in NJ can apply for assistance with prescription drug costs, Medicare premiums, utility assistance, and property tax payments by contacting the Area Agency on Aging Information Hotline at **877-222-3737**

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/>