

Metropolitan YMCA of the Oranges Mental and Emotional Wellbeing Veterans Wellness Resources



Crisis Support

24 hours a day, 7 days a week

National Suicide Prevention Veterans Crisis Line: Call **988**, then **press 1** or **Text 838255** if you or someone else is in crisis



Local Resources

Sussex County: MHA Mental Health Urgent Care: Anyone 18+ can call **973-840-1850** or walk in at **83 Spring St, Suite 303 in Newton** between 9am – 9pm when you or someone else needs immediate assistance with a mental or behavioral health challenge

West Essex: Atlantic Behavioral Health Access Center: Call **888-247-1400** between 8am – 6pm to schedule a timely appointment with Atlantic Health System's Behavioral Health Team. Services are available in multiple locations, including **25A Vreeland Rd, Suite 105 in Florham Park**, where the **True North Program** specifically for Veterans is also available.



Service Connection

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



Helpline

NJ Vet2Vet: New Jersey National Guard members, active military personnel, veterans, their families, and caregivers can call **866-838-7654** 24/7 to receive support and referral for services

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/>