

Metropolitan YMCA of the Oranges 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



Local Resources

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

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 for individuals ages 5+.



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

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

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



Helplines

2nd 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/>