

# Metropolitan YMCA of the Oranges Mental and Emotional Wellbeing Welcoming Week 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. Services are available in English and Spanish, or in over 240 other languages via interpreter.



## NJ Service Connection

**NJ Mental Health Cares:** Anyone in NJ can be screened for and connected to resources to address depression and anxiety. Assessment tools are available in English and Spanish: <https://screening.mhanational.org/>

**NJ211:** Anyone can call **211** when you or someone else needs assistance with food, housing, utilities, childcare, or is struggling financially. Multi-lingual services are available.

**MHA Mental Health Urgent Care, Sussex County:** Anyone 18+, regardless of insurance status, 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. Services available in English and Spanish.



## Community-Specific Service Connection

**African American Community Together NOW (AACT-NOW):** NAMI NJ offers support to African American families impacted by mental health issues: <https://naminj.org/support-and-education/multicultural-programs/aact-now-african-american/>

**Immigrants Rising:** Undocumented individuals can attend live, virtual wellness support groups for a variety of needs: <https://immigrantsrising.org/supportgroups/>

**Latinx Therapy:** National directory of Latinx therapists: <https://latinxtherapy.com/find-a-therapist/>

**Asian Mental Health Collective:** National directory of Asian American therapists: <https://www.asianmhc.org/therapists-us/>

**Pride Center of NJ:** Offers a variety of supportive and community-building group programming for the LGBTQ+ community: <https://www.pridecenter.org/>

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/>