

Emotional Healing LLC  
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## Hotlines & Resources

From time to time, we may each need a little extra support for ourselves or our loved ones. If you are experiencing a psychiatric or medical emergency, **please dial 911**, for all other needs please utilize the resources below!

### Mental Health:

- **For Mental Health, Domestic Violence, and Crisis Support in NJ call 211**
- [Mental Health Association of NJ](#)
- [Depression and Bipolar Support Alliance](#)
- [NJ Mental Health Cares](#) **866-202-HELP (4357)**
  - TTY: **1-877-294-4356**
  - E-mail: [help@njmentalhealthcares.org](mailto:help@njmentalhealthcares.org)

### Crisis & Suicide Support:

- [National Suicide Hotline](#) **800-273-8255**
- [NJ Hope Line](#) (suicide prevention) **855-654-6735**
- Crisis Line: **Text BRAVE to 741741**

### LGBTQIA+ Supports:

- [LGBTQIA+ National Hotline](#): **(800)246-7743**
- The GLBT National Youth Talkline: (youth serving youth through age 25): **(800) 246-7743**
- [Trans Lifeline](#): **(877) 565-8860**
- [LGBTQIA+ Coming Out Line](#): **(888) OUT-LGBT**
- [The Trevor Project](#):

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- **TrevorText: Text messaging hotline: Text START to 678-678**
  - **TrevorChat: Online instant messaging hotline  
([www.TheTrevorProject.org/get-help-now](http://www.TheTrevorProject.org/get-help-now))**

### **Veterans:**

- [Veterans Counseling Hotline](#) **866-VETS-NJ4 (838-7654)**

### **Substance Use:**

- [ReachNJ](#) **844-732-2465**
- [IME Addictions Access Center](#) **844-276-2777**
- [NJ Connect for Recovery](#) **855-652-3737**
- [The Peer Recovery Warmline](#) **877-292-5588**
- [New Jersey Poison Control](#) **800-222-1222**

### **Gambling:**

- [Council on Compulsive Gambling of NJ](#) **800-GAMBLER (426-2537)**