

**During the COVID-19 Pandemic
your mental health is vital.**

**For Free Emotional Support
from Trained Staff**

Call 866-202-HELP (4357)

(Multi-Lingual Service)

Daily, 8 a.m. to 8 p.m.

Text NJHOPE to 51684

(English and Spanish)

Monday — Friday, 10 a.m. to 8 p.m.



This program is brought to you through NJ Hope and Healing Crisis Counseling Program (CCP). The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services is offering this CCP through a (FEMA/SAMHSA) grant.