

The Coronavirus pandemic has created a new normal for everyone in a short period of time. These changes and uncertainty have the potential to create stressful situations for many individuals and their families. And with the need to practice social distancing, our fears and emotions may be heightened. We have compiled a list of resources to provide you support.

911: Call for all emergencies

NJ Mental Health Cares: Free emotional support from trained staff. Multilingual services are available. 866-202-HELP (4357)

NJ Suicide Prevention Hopeline: 855-654-6735

Youth Helpline of New Jersey: Free telephone helpline to assist children and adolescents with their day to day concerns. Trained listeners encourage discussion, provide support and offer practical guidance. 888-222-2228

Essex County Family Justice Center: Works to prevent domestic violence. Call 973-230-7229 or visit www.essexcountyfjc.org.

National Domestic Violence Hotline: 800-799-7233

Alzheimer's Foundation of America: Provides information, support and guidance to help families impacted by Alzheimer's disease and related dementia illnesses. The toll-free, 24-hour hotline is 866-232-8484. Families also may web chat by visiting www.alzfdn.org and clicking on the blue and white chat icon on the lower right hand corner of the page or send a text message to 646-586-5283.

Garden State Equality: NJ's largest LGBTQ advocacy and education organization. 973-509-5428.

PFLAG: The nation's first and largest organization for LGBTQ people, their parents and families and allies. For a list of member hotlines, visit www.pflag.org/hotlines.

RWJBarnabas Health Institute for Prevention and Recovery: 833-233-4377

Parent/Caregiver Guide to Helping Families Cope with the Coronavirus: Provided by the National Child Traumatic Stress Network. Visit <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

Advice for the Public about the Coronavirus: Provided by the World Health Organization. Click on "Advice for the Public." Visit <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Mental Health and Coping during COVID-19: Provided by the Centers for Disease Control and Prevention. Visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

Vets4Warriors: Peer support service for veterans, military service members and their families and caregivers. 1-855-838-8255 or vets4warriors.com

Mom2Mom: Peer support service to address the behavioral health challenges of caring for a special-needs child. 1-877-914-6662 or mom2mom.us.com

Care2Caregivers: Peer support service for anyone caring for a person with memory loss such as Alzheimer's, dementia or a related disorder. 1-800-424-2494 or care2caregivers.com

NJ Vet2Vet: Peer support service for New Jersey veterans, National Guard and Reserve service members, and their families and caregivers. 1-866-838-7654 or njvet2vet.com

Cop2Cop: 24/7 confidential peer support service for New Jersey law enforcement officers and their families. 1-866-267-2267 or njcop2cop.com

NJ Peer Recovery: Peer support line available seven days a week from 8am to 8pm for qualified Horizon NJ Health members living with a substance use disorder. 1-833-422-2765 (TTY 711) or njpeerrecovery.com

Worker2Worker: Confidential peer support service for employees of the New Jersey Division of Child Protection and Permanency (DCP&P) who are routinely exposed to highly stressful situations, where the welfare of children is at stake. 1-855-327-7482 or dcpnj.com

AID NJEA: Confidential telephone hotline for school staff members and their families experiencing some distress at work or home. 1-866-243-6532 or njea.org/aid-njea-can-help