

Dear Students and Parents/Guardians,

We wanted to upload some resources and phone numbers for you to have readily accessible if needed during the current pandemic. We will continue to update resources as they come our way or as they are requested. Please reach out to Ms. Lopes or Ms. McCormack at Ann Street School with any concerns or questions you might have. We're here to help! Our emails are as follows:

Ms. Lopes (Social Worker): s1lopes@nps.k12.nj.us

Ms. McCormack (School Counselor): pmccormack@nps.k12.nj.us

The Office of Student Life has also created an email account that students, parents and staff can utilize. Email: studentlife@nps.k12.nj.us

We hope that everyone is continuing to stay safe and well!

2NDFLOOR Helpline

Call or text 888-222-2228

<https://www.2ndfloor.org/>

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults (ages 10-24). They are there to help you find solutions to the problems that you face and they are available 24/7 every day.

(Parent/guardian permission is not required.)

Crisis Text Line

Text HOME to 741741

<https://www.crisistextline.org/>

Crisis Text Line is free, 24/7 support for those in crisis. Text HOME to 741741 from anywhere in the US to text with a trained Crisis Counselor.

PerformCare

1-877-652-7624 (call 24 hours a day, 7 days a week)

<http://www.performcarenj.org/index.aspx>

English flyer: <http://www.performcarenj.org/pdf/families/system-of-care-flyer-english.pdf>

Spanish flyer: <http://www.performcarenj.org/pdf/families/system-of-care-span.pdf>

Portuguese flyer: <http://www.performcarenj.org/pdf/families/system-of-care-flyer-portuguese.pdf>

PerformCare is committed to helping children with behavioral, mental health or emotional challenges gain access to the services they need. Some reasons to call include depression, anxiety, aggressive and/or defiant behaviors, hyperactivity and grief amongst more.

The Trevor Project

Call 1-888-488-7386 or text START to 678678

<https://www.thetrevorproject.org/>

The Trevor Project is a national 24-hour, toll free confidential line for LGBTQ youth. They provide crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25.

211

Call 211

<http://211.org/services/covid19>

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

Good Grief

908-522-1999

<https://good-grief.org/>

Good grief is a resource for grieving children and families. If a loved one has died, Good Grief is an excellent resource to reach out to for grief counseling. Good Grief builds resilience in children, strengthens families, and empowers communities to grow from loss and adversity. They are currently offering virtual services due to Covid-19.

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

National Domestic Violence Hotline

<https://www.thehotline.org/2020/03/13/staying-safe-during-covid-19/>

For any victims and survivors who need support, call [1-800-799-7233](tel:1-800-799-7233) or [1-800-799-7233](tel:1-800-799-7233) for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.

The Partnership for Drug-free Kids Helpline

Text Covid to 55753: For parents and caregivers who are concerned about their child's or loved one's substance use, enroll in our text-based COVID support program to receive regular messages on how to help yourself and your loved one during these changing times. You will receive messages on how to communicate effectively, how to deal with a family member risking exposure to COVID-19, how to model healthy coping behaviors and more.

[Call 1-855-378-4373](#) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.

A resource for First Responders and Essential Care Workers:

Imagine is offering free virtual support groups on Wednesday evenings at 8 PM for health care professionals, police officers, mental health professionals, caregivers, and other helpers who are working tirelessly to keep us and our communities safe. Please register with the following link:
<https://www.imaginenj.org/first-responders-support-group.html>

(updated April 23, 2020)