



# Mental Health Resources

For Schools, Educators, Students, and Parents

Local/State/National	
<a href="#">Stigma-Free Zone – CHIP of Bergen County</a>	<ul style="list-style-type: none"> <li>• <a href="#">Bergen County MH Resources</a></li> <li>• <a href="#">US MH Resources</a></li> <li>• <a href="#">MH Training &amp; Education</a></li> <li>• <a href="#">School Toolkit</a></li> <li>• <a href="#">Self-Care</a></li> </ul>
<a href="#">NAMI of Greater Bergen</a>	<ul style="list-style-type: none"> <li>• <a href="#">Event Calendar (support groups, etc.)</a></li> </ul>
<a href="#">West Bergen Mental Healthcare Services in Northern NJ</a>	<ul style="list-style-type: none"> <li>• School-based services include:               <ul style="list-style-type: none"> <li>○ -Consultation for pre-referral interventions</li> <li>○ -Diagnosis of emotional difficulties</li> <li>○ -Behavioral intervention planning</li> <li>○ -Individual Educational Planning</li> <li>○ -Program Development</li> <li>○ -Staff Development</li> <li>○ -Crisis intervention for students &amp; staff</li> <li>○ -Counseling, in school or on our site</li> <li>○ -Independent evaluations</li> <li>○ -School clearance assessments</li> </ul> </li> </ul>
<a href="#">Bergen New Bridge Medical Center</a>	<ul style="list-style-type: none"> <li>• The highly trained professionals at Bergen New Bridge realize early intervention and treatment are essential to providing the care needed for optimal results. Yet, younger patients are often reluctant to participate in the treatment process and frequently do not come forward with issues they may be having. This is why the Bergen New Bridge Medical Center team works closely with parents, families, and appropriate school officials to provide resources to identify problems early on and set up successful treatment programs which are more accessible for younger patients to access and accept.</li> <li>• Treatment is available at Bergen New Bridge for patients ranging from the ages of 5 to 17 who may exhibit any of the following symptoms:               <ul style="list-style-type: none"> <li>○ ADHD</li> <li>○ Bullying</li> <li>○ Depression</li> <li>○ Anger</li> <li>○ Anxiety</li> <li>○ OCD</li> <li>○ Bipolar Disorder</li> </ul> </li> <li>• Treatment modalities include psychiatric and psychosocial assessments, individual, family and group therapy and support for parents.</li> </ul>
<a href="#">New Jersey Department of Education - Keeping Our Students Safe and Healthy in School</a>	<ul style="list-style-type: none"> <li>• <a href="#">Student Wellness</a></li> </ul>

[American Foundation for Suicide Prevention](#)

- [It's Real: Teens and Mental Health](#)
  - Intended for high school classes or community settings with groups of teens, ages from 14 to 18, It's Real: Teens and Mental Health is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.
- [More Than Sad](#)
  - High School Students
    - More Than Sad: Teen Depression is an approximately 75-minute program that teaches teens to recognize the signs of depression in themselves and others; challenges existing stigma surrounding depression; and demystifies the treatment process. This program focuses on high school students.
  - Parents
    - More Than Sad: Parent Education is an approximately 90-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth. This presentation is also available in Spanish.
  - Teachers
    - More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel is an approximately 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This suicide prevention program complies with the requirements for teacher education training in many states. This program focuses on high school teachers and other school personnel.

[NAMI](#)

- [Ending the Silence Presentation](#)
  - Ending the Silence is a free, evidence-based, 50-minute in-person presentation designed for middle and high school students. Your students will learn about mental health conditions through a brief presentation, short

	<p>videos, and personal testimony from a young adult who describes their journey to recovery.</p> <ul style="list-style-type: none"> <li>• <a href="#">NAMI Family and Friends</a> <ul style="list-style-type: none"> <li>○ NAMI Family &amp; Friends is a free 90-minute seminar that informs people who have loved ones with a mental health condition how to best support them. It's also an opportunity to meet other people in similar situations and gain community support. The seminar is led by trained volunteers with lived experience of supporting a family member with a mental health condition. They will walk you through the following topics: <ul style="list-style-type: none"> <li>▪ Understanding diagnoses, treatment and recovery</li> <li>▪ Effective communication strategies</li> <li>▪ The importance of self-care-Crisis preparation strategies</li> <li>▪ NAMI and community resources</li> </ul> </li> <li>○ Participants will receive a free E-book after attendance that explains many of the topics covered in the class in more detail. The e-book is available in English, Arabic, Farsi, Korean, Mandarin, Spanish, and Vietnamese.</li> </ul> </li> </ul>
<a href="#">Society for the Prevention of Teen Suicide</a>	<ul style="list-style-type: none"> <li>• <a href="#">Not My Kid</a> - What Every Parent Should Know About Teen Suicide <ul style="list-style-type: none"> <li>○ An online learning experience that features videos of parents from culturally diverse backgrounds asking mental health professionals a variety of common questions about youth suicide.</li> </ul> </li> </ul>
<b>Community Organizations</b>	
<a href="#">Erika's Lighthouse</a>	<ul style="list-style-type: none"> <li>• Erika's Lighthouse is a grassroots, educational organization dedicated to raising awareness of adolescent depression and mental health for young people.</li> </ul>
<a href="#">Now Matters Now</a>	<ul style="list-style-type: none"> <li>• An organization that teaches skills and provides tools for those who struggle with suicidal thoughts and emotions. The tools provided are useful for most people for many problems.</li> </ul>
<a href="#">The Steve Fund</a>	<ul style="list-style-type: none"> <li>• The Steve Fund is dedicated to supporting the mental health and emotional well-being of young people of color.</li> </ul>
<a href="#">The Trevor Project</a>	<ul style="list-style-type: none"> <li>• The Trevor Project is an international community of care committed to ending suicide among lesbian, gay, bisexual, transgender, queer &amp; questioning young people.</li> </ul>
<a href="#">The Jason Foundation</a>	<ul style="list-style-type: none"> <li>• Provides information about youth suicide and provides free educational materials for teachers and youth/workers</li> </ul>
<a href="#">The Jed Foundation</a>	<ul style="list-style-type: none"> <li>• JED is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults. They partner with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programs and systems.</li> </ul>
<b>Hotlines / Helplines - available 24 hours / 7 days a week</b>	
<a href="#">Crisis Text Line</a>	<ul style="list-style-type: none"> <li>• Get started by texting 'HOME' to 741741</li> <li>• Provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.</li> </ul>

<a href="#">New Jersey Hopeline</a>	<ul style="list-style-type: none"> <li>• 1-855-654-6735</li> <li>• Provides support, assessment and, if needed, intervention in the most cooperative and least restrictive manner to New Jersey residents in emotional distress and suicidal crisis.</li> </ul>
<a href="#">2<sup>nd</sup> Floor Youth Helpline</a>	<ul style="list-style-type: none"> <li>• 1-888-222-2228</li> <li>• Confidential and anonymous helpline for New Jersey's youth and young adults.</li> </ul>
<a href="#">National Suicide Prevention Lifeline</a>	<ul style="list-style-type: none"> <li>• 988</li> <li>• Provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.</li> </ul>
<a href="#">The Trevor Lifeline</a>	<ul style="list-style-type: none"> <li>• Get started by texting 'START' to 678678</li> <li>• 24/7 hotline that provides counseling for LGBTQ youth who are suicidal and/or in crisis of all kinds - even pandemics!</li> </ul>
<a href="#">PerformCare - New Jersey Children's System of Care</a>	<ul style="list-style-type: none"> <li>• 1-877-652-7624</li> <li>• PerformCare New Jersey is the Contracted System Administrator (CSA) for the State of New Jersey's Department of Children and Families, Children's System of Care (CSOC). PerformCare is the single point of access to a wide array of behavioral health, intellectual and developmental disability services as well as substance use treatment for youth and families throughout New Jersey.</li> <li>• As the CSA, PerformCare provides youths and their families with the services, resources, tools, and support they need to optimally participate in treatment within their homes, schools, and community settings. PerformCare provides the avenue for families to request clinically appropriate, needs-based services with a single phone call any time of the day or night.</li> <li>• <a href="#">Family Support Organizations</a></li> <li>• <a href="#">Youth</a></li> </ul>