

MENTAL HEALTH RESOURCES

Apps:

- ☐ Calm
- ☐ Stop, Breathe, and Think
- ☐ Breathe2Relax
- ☐ CPT Coach
- ☐ MoodTools
- ☐ Calm Harm
- ☐ What's Up?
- ☐ Virtual Hope Box
- ☐ MyLife
- ☐ 5-Mins-Gratitude
- ☐ Gem
- ☐ Present Sense
- ☐ Jour
- ☐ Tally

Crisis Hotlines:

- ☐ [2nd Floor](#) Hotline (text or call 24/7):
 - ☐ 888-222-2228
- ☐ [Trevor Project](#) (text or call 24/7):
 - ☐ 1-866-488-7386
- ☐ [National Suicide Prevention](#) Hotline:
 - ☐ 1-800-273-8255
- ☐ [NJ Mental Health Cares](#):
 - ☐ 1-866-202-HELP (4357)
- ☐ [PerformCare](#):
 - ☐ 1-877-652-7624

How to Find a Therapist Near You:

- ☐ Find a Therapist:
 - ☐ <https://www.psychologytoday.com/us/therapists>
- ☐ Black Therapists in NJ:
 - ☐ <https://zencare.co/identity/black/therapist/new-jersey>
- ☐ Asian Therapists in NJ:
 - ☐ <https://zencare.co/identity/asian/therapist/new-jersey>
- ☐ Latinx Therapists in NJ:
 - ☐ <https://zencare.co/region/new-jersey?identities%5B%5D=306&page=1>
- ☐ LGBTQ+ Therapists in NJ:
 - ☐ <https://zencare.co/region/new-jersey?identities%5B%5D=307&page=1>

On any search engine, you can filter therapists down by:

- Location,
- Insurance,
- Gender,
- Mental health issue present,
- Sexual orientation/gender identity,
- Age,
- Language,
- Faith,
- Types of therapy, and
- Ethnicities seen.

***SENIORS:** If you are in need of counseling services in college, go to your school's website and look up "Counseling and Psychological Services." Counseling is free for students on most college campuses!

