



LOCAL COUNTY HELPLINES IN NEW JERSEY

Your local county helplines provide information on local agency & government services. Most “**Contact**” helplines also provide “listening services” for those wanting to just talk over any type of problem they are facing.

One new statewide helpline & listening service just for **youth with any type of concern** which they want to simply talk over is the “**2nd Floor**” **Youth Helpline** at **1-888-222-2228** (24-hour). Another new helpline is the **NJ Foreclosure Mediation Hotline 1-888-989-5277** (8am - 6pm, weekdays) for **homeowners** to apply for free help from housing counselors, attorneys, and a neutral mediator to resolve their home loan delinquency. For **those who rent their homes**, to learn about their rights to stay in their home during a foreclosure and after the resale of the property, call **Legal Services of New Jersey** at **1-888-576-5529** weekdays.

See the reverse side, for additional State & national toll-free specialty helplines. For updated information on any helpline, or the latest information on any local, state, national, or online support group, just call our **Self-Help Group Clearinghouse** at **1-800-367-6274**.

ATLANTIC– **Intergenerational Services** helpline for all information & referrals - Dial 211 or 1-888-426-9243 (24 hr.)

BERGEN – **Community Resource Council** 201-343-4900 Information & referrals, crisis intervention; Youth helpline 1-866-FOR-YOUTH (9am-5pm) * **First Call For Help** Dial 211 or call 1-800-435-7555 (24 hr.) Information & referrals. **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

BURLINGTON - **Contact of Burlington County** Dial 211 or 856-234-8888 (24 hr.) Information, referrals, listening, crisis counseling, sexual assault, & telephone reassurance calls; Teens - 856-234-0634; Kidline - 609-261-2220.

CAMDEN - **Contact Community Services** Crisis: 1-877-266-8222 (South Jersey) (24 hr.) 856-795-4980 Information, referrals, reassurance calls, listening services * **First Call For Help** 1-800-331-7272 (South Jersey) or 856-663-2255 (8am-4:30pm) Information & referral to services.

CAPE MAY - **First Call For Help** 609-729-2255 (Mon.-Fri., 8:30am-4:30pm) Information and referrals to services.

CUMBERLAND – **Contact** Dial 211 or 1-877-266-8222 Listening service, provides information & referral.

ESSEX - **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis intervention & listening * **First Call For Help** dial 211 or call 1-800-435-7555. Information & referrals.

GLOUCESTER - **Contact Community Services** Crisis calls: 1-877-266-8222; General: 856-795-4980 for reassurance calls, information, referrals & listening * **First Call For Help** dial 211 or 1-800-648-0132 (24 hr.) Info, referrals, listening & crisis counseling.

HUDSON - **First Call For Help** Dial 211 or 1-800-435-7555 Information & referrals.

HUNTERDON - **Hunterdon Helpline** Dial 211 or 1-800-272-4630, 908-735-4357 and 908-782-4357 (24 hr.) Information, referrals, friendly visits & phone assurance calls.

MERCER - **Contact** 609-896-2120 or 609-585-2244 (24 hr.) Crisis counseling, listening, information & referrals. Kidline: 609-896-4434.

MIDDLESEX - **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

MONMOUTH – **211 of Monmouth County** Dial 211 or 1-800-272-4630 (24 hr.) Information & referrals.

MORRIS - **First Call For Help** Dial 211 or call 1-800-435-7555 (24 hr.). Information & referrals. **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

OCEAN - **Contact of Ocean County** 732-240-6100 or (24 hr.) Crisis helpline & listening service * **First Call For Help** Dial 211 or 732-240-6105 (24 hr.) information & referrals.

PASSAIC - **First Call For Help** Dial 211 or call 1-800-435-7555 (14 hr.) Information & referrals. **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

SALEM - **Contact Community Services** Crisis dial 211 or 1-877-266-8222 (24 hr.) Info, referrals, & listening service.

SOMERSET - **Contact We Care** 908-232-2880 (24 hr.) Information, referrals, crisis counseling & listening * **211 of Northern Jersey** Dial 211 or 908-725-6640 (Mon.-Fri., 8:30am-4:30pm) Information & referrals.

SUSSEX - **Sussex County** Dial 211 or 1-877-661-4357 (24 hr.) Listening, information & referrals. Also provides help in homeless emergencies.

UNION - **Contact We Care** 908-232-2880 (24 hr.) Information referrals, listening & crisis intervention * **First Call For Help** dial 211 or 1-800-435-7555 for information & referral.

WARREN – **NORWESCAP 211** Dial 211 or 1-877-661-4357 (Mon.-Fri., 8am-4:30pm). Provides information & referrals.

LOCAL PSYCHIATRIC EMERGENCY HOTLINES

Psychiatric Emergency Services provide **professional crisis intervention for psychiatric or emotional emergencies**. They are all accessible 24 hours a day. For other emergencies dial 9-1-1.

ATLANTIC: *Atlantic City Medical Center* **609-344-1118**

BERGEN: *Psych Emergency Screening Prog* **201-262-4357**

BURLINGTON: *Crisis Intervention* **609-835-6180**

CAMDEN: *Kennedy Memorial Hospital* **856-428-4357**

CAPE MAY: *Burdette Tomlin Hospital* **609-465-5999**

CUMBERLAND: *Guidance Center* **856-455-5555**

ESSEX: *East Orange General Hospital* **973-672-9685**

Newark Beth Israel Hospital **973-926-7416**

Univ of Medicine & Dentistry **973-623-2323**

GLOUCESTER: *Comm Mental Health Center* **856-845-9100**

HUDSON: *Bayonne Hospital* **201-858-5286**

Jersey City Medical Center **201-915-2210**

HUNTERDON: *Hunterdon Med Ctr Crisis Line* **908-788-6400**

MERCER: *Helene Fuld Medical Center* **609-394-6086**

MIDDLESEX: *Univ of Medicine & Dentistry* **732-235-5700**

MONMOUTH: *Monmouth Medical Center* **732-923-6999**

CentraState Medical Center **732-780-6023**

MORRIS: *Saint Clares Hlth Syst* **973-625-0280**

Morristown Memorial Hospital **973-540-0100**

Chilton Memorial Hospital **973-831-5078**

OCEAN: *Kimball Medical Center* **732-886-4474**

PASSAIC: *Saint Mary's Counseling Center* **973-470-3025**

Chilton Memorial Hospital **973-831-5078**

SALEM: *Salem County Healthcare Common* **856-299-3001**

SOMERSET: *Richard Hall CMHC* **908-526-4100**

SUSSEX: *Newton Memorial Hospital* **973-383-0973**

UNION: *Muhlenberg Hospital* **908-668-2599**

Trinitas Hospital **908-994-7131**

WARREN: *Family Guidance Center Crisis Line* **908-454-5141**

STATE COMPLAINT LINES

Health Facilities **1-800-792-9770** takes complaints against hospitals, nursing homes & residential facilities * *NJ State Division of Consumer Affairs* **1-800-242-5846** takes complaints against businesses * *DYFS Action Line* **1-800-331-3937** takes complaints against the State Division of Youth & Family Services.



To contact our **N.J. Self-Help Group Clearinghouse**, in NJ just phone **1-800-367-6274** or remember it easier as **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help) o 973-989-1122. Website: www.selfhelpgroups.org

Our Clearinghouse **helps people to find and form any type of needed support group** (and to link callers with those striving to start needed new local groups). Our services are made possible by funding from the NJ State Division of Mental Health Services, and are sponsored by Saint Clare's Health System, Denville, NJ.

N.J. STATE & NATIONAL TOLL-FREE SPECIALTY HELPLINES

These toll-free numbers are helpful, free sources of information on a variety of topics. Many of the organizations can provide referrals, literature, and other services. Our annual [Directory](#) provides much greater detail on all these helplines, as well as hundreds of the self-help groups' toll-free helplines. For more info, call **1-800-367-6274**.

ADDICTIONS *Addictions Hotline of NJ* 800-238-2333, TTD line for persons who are deaf 800-225-0196 * *Nat'l Substance Abuse Helpline* 800-662-4357, Spanish 877-767-8432 * *Nat'l Clearinghouse for Alcohol & Drug Information* 800-729-6686 * *Alcoholics Anonymous* 800-245-1377 * *Nar-Anon* 800-484-7385 x4257 (families of addicts) * *Cocaine Anonymous* 800-347-8998 * *Stop Smoking Quiline* 866-657-8677 * *Families Anonymous* 800-736-9805 (parents/families of addicts) * *Lawyers Concerned for Lawyers* 800-246-5527 * *NJ Nurse Recovery* 800-662-0108 * *Community Recovery* 800-292-8262 (veterans).

ADOPTION NJ 800-222-0047 * *National* 800-862-3678.

ADVOCACY *NJ Protection & Advocacy* 800-922-7233 (legal help - disabled).

AGING *NJ Ease* 877-222-3737 (benefits) * *Senior Citizen I&R* 800-792-8820 * *NJ Lifeline Prog* 800-792-9745 (utility) * *Eldercare Locater* 800-677-1116.

AIDS *Pediatric/Family HIV Res* 800-362-0071 * *AIDS Hotline* 800-624-2377 * *Teens:* 800-618-8336 * *CDC:* 800-342-2437, Spanish-speaking: 800-344-7432

ALZHEIMER *Alzheimer's Assn* 800-272-3900 * *Alzheimer Ed/Ref* 800-438-4380.

ARTHRITIS *Arthritis Foundation* 888-467-3112.

ASTHMA / ALLERGY *Asthma/Allergy Network* 800-727-8462 (support).

ATTORNEY *Legal Services of NJ* 888-576-5529 (for those with low income).

BEREAVEMENT *Compassionate Friends* 877-969-0010 (child loss) * *SIDS Alliance* 800-221-7437 (sudden infant loss) * *PetFriends* 800-404-7387 (pet loss).

BLIND / VISUALLY IMPAIRED *NJ Commission for Blind* 877-685-8878

Recording For Blind/Dyslexic 866-732-3585 (cassettes/books) *NJ Library for Blind* 800-792-8322; Spanish: 800-582-5945 (cassettes/books) * *Amer Health Asst Fdn* 800-437-2423 (glaucoma/macular degeneration) * *DB-Link* 800-438-9376

(deaf/blind kids) * *Prevent Blindness Amer* 800-331-2020 * *Braille Inst* 800-272-4553 (kids books) * *Retinitis Pigmentosa Intl* 800-344-4877 * *Guiding Eyes for the Blind* 800-942-0149 (guide dogs) * *Research to Prev Blindness* 800-621-0026 (literature) * *American Fdn for the Blind* 800-232-5463 (literature) * *Hadley School for Blind* 800-323-4238 (free educ) * *Guide Dogs* 800-548-4337 * *Glaucoma Research* 800-826-6693 (network).

BRAIN INJURY *Brain Injury Association of NJ* 800-669-4323.

BRAIN TUMOR *Nat'l Brain Tumor* 800-934-2873 * *Pediatric* 866-228-4673.

BUSINESS DEVELOPMENT *US Small Bus Admin.* 800-827-5722 * *Service Corp of Retired Executives* 800-634-0245.

CANCER *American Cancer Society* 800-227-2345 * *Cancer Care* 800-813-4673 (counseling) * *Cancer Information Service* 800-422-6237 * *Cancer Hope Network* 877-467-3638 (support) * *SHARE Breast Cancer Helpline* 866-891-2392 * *Y-Me 24-hr Breast Cancer Hotline* 800-221-2141 * *S. Koman Breast Cancer Fdn* 800-462-9273 * *Gilda Radner Familial Ovarian Cancer Registry* 800-682-7426 * *Cancer Research Inst* 800-992-2623 (info) * *Dana Farber Inst* 800-828-6622

(familial) *Ovarian Cancer Research* 800-873-9569 * *AMC Cancer Info & Counseling* 800-525-3777 * *Int'l Myeloma Fdn* 800-452-2873 * *Anderson Network* 800-345-6324 * *Gynecologic Cancer Fdn* 800-444-4441 * *BLOCH Cancer Hotline* 800-433-0464 (network) * *Skin Cancer* 800-754-6490 (literature) * *Patient Advocate* 800-532-5274 (legal) * *Nat'l Childhood Cancer* 800-458-6223 (advocacy) * *Candlelighters* 800-336-2223 (childhood cancer/families).

CEREBRAL PALSY *NJ United CP* 888-322-1918 * *Nat'l UCP* 800-872-5827.

CHARITY *AmVets* 800-244-6350 (used clothing) * *Goodwill* 800-741-0186.

CHILD ABUSE *NJ Child Abuse Hotline* 1-877-NJ ABUSE (877-652-2873) * *NJ Child Advocate Helpline* 877-543-7864; *Parents Anonymous* 800-843-5437 (for parents under stress, who feel they may be in danger of abusing their child).

CHILD CARE *Child Care Helpline of NJ* 800-332-9227 * *Nat'l Assn for Family Child Care* 800-359-3817 (training) * *Nat'l Child Care Info Ctr* 800-616-2242.

CHILD SUPPORT *NJ Child Support Info* 800-621-5437.

CHOLESTEROL *UAB Eat Right* 800-231-3438 (info).

CONSUMER *U.S. Consumer Prod Safety Comm* 800-638-2772 * *Opt Out* 888-567-8688 (junk mail) * *Toy Safety* 877-486-9723 * *Food/Drug* 888-463-6332.

CREDIT COUNSELING *Consumer Credit Counseling Services* 800-388-2227.

CRIME *Victims Witness Hotline* 800-242-0804 (counseling/finance) * *NJ Bias Crime Victims* 800-242-0804 * *We Tip Hotline* 800-782-7463 (general) * *GAINS* 800-311-4246 (mentally ill addicts in court) * *MADD* 800-448-6233 (against drunk driving) * *Stalking Victims* 800-572-7233. * *Trafficking & Exploitation* 888-428-7581 (Mon.-Fri., 9am-5pm).

CYSTIC FIBROSIS *Cystic Fibrosis Fdn* 800-344-4823 (information).

DISCRIMINATION *Equal Employ* 800-669-4000 * *Civil Rights* 800-368-1019.

DEAF / HEARING IMPAIRED *NJ Div of Deaf* 800-792-8339 (info) * *ASHA Hearing/Speech* 800-638-8255 (speech disability) * *DB-Link* 800-438-9376 (deaf/blind kids) * *Captioned Media* 800-237-6213 (book/tape loans) * *HEAR Now* 800-648-4327 (free hearing aids) * *Dial-A-Hearing Test* 800-222-3277.

DENTAL *Donated Dental Services* 888-471-6334 (free dental).

DEVELOPMENTAL DISABILITIES *NJ Div. of Developmental Disabilities* 800-832-9173 * *Amer Assn Mental Retardation* 800-424-3688 * *Aging & Mental Retardation* 800-996-8845 (training).

DIABETES *Amer Diabetes Assn* 800-342-2383 * *Nat'l Educ Prog* 800-438-5383.

DISABILITIES *NJ State Office On Disability* 888-285-3036 * *SPAN* 800-654-7726 (parents) * *State Coord Council* 877-909-7422 (parents) * *NE ADA Tech Center* 800-949-4232 * *Library for Blind/Handicapped* 800-792-8322; Spanish: 800-582-5945 * *Lifeline Prog* 800-792-9745 (drugs/utilities) * *Family Support Ctr* 800-372-6510 * "Americans w Disabilities Act" *Tech Center* 800-949-4232 * *Assistance Technology Advocacy Ctr* 800-342-5832 * *Abledata* 800-227-0216 (assists with technology issues) * *Alliance for Tech Access* 800-455-7970 (computers) * *Easter Seals* 800-221-6827 * *SNAP* 888-310-9889 (parents of spec needs) * *Technical Assistance Alliance for Parents* 888-248-0822 * *Job Accommodation Network* 800-526-7234 * *NICHY* 800-695-0285 (disabled kids) * *Nat'l Accessible Apartments Clearinghouse* 800-421-1221 * *Access Board* 800-872-2253 (advocacy) * *Disabled & Alone* 800-995-0066 (finance plans).

DOMESTIC VIOLENCE *NJ Hotline* 800-572-7233 * *Nat'l* 800-799-7233.

DOMESTIC SECURITY *to report suspicious activity* 866-472-3365.

DOWN SYNDROME *Down Syndrome Hotline* 800-221-4602 (information).

DYSLEXIA *Natl Ctr for LD* 888-575-7373 * *Dyslexia Assn* 800-222-3123.

EATING DISORDERS *Eat Dis Helpline* 800-624-2268 * *AABA* 800-522-2230.

EDUCATION *HESAA* (financial aid information for H.S. and college students) 800-792-8670 * *Federal Student Aid* 800-433-3243 * *Nat'l Assn for Educ of Young Children* 800-424-2460 * *Job Corps* 877-872-5627 (trains youth).

ENERGY *NJ Asst Prog* 800-510-3102 * *Lifeline Prog* 800-792-9745 (utility).

ENVIRONMENT *Lead* 800-424-5323 * *Chemical Spills* 800-424-9300 * *American Public Information for the Environment (P.I.E.)* 800-320-2743 * *Indoor Air Quality* 800-438-4318 * *Safe Drinking Water* 800-426-4791.

EPILEPSY *Epilepsy Info Svc* 800-642-0500 (info) * *Epilepsy Fdn* 800-336-5843.

EYECARE *National Eye Care Project* (financial aid) 800-222-3937.

FOOD *America's Second Harvest* 800-771-2303 (hunger relief) * *Center for Food Safety* 888-723-3366 (info) * *Meat/Poultry Hotline* 800-535-4555.

GAY/LESBIAN *National Hotline* 888-843-4564 (evenings).

GAMBLING *Council on Compulsive Gambling of N.J.* 800-426-2537.

HEALTH *NJ Dept of Health* info 800-367-6543 * *NJ Family Care* (low or no cost state-funded family health insurance) 800-701-0710 * *To Your Health* 888-838-3180 (managed care problems) * *Black Infant/Better Survival* 888-414-2427 * *Family Healthline* 800-328-3838 * *Su Familia* 866-783-2645 (Latino health info) * *Nat'l Alliance Hispanic Hlth* 800-504-7081 * *Minority Health Resource Ctr* 800-444-6472 * *Center for Disease Control* 800-311-3435 * *Eat Right* 800-231-3438 * *NORD* 800-999-6673 (rare disorders) * *Nat'l Library of Med* 888-346-3656 * *Nat'l Institute of Allergy/Infectious Diseases* 800-243-7644 (trials) * *Ctr for Human Genetics* 800-283-4316 (research) * *March of Dimes* 888-663-4637 (birth defects) * *Nat'l Health Info Center* 800-336-4797 (literature) * *Nat'l Women's Health Info* 800-994-9662 * *Nat'l Women's Health Resource Ctr* 877-986-9472 * *Genetic Alliance* (genetic illnesses) 800-336-4363 * *Nat'l Immunizations Info* 800-232-4636 * *Nat'l Inst for Occupational Safety* 800-232-4636 * *Nat'l Ref Ctr for Bioethics Literature* 800-633-3849 * *Am. Board of Medical Specialties* 866-275-2267 (reference) * *Nat'l Ctr. Complementary / Alternative Med* 888-644-6226.

HEART *American Heart Association* 800-242-8721 * *Heart Inst* 800-292-2221.

HOSPICE *Nat'l Hospice* 800-658-8898 * *Children's Hospice* 800-242-4453 * *Hospice Fdn of Amer* 800-854-3402 * *Hospice Educ Inst* 800-331-1620.

HOSPITAL *Hill Burton* 800-638-0742 (free care) * *Shriner's Hospital* 800-237-5055 (kids) * *Natl Assn of Hospital Hospitality Houses* 800-542-9730.

HOUSING *Hope Now Alliance* (mortgage problems) 800-995-4673 * *Housing/Mortgage Finance* 800-654-6873 (first time buyers).

IMMIGRATION *Immigration/Naturalization Services* 800-375-5283.

IMPOTENCE *Impotence Information Center* 800-843-4315 (info).

INCONTINENCE *Nat'l Assn for Continence* 800-252-3337 (info).

KIDNEY *Amer Kidney Fund* 800-638-8299 * *Natl Kidney Fdn* 800-622-9010.

LEGISLATION *NJ Legislative* 800-792-8630 * *Federal* 800-688-9889 * *League of Women Voters* 800-792-8683 * *Project Vote Smart* * 888-868-3762.

LIFE-THREATENING ILLNESS *Friends of Karen* 800-637-2774 (financial aid) * *Catastrophic Illness in Children* 800-335-3863 (financial).

LITERACY *Literacy Volunteers of NJ* 800-848-0048 (information)

LIVER *Amer Liver Fdn* 877-307-7507 * *Hepatitis Fdn* 800-891-0707.

LUPUS *Lupus Fdn of America* 800-322-5816.

LYME *Lyme Disease* 800-792-8831 * *Nat'l Lyme Disease Fdn* 800-886-5963.

MARROW TRANSPLANTS *BMT LINK* 800-LINK BMT * *C. Raymond Int'l Bone Marrow Registry* 800-726-2824 * *Nat'l Marrow Donor Prog* 800-627-7692.

MEDICARE *Medicare* 800-MEDICARE.

MENINGITIS *Meningitis Fdn* 800-668-1129 (information)

MENTAL HEALTH *NJ Mental Health Cares* (info & referrals to services) 866-202-4357 * *NAMI - NJ* (primarily families) 866-626-4437 * *Peer Recovery Warmline* (consumer to consumer) 877-292-5588 * *NJ Partnership for Children* (parents of youth - services) 877-652-7624 * *NJ Parents' Caucus* (parents of youth - advocacy) 866-560-6572 * *Post-partum Depression Helpline* 800-328-3838 * *CSP-NJ* (consumer issues) 800-227-3729 * *Compeer* 800-836-0475 (buddies) * *N.J. Division of MH Services* 800-382-6717 * *Nat'l Institute of MH* 800-647-2642 * *Nat'l MH Information Center* 800-969-6642.

MILITARY - *Deployment Helpline* 866-559-1627 * *Army Wounded Soldier Helpline* 800-984-8523 * Also see "Veterans" helplines below.

MISSING CHILDREN *Vanished Children Alliance* 800-826-4743 * *Child Find* 800-426-5678 * *Center for Missing/Exploited Children* 800-843-5678.

MULTIPLE SCLEROSIS *MS Fdn* 800-441-7055.

MUSCULAR DYSTROPHY *Muscular Dystrophy Family Fdn* 800-544-1213.

ORGAN DONATION *Sharing Network* 800-742-7365 * *Children's Organ Transplant Assn* 800-366-2682 * *Minority Transplant Educ Prog* 800-393-2839

OSTEOPOROSIS *Osteoporosis Helpline* 888-934-2663 (information)

PARENTS *Healthy Families* 800-244-5373 * *Parents Without Partners* 800-637-7974 * *Moms of Preschoolers* 800-929-1287 (Christian parent groups) * *NJ Kinship Navigator* (help for grandparents who are parents) 877-816-3211.

POLICE *Cop-to-Cop* 866-267-2267 (support for police under stress).

PARKINSON'S *Nat'l Parkinson's Fdn* 800-327-4545 (information)

PHARMACEUTICAL *NJ PAAD* 800-792-9745 (pharmaceutical aid) * *Pharmaceutical Patient Asst Directory Line* 800-762-4636 (financial aid).

PREGNANCY *Nat'l Hispanic Prenatal Health Helpline* 800-504-7081 * *Nat'l Life Center* 800-848-5683 (pregnancy & birth assistance) * *Planned Parenthood* 800-230-7526 * *NJ Safe Haven* 877-839-2339 (surrender newborn).

PROSTATE *Prostatitis Fdn* 888-891-4200 (information).

REHAB *Ctr for Rehab Tech* 800-726-9119 * *Nat'l Rehab Info.* 800-346-2742.

RUNAWAYS *Nat'l Runaway Switchboard* 800-621-4000 (crisis/I&R) * *Nat'l Youth Crisis Hotline* 800-448-4663 (crisis).

SEXUAL ABUSE *Woman's Crisis* 800-572-7233 * *RAINN* 800-656-HOPE.

SEXUALLY TRANSMIT. DISEASES *CDC* 800-232-4636.

SMOKING CESSATION *NJ QuitNet QuitLine* 866-657-8677 (bilingual).

SOCIAL SECURITY *Soc Sec* 800-772-1213 * *NJ WIN* 877-659-4672 (work).

SPINAL CORD INJURY *C. Reeve Paralysis Center* 800-539-7309 (info). *Nat'l Spinal Cord Injury Hotline* 800-962-9629 * *Paralyzed Vets* 800-424-8200.

SUICIDE 800-784-2433, 800-SUICIDE, 800-273-8255 (24 hr. crisis help).

SUPPORT GROUPS - *NJ Self-Help Group Clearinghouse* **800-367-6274** or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) help in finding or starting any group.

TAX INFORMATION *New Jersey* 800-323-4400 * *Federal* 800-829-1040.

THERAPISTS *NJ Psychologists* 800-281-6572 * *NJ Psychiatrists* 800-345-0143 * *national Therapists:* 800-843-7274.

THYROID *Thyroid Society for Education/Research* 800-849-7643.

TRANSPORTATION *NJ Transit* 800-772-2222.

VETERANS benefits info 888-865-8387 * *NJ counseling service* 866-838-7654 * *Veterans' Suicide Prevention Hotline* dial 800-273-8255, then press 1.

VOLUNTEER *Connections* 800-VOLUNTEER * *Vol of Amer* 800-281-4354.

WELFARE/FOOD STAMPS *Div of Family Development* 800-792-9773.

WISH GRANTING *Give Kids the World* 800-995-5437 * *Make-A-Wish* 800-722-9474 * *Special Wish* 800-486-9474 * *Children's Wish* 800-323-9474.

WOMEN *NJ Women's Referral* 800-322-8092 * *Menopause Soc* 800-774-5342.

YOUTH *NineLine* 800-999-9999 (crisis) * *Girl's/Boy's Town* 800-448-3000 * *Youth Crisis* 800-448-4663 * *KID SAVE* 800-854-3123 * *Children's Defense Fund* 800-233-1200 (advocacy) * *Action Parent/Teen Support* 800-367-833