

NJ Mental Health Cares

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

866-202-HELP (4357)

7 days per week, 8am - 8pm

New  Jersey
MentalHealthCares
New Jersey's Behavioral Health and Referral Service

NEW JERSEY
**hope and
healing**

State of New Jersey
DHS
Department of
Human
Services