

If you have an emergency and you can't reach us directly, the following resources are available to you free of charge 24/7:

- New Jersey (Bergen County): 201-262- Help (4357)
- New York 1-88-NYC-WELL: (1888-692-9355)
- National Hopeline Network: 1-800-SUICIDE (784-2433)
- National sexual assault hotline: 1-800-656-HOPE (4673)
- National domestic violence hotline: 1-800-799-SAFE (7233)
- 911: municipal emergency services or go to your local hospital emergency room

[Crisis Text Line:](#)

New York State has partnered with Crisis Text Line, an anonymous texting service available 24/7. Starting a conversation is easy. **Text GOT5 to 741741.**

New York State's 24/7 problem gambling and chemical dependency hotline. For Help and Hope call **1-877-8-HOPENY** or text **HOPENY**

[Suicide Prevention](#)

If your life or someone else's is in imminent danger, please call 911. If you are in crisis and need immediate help, please call **(800) 273-8255, 24/7.**

[Domestic Violence:](#)

If you or someone else is in a relationship is being controlled by another individual through verbal, physical, or sexual abuse, or other tactics, please call: **1-800-942-6906**

Relationship / Domestic Violence

(973) 484-4446 (Essex County) 24/7

(201) 487-8484 (Bergen County) 24/7

(800) 572-SAFE, 7233 (NJ, state wide) 24/7

(800) 621-HOPE, 4673 (NYC) 24/7

(800) 942-6906 (NY, outside NYC) 24/7

(800) 942-6908 (NY, Spanish speaking assistance) (7am-11pm daily)

(800) 799-7233 (USA, national)

[LGBT resources](#)

The Trevor Project- is determined to end suicide among LBGQT youth by providing resources and a nationwide, 24-hour hotline. If you are considering suicide or need help, call **866-4-U-TREVOR (866-488-7386).**

GLBT National Help Center

This is a hotline for LGBTQ+ youth who are going through a difficult time. They are not open 24/7, they're open 1pm – 9pm pacific on weekdays, 9-2 pm on Saturdays, and 12 – 5pm on Sundays. Call **1800-246-PRIDE (7743)** or [visit their website](#)

Trans Lifeline

This is a 24/7 hotline staffed by volunteers who all identify as trans, and have education and training to help with a number of issues that trans people experience. U.S. **(877) 565-8860**, Canada **(877) 330-6366** or [visit their website](#)

RAINN's Hotline

This is an LGBT-inclusive hotline that offers support to victims of abuse and assault. It's not exclusively for LGBT people, so if you've suffered any type of abuse or assault, they're waiting to talk to you and to help you deal with it. **1-800-656-HOPE** 24/7 or visit their website for online counseling

Veterans Services, 24/7

- Vet2Vet Veteran's Crisis Hotline: 1-877-VET-2-VET (838-2838)
- Veterans Crisis Line: 1-800-273-8255/PRESS 1

NJ Substance Abuse/Addiction Hotline

24 Hour Helpline
1-844-276-2777

Statewide Domestic Violence Hotline

1-800-572-SAFE (7233)
TTY: 1-888-252- SAFE (7233)

NJ Coalition Against Sexual Assault (NJCASA)

24 Hour Hotline
1-800-601-7200

National Sexual Assault Hotline

24 Hour Hotline
1-800-656-HOPE (4673)