

# **Marlboro Township Board of Education**



## **Mental Health Out of District Resources for COVID-19**

- **For Emergencies**

- Call 911

- **For General Mental Health Assistance:**

- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center
  - (732) 923-6999
- 2nd Floor Youth Helpline (can be made available to our middle school students)
  - 1 (888) 222-2228
- Children's Mobile Response and Stabilization Services
  - 877-652-7624
- Cop 2 Cop (Helpline for law enforcement and their families)
  - 1-866-cop2cop
- Crisis Text Line
  - Text "NJ" to 741741
- Family Helplines
  - 1-800-843-5437
- Domestic Violence Hotline
  - 1-800-572-7233
- Mental Health
  - 1-866-202-4357
- Mom 2 Mom (Peer support for Moms)
  - 1-877-914-6622
- NJMentalHealthCares - Free hotline offers telephone counseling, emotional support, information, and assistance. 7 days per week, 8am-8pm
  - 1-866-202\_HELP(4357)
- NJ Hopeline (Suicide Prevention Hotline)

- 855-654-6735
  - Psychiatric Emergency Screening Services (PESS)
    - 732-923-6999
  
- **For COVID - 19 Related Concerns:**
  - Monmouth County Health Department COVID-19 Information Line
    - (732) 845-2070
    - Monmouth County Health Department has opened a phone bank to respond to callers with questions or concerns about COVID-19. As you can imagine, many callers are experiencing increased anxiety, fear, and worry about COVID-19. There are Disaster Response Crisis Counselors (DRCCs) volunteering on the phone lines. The phone line is available from 9am-8pm.
  
- **Resources for Talking to Children (Click for Link):**
  - [Talking to Children About COVID 19 \(Coronavirus\) - National Association of School Psychologists](#)
  - [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children - CDC](#)
  - [Talking to Kids About Coronavirus - ChildMind](#)
  - [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\) - The National Traumatic Stress Network](#)
  - [Talking to Teens and Tweens About Coronavirus - The New York Times](#)
  - [Just For Kids: A Comic Exploring The New Coronavirus - NPR](#)
  - [Talking With Children: TIPS FOR CAREGIVERS, PARENTS, AND TEACHERS DURING INFECTIOUS DISEASE OUTBREAKS - Substance Abuse and Mental Health Services Administration](#)

- A helpful video developed by a Developmental and Clinical Psychologist, **Dr. Barbara Stroud**. : COVID-19 Tips for Parents
  
- **Other Resources for Mental Health (Click for Link):**
  - Managing Stress and Anxiety - CDC
  - Social Support: Getting And Staying Connected - Mental Health America
  - Taking Care of Your Mental Health in the Face of Uncertainty- American Foundation for Suicide Prevention
  - Social Distancing - American Psychological Association
  
- **Resources to Use with Children (Click for Link):**
  - Free Online Mindfulness Classes for Kids - Mindful Schools
  - Apps to Help with Mental Health - Common Sense Media
  - 7 Ways to Help Kids Cope with Big Life Changes - Free Printables from Big Life Journal
  
- **MTPS District Mental Health Resource Page:**
  - Click [HERE](#)