

STAFF & RESOURCES FOR COUNSELING AND ASSISTANCE

GET HELP HERE! -- Staff (see other side for Resources)

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Washington/MMS(6)	Social Worker	ashley.andretta@millburn.org



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RESOURCES (see other side for Millburn Counseling Staff)

(also see back of Student ID Cards & mhs.millburn.org – Students)

1) The American Foundation for Suicide Prevention (AFSP)

Dedicated to understanding and preventing suicide

<http://www.afsp.org>

2) Grief Speaks 973-912-0177 www.griefspeaks.com

Conducts workshops speaking to adults, teenagers and children about coping with losses, transitions and grief.

3) National Child Traumatic Stress Network (NCTSN)

mission is to raise the standard of care and increase access to services for traumatized children and their families.

<http://www.nctsn.org>

4) National Suicide Prevention Lifeline 1-800-273-TALK (8255)

A 24-hour, toll-free, confidential suicide prevention hotline

<http://www.suicidepreventionlifeline.org/>

**5) NJ Department of Children and Families,
Division of Children's System of Care**

<https://www.state.nj.us/dcf/> 1-877-652-7624.

A toll free access line to obtain county-based services for children

For teenagers currently experiencing a [behavioral health crisis](#).

6) Reach Out <http://au.reachout.com>

Resources for teens facing tough times

7) The Trevor Project <http://www.thetrevorproject.org>

This is a national 24 hr. toll free confidential suicide hotline

Crisis and suicide prevention helpline for LGBTQ youth.

8) 2NDFLOOR, NJ Youth Helpline 1-888-222-2228

2NDFLOOR is a confidential and anonymous helpline

www.2ndfloor.org

9) Good Grief, Inc., Morristown, NJ 908-522-1999

Provides services to children, teens and young adults who

have lost a parent or sibling to death. <http://www.good-grief.org>

10) Imagine - A Center for Coping with Loss 908-264-3100

Free year-round peer grief support groups www.imaginenj.org

