

I know being a kid can sometimes be hard. Feeling anxious, sad, overwhelmed, stressed, isolated or alone.

In school, out of school or hybrid. Help is Available.

Here are some hotlines you can call or text.

Go ahead. It's anonymous.

If you just need to vent, text 2nd Floor 1-888-222-2228

If you are being abused by an adult 1-877-652-2873

If you feel like you're depressed or in crisis Text NJ to 741741

If you feel like you might want to hurt yourself 1-855-654-6735

If there is domestic violence in your home 1-800-572-7233



## DCF Family Success Centers help your family THRIVE

Family Success Centers are **OPEN** and they are providing **FREE** virtual and in-person programs and services to support and empower their neighbors during difficult times.

There are **57** Family Success Centers statewide, at least one in every county

- access to resources & family friendly activities
- child, maternal and family health services
- economic self-sufficiency and job readiness classes
- life skills and parenting workshops
- referral to social service programs



Call 2-1-1 or Google: NJ DCF Family Success Centers to find one near you.



## Support Your Teen's Mental Health

- Acknowledge your teen's emotional pain
- Educate yourself about how the body reacts to anxiety
- Offer reassurance when facing fears
- Let your teen know: "It's ok not to be ok"
- Consider help from a professional

Call 2nd Floor Hotline at 1-888-222-2228 or access services from one of our Family Support Organizations at 1-877-652-7624.



## Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

Watch for:

- opposition and aggression
- disrespect and property damage
- anxiety or depression
- lying and fighting
- stealing or substance use
- running away or self-harm

Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.



## Youth COVID-19 Resource Guide

### Physical Health

- If you feel that you have Coronavirus you can check your symptoms using this [link](#)
- If you are feeling sick **STAY HOME** and contact your primary doctor or an urgent care center via phone
- Practice social distancing
- Learn how to boost your immune system [here](#)
- Make sure your local pharmacy, insurance company, and primary care physician has your updated information

### Mental Health

The news outlets reporting out on COVID-19 every day and current social distancing guidelines can increase your anxiety. It's important to keep your mental health in check. [Here are a few resources](#) to help get you through.

- Also, check with your therapist to see if s/he is willing to schedule a session via phone or virtually

### Food and Nutrition

- Food Pantries: Get a list of your county's food pantries [here](#)
- Check Social Media for "Pop-Up" food pantries or organizations giving out food or other goods during this crisis
- Nervous about physically going to the grocery store? Most grocery stores such as Walmart, Whole Foods, Acme, Target, and Shoprite offer curbside pick up or home delivery. Check their websites for more information.

### Transportation

- Although public transportation is still running you should use caution while using due to exposure to others. Always wear a face covering
- Check to see if there is a modified schedule
- Here are some alternate uses of transportation to minimize your risk:
  - Uber
  - Using a personal connection who has access to a vehicle would be ideal before public transportation.
  - Lyft

If you would like to receive texts regarding updates and alerts as it relates to COVID-19, please text "NJCOVID" to 898-211 or go to [www.covid19.nj.gov](http://www.covid19.nj.gov)

