

Stay Alert in Times Like These

# PREVENT

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ADDICTION AWARENESS TASK FORCE

Making It Better, Together.

Someone dies from suicide every 12 minutes—and over the past two decades, suicide rates have increased in every state across the country. For the first time in recent generations, life expectancy is decreasing due to suicide (SAMHSA). According to the latest research:

- There were 1.4 million attempts and more than 47,000 deaths from suicide.
- Suicide is at its highest level and is still rising.
- Rural counties are being hit the hardest with suicide rates double the rate in urban counties.
- There has been an alarming 50% increase of suicide rates among women.

Suicide touches whole communities. Each person who dies by suicide leaves behind 135 people who knew that person—and the impact of suicide and the bereavement that follow.

**Suicide can touch anyone, anywhere, and at any time.**

**But it is not inevitable. There is hope.**

By starting the conversation and providing support to those who need it, we all can help prevent suicide and save lives. If you or someone you know is thinking about suicide—whether you are in crisis or not—call or live chat the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. **Veterans Crisis Line: 1-800-273-8255**

## Other Resources

SAMHSA's Disaster Distress Helpline **1-800-985-5990** or text **TalkWithUs** to **66746** to connect with a trained crisis counselor. Spanish Speakers Call **1-800-985-5990** and press "2" From the 50 States, text **Hablanos** to **66746**.

Suicide Prevention Lifeline – COVID19 Coping tips page: <https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Link to Virtual Recovery Resources:

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

For additional mental health or substance abuse resources please call the Office of Mental Health & Addiction at **(856) 374-6361**

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# PREVENIR

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Cada 12 minutos alguien muere de suicidio, y en las últimas dos décadas, las tasas de suicidio han aumentado en todos los estados del país. Por primera vez en las últimas generaciones, la esperanza de vida está disminuyendo debido al suicidio (SAMHSA). Según las últimas investigaciones:

- Hubo 1,4 millones de intentos y más de 47.000 muertes por suicidio.
- El suicidio está en su nivel más alto y sigue aumentando.
- Los condados rurales están siendo los más afectados con tasas de suicidio que duplican la tasa en los condados urbanos.
- Ha habido un alarmante aumento del 50% de las tasas de suicidio entre las mujeres.

El suicidio afecta a comunidades enteras. Cada persona que muere por suicidio deja atrás 135 personas que conocían a esa persona, y el impacto del suicidio y el duelo que siguen.

**El suicidio puede tocar a cualquiera, en cualquier lugar  
y en cualquier momento. Pero no es inevitable. Hay esperanza.**

Al iniciar una conversación y brindar apoyo a aquellos que la necesitan, todos podemos ayudar prevenir el suicidio y salvar vidas. Si tú o alguien que conoces está pensando en el suicidio si usted está en crisis o no, llame o chatear en vivo el **National Suicide Prevention Lifeline** al **1-800-273-TALK (8255)**. Línea de Crisis de Veteranos: **1-800-273-8255**.

## Otros recursos

Línea de Ayuda para Desastres de SAMHSA **1-800-985-5990** o envíe un mensaje de texto a **TalkWithUs** al **66746** para conectar con un consejero de crisis capacitado. Los que hablan español llamen al **1-800-985-5990** y oprima el "2" Desde los 50 Estados, text Hablanos a **66746**.

Línea de vida de prevención del suicidio – COVID19 Página de consejos de coping:  
<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

Enlace a recursos de recuperación virtual:

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

Para recursos adicionales de salud mental o abuso de sustancias, llame a la Oficina de Salud y Adicciones al **(856) 374-6361**

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Stay Alert in Times Like These  
**COVID-19 &  
DOMESTIC VIOLENCE**

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According to the National Coalition Against Domestic Violence (NCADV), "domestic violence is prevalent in every community, and affects all people regardless of age, socio-economic status, sexual orientation, gender, race, religion, or nationality. Physical violence is often accompanied by emotionally abusive and controlling behavior as part of a much larger, systematic pattern of dominance and control. Domestic violence can result in physical injury, psychological trauma, and even death. The devastating consequences of domestic violence can cross generations and last a lifetime."

Since late March, most of us in NJ have had to for the most part shelter-in-place. There are many side effects of the covid19 crisis. Every facet of our lives currently changed. Our places of worship are closed, jobs are altered, schools are closed, and only essential businesses are open. Many who would be out of the home are now remaining in their homes. All relationships offer positives and negatives. Many relationships are altered because of covid19.

Additionally, the insecurity of job losses and social isolation impacts substance use and mental health. Services directed at mitigating those two issues are restrained. However, treatment is still available. Our contracted treatment facilities continue to serve the public

Nevertheless, complying with the 'stay-at-home' mandate and remaining in place poses a risk. Being closed in with someone who is abusive whether emotionally or physically is extremely difficult.

Help is available

**National Domestic Violence Hotline: 1-800-799-7233**

**New Jersey Domestic Violence Hotline: 1-800-572-7233**

**Camden County Women's Center: 856-227-1234**

**Services Empowering Rights of Victims: 866-295-SERV (7378)**

For more information or for help with mental health or  
substance abuse please call **(856) 374-6361**

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# COVID-19 & VIOLENCIA DOMESTICA

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Según la Coalición Nacional contra la Violencia Doméstica (NCADV), "la violencia es frecuente en todas las comunidades, y afecta a todas las personas independientemente de su edad, situación socioeconómica, orientación sexual, género, raza, religión o nacionalidad. La violencia suele ir acompañada de un comportamiento emocionalmente abusivo y controlador como parte de un patrón mucho más grande y sistemático de dominio y control. La violencia doméstica puede resultar en lesiones físicas, trauma psicológico, e incluso la muerte. Las consecuencias devastadoras de la violencia doméstica pueden cruzar generaciones y durar toda la vida".

Desde finales de marzo, la mayoría de nosotros en NJ hemos tenido que, en su mayor parte, ir a lugares de refugio. Allí son muchos los efectos secundarios de la crisis de Covid19. Todas las facetas de nuestras vidas han cambiado actualmente. Nuestros lugares de culto están cerrados, los trabajos se alteran, las escuelas están cerradas, y sólo empresas esenciales están abiertas. Muchos de los que estarían fuera de casa ahora se quedan en su Casas. Todas las relaciones ofrecen positivos y negativos. Muchas relaciones se alteran debido a covid19.

Además, la inseguridad de la pérdida de puestos de trabajo y el aislamiento social afecta el uso de sustancias y salud mental. Los servicios dirigidos a mitigar estas dos cuestiones están restringidos. Sin embargo, el tratamiento aún está disponible. Nuestras instalaciones de tratamiento contratadas continúan sirviendo al público.

Sin embargo, el cumplimiento del mandato de "permanecer en casa" y permanecer en su lugar representa un riesgo. Estar encerrado con alguien que es abusivo, ya sea emocional o físicamente es extremadamente difícil.

## La ayuda está disponible

Línea Nacional de Violencia Doméstica: [1-800-799-7233](tel:1-800-799-7233)

Línea Directa de Violencia Doméstica de Nueva Jersey: [1-800-572-7233](tel:1-800-572-7233)

Centro de Mujeres del Condado de Camden: [856-227-1234](tel:856-227-1234)

Servicios de Empoderamiento de los Derechos de las Víctimas: [866-295-SERV \(7378\)](tel:866-295-SERV)

Para obtener más información o ayuda con la salud mental o abuso de sustancias por favor llame al [\(856\) 374-6361](tel:856-374-6361)

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# COVID19, Mental Health & Substance Abuse Supports Available

The COVID19 virus is expanding in our communities. Many are and will be affected by this virus. In a time of uncertainty, particularly when we are challenged by fear, there are people ready and willing to reach out. Taking care of ourselves and each other is paramount.

For those residents who are having difficulty coping with the COVID19 crisis, please call the Mental Health Association in New Jersey, Inc. at **(877) 294- HELP (4357) between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.**

## Other supports:

**New Jersey Peer Recovery** - 8AM-8PM on 3/26/20 the hours are being extended to 10PM for individuals with substance abuse problems or those in recovery needing support: 1-833-422-2765

**Vets4Warriors** - 24/7 National Program for veterans who have served in wars 1-855-838-8255

**Vet 2 Vet** - any NJ veteran 24/7 1-866-838-7654

**Mom2Mom** - mothers with special needs children 8AM-8PM -1-877-914-6662

**Care2Caregiver** - with family members who are caring for family member with memory loss, Alzheimer's, dementia or a related disorder 8AM-8PM 1-800-424-2494

**Cop2Cop** - 24/7 law enforcement officers 1-866-267-2267

**Worker 2Worker** - for DCP and P workers 8AM-8PM-1-855-327-7482

**Aid NJEA** - school staff members and their families Monday-Thursday 12PM-8PM; Fridays 12PM-6PM 1-866-243-6532

**Others may call Camden County's Office of Mental Health & Addiction** at (856) 374-6361 for additional information.

**For 24/7 7-day-a-week information and referrals please call (877) 266-8222.**



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# Camden County Mental Health Resources for Youth During the COVID-19 Pandemic

## **PerformCare (NJ Children's System of Care):**

PerformCare is New Jersey's single point of access for an array of behavioral health services, including Mobile Response and Stabilization Services and the Care Management Organization. [www.performcarenj.org](http://www.performcarenj.org) To access services, call PerformCare 877-652-7624 (24 Hours a Day/7 Days a Week)

**Camden County Mobile Response and Stabilization Services (Oaks Integrated Care)** - <https://oaksintcare.org/services/child-and-family-services/crisis-stabilization-child-and-family/childrens-mobile-response/>

**Camden County Care Management Organization (CMO)**  
**Camden County Partnership for Children** - [www.camdencmo.org](http://www.camdencmo.org)

## **Crisis Screening and Intervention Services (Oaks Integrated Care):**

**Oaks Integrated Care** - <https://oaksintcare.org/services/child-and-family-services/crisis-stabilization-child-and-family/> | 856-428-HELP (24 Hours a Day/7 Days a Week)

## **Inpatient Hospitalization Resources:**

**Hampton Behavioral Health Center (Westampton, NJ)** - [www.hamptonhospital.com](http://www.hamptonhospital.com) | 800-603-6767

**Jefferson Health (Cherry Hill, NJ)** - <https://newjersey.jeffersonhealth.org/services/behavioral-health/behavioral-health-treatments> | 800-528-3425

**Inspira Health (Bridgeton, NJ)** - <https://www.inspirahealthnetwork.org/child-adolescent> | 856-575-4155

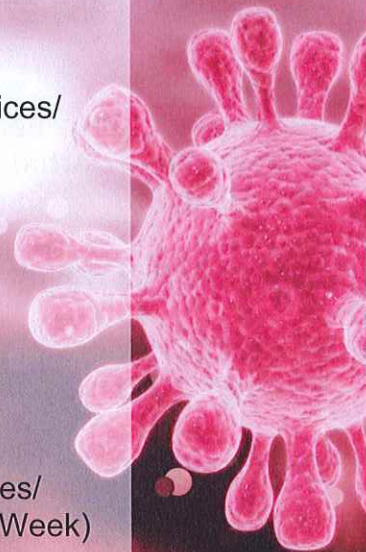
**Hackensack Meridian Carrier Clinic (Belle Mead, NJ)** - [www.carrierclinic.org](http://www.carrierclinic.org)  
800-933-3579

**Friends Hospital (Philadelphia, PA)** - [www.FriendsHospital.com](http://www.FriendsHospital.com) | 215-831-2600

**Foundations Behavioral Health (Doylestown, PA)-Inpatient Unit for Youth with Autism Spectrum Disorder (ASD)** - [www.fbh.com](http://www.fbh.com) | 215-345-7151 | 215-345-0444

## **Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP):**

**Hampton Behavioral Health Center (Westampton and Cherry Hill, NJ)**  
[www.hamptonhospital.com](http://www.hamptonhospital.com) | 800-603-6767



**Penn Medicine Princeton House Behavioral Health (Moorestown, NJ)**  
www.princetonhouse.org | 888-437-1610

**Virtua CASTLE Program Children and Adolescent Behavioral Health (Berlin and Camden, NJ)** - www.virtua.org/services/behavioral-health-castle  
CASTLE Camden 856-246-3013 | CASTLE Berlin 856-322-3270

**High Focus Centers (Cherry Hill, NJ)**  
https://highfocuscenters.pyramidhealthcarepa.com/locations/outpatient-center-in-cherry-hill-nj/ | 800-877-3628

**Inspira Health**  
https://www.inspirahealthnetwork.org/child-adolescent  
**A Step Ahead Partial Hospitalization Programs (Elmer and Bridgeton, NJ)**  
856-575-4196

**Inspira Partial Hospitalization (Woodbury, NJ)** - 856-251-9059

**Rogers Behavioral Health (Philadelphia, PA)- Specialized Services for OCD/ Anxiety** - https://rogersbh.org/ | 267-787-6600

### **Outpatient Mental Health:**

Please visit [www.camdenresourcenet.org](http://www.camdenresourcenet.org) for a searchable database of providers.

### **Hotlines:**

**2NDFLOOR-Call /text 1-888-222-2228 or chat online (24/7) | www.2ndfloor.org**  
A 24/7 confidential and anonymous helpline for New Jersey's youth and young adults

**NJ Hopeline-Call - 1-855-654-6735 or chat online (24/7) | www.njhopeline.com**  
New Jersey's Peer Support & Suicide Prevention Hotline

**National Suicide Prevention Lifeline-Call - 1-800-273-8255 or chat online (24/7)**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) | The Three-Digit Number (988) for Suicide Prevention is **NOT CURRENTLY ACTIVE** and will not connect callers to the Lifeline.

**Mom2Mom Helpline-Call - 877-914-6662 (24/7)**  
24/7 Peer support services for moms of children with special needs including mental health challenges

**Family Helpline - 800-THE-KIDS (843-5437)**

For all other resources, please visit [www.nj211.org](http://www.nj211.org) or contact NJ211 directly by dialing 2-1-1; texting your zip code to 898-211; or chatting with them online. The NJ211 statewide service is free, confidential, multilingual and always open.

Thank you to the Childrens Interagency Coordinating Council, The Camden County Youth Services Commission, and First Children Services for the collection of the information