

## HELPFUL RESOURCES/HOTLINES

At times we may find ourselves confronted with seemingly overwhelming challenges, as individuals or within home and family. The list provides contact points to serve as stepping stones “in the moment,” many on a 24/7 basis.

- *Suicide Hotline = NJ Hopeline* : 855-654-6735
- *National Suicide Prevention Lifeline (24/7)* 800-273-8255
- *Family Crisis Intervention Services* - served by Atlanticare Behavioral Health’s Mobile Response and Stabilization Unit (mobile response to the home within 1 hour, 24/7): 877-652-7624
- *Cape May County Department on Aging and Disabilities* (residents over 60) : 609-886-2784
- *NJ Division of Child Protection and Permanency* (formerly DYFS): 800-531-1259
- *Child Abuse/Neglect Hotline*: 877-652-2873
- *Autism Spectrum Services* - ARC (national with location in Dennis Twp.) = 855-828-8476; POAC (specific to NJ) = 732-785-1099
- *Coalition Against Rape and Abuse (CARA)* - women, men, and children - victims of domestic violence: 609-552-6489 or 877-294-2272
- *The Alcove Center for Grieving Children and Families*: Website, Facebook, Instagram  
*2ndFLOOR.org* - youth helpline: Text 888-222-2228
- *Family Promise* - serving homeless families: 609-846-7862
- *Lifeline for Vets* - (Vets to Vets): online or call 888-777-4443
- [www.blindcenterjerseycape.org](http://www.blindcenterjerseycape.org) or 609-382-5987 Programs/transportation for the blind,
- *AA - Alcoholics Anonymous* : Cape Atlantic Intergroup 24 hr. hotline = 609-641-8855
- [AL-ANON.org](http://AL-ANON.org) for meeting locations as well as virtual meetings
- *NA - Narcotics Anonymous*: [capeatlanticna.org](http://capeatlanticna.org) for meetings;  
24 hr. regional helpline = 1-800-992-0401
- [NAR-ANON.org](http://NAR-ANON.org) for meeting locations
- *Gamblers Anonymous*: (24/7 NJ hotline) 800GAMBLER
- *GLBT National Hotline*: 888-843-4564
- *GLBT National Youth Talkline*: (thru age 25) 800-246-7743