



RESOURCES

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
(24 hours/7 days)

**Bergen's Psychiatric Emergency
Screening Program (PESP)**
201-262-HELP (4357)
(24 hours/7 days)

**Bergen's "Mental Health
Urgent Care Clinic"**
201-957-1800

NJ Addiction Services Hotline
1-844-276-2777
(24 hours/7 days)

Perform Care NJ - Children's Services
1-877-652-7624
(24 hours/7 days)