

# Mental Health Resources

## Emergencies:

Call 911/Campus Police	609-771-2345
Capital Health Regional Medical Center Emergency Mental Health Services	609-396-4357
National Suicide Prevention Lifeline	800-273-8255
Crisis Text Line	Text "HOME" to 741741
New Jersey Hopeline	1-855-654-6735
LGBTQ Resources Trevor Helpline	1-866-488-7386
Trans Lifeline	1-877-565-8860
National Domestic Violence Hotline	800-799-7233
National Sexual Assault Hotline	800-656-4673

## On Campus:

Counseling and Psychological Services (CAPS)	609-771-2247 or <a href="mailto:caps@tcnj.edu">caps@tcnj.edu</a>
Center for Integrated Wellness	609-771-2700 or <a href="mailto:ciw@tcnj.edu">ciw@tcnj.edu</a>
Caps Request For Services Form	<a href="#">LINK</a>
CARE Referral Form	<a href="#">LINK</a>
Title IX & Sexual Misconduct	<a href="mailto:titleIX@tcnj.edu">titleIX@tcnj.edu</a>
Brief Alcohol Screening and Intervention for College Students (BASICS Program)	609-771-2572 or <a href="mailto:hadgej@tcnj.edu">hadgej@tcnj.edu</a>

## Online Support:

- [7cups.com](http://7cups.com)
- [ulifeline.org](http://ulifeline.org)
- [mentalhealth.gov/get-help/immediate-help](http://mentalhealth.gov/get-help/immediate-help)
- [aaonline.net](http://aaonline.net)
- [recovery.org](http://recovery.org)
- [vets4warriors.com](http://vets4warriors.com)
- [veteranscrisisline.net](http://veteranscrisisline.net)