

# NJ Mental Health Resources for Students and Parents

**988**

Mental Health Crisis and  
Suicide Prevention Hotline

**1-877-652-2873**

NJ Hotline to Report  
Child Abuse/Neglect

**211**

Get Connected to Vital  
Community Resources

## 2NDFLOOR

Give yourself a second when you feel overwhelmed. Download the app for 24/7 support. Chat anonymously with professional counselors about whatever is on your mind with the 2NDFLOOR app or by texting or calling at 888-222-2228. It only takes a second to get help. <https://www.2ndfloor.org>



## NJ4S

NJ4S offers youth mental health programming all summer long. These events are free to students, their families, and community members. To see a list of upcoming events at your local NJ4S hub, scan here and identify your county. [nj4s.nj.gov](http://nj4s.nj.gov)



## Prevent Suicide NJ

For a multitude of resources including a behavioral health provider directory, visit <https://www.preventsuicidenj.org/>



## SPTS Parent Toolkit

For resources for parents on how to help your child through mental health crises, download the [Parent Caregiver Toolkit](#) and visit the [Not My Kid](#) guided training. <https://sptsusa.org/parents/>



<https://linktr.ee/njmentalhealthresources>

Above is a link, and to the right is a QR code that includes all of this flyer's resources for easy access.



# Hey NJ Families!

## Apply for Free School Meals



Every child should have the opportunity to feel healthy, strong, and ready to learn. Applying for free lunch in New Jersey is one more way to provide your child with a delicious, healthy meal they can count on.



Your application is safe and confidential. If you are applying for residency, completing this application will not affect the process.

[LEARN MORE](#)

### Free School Meals Eligibility:

- All children in households receiving benefits from NJ SNAP or NJ TANF/WorkFirst-NJ are eligible for free meals.
- Foster children that are under the legal responsibility of a foster care agency or court are eligible for free meals.
- Children participating in their school’s Head Start program are eligible for free meals.
- Children who meet the definition of homeless, runaway, or migrant are eligible for free meals.
- Children may be eligible if your household’s income is within the limits on the New Jersey Expanded Income Guidelines. See below to check your eligibility.

With the new expanded income guidelines, your family may be eligible to receive school lunches at no cost.



### New Jersey Expanded Income Guidelines (NJEIE)

Effective: July 1, 2024 to June 30, 2025

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$33,735	\$2,812	\$1,406	\$1,298	\$649
2	\$45,786	\$3,816	\$1,908	\$1,761	\$881
3	\$57,837	\$4,820	\$2,410	\$2,225	\$1,113
4	\$69,888	\$5,824	\$2,912	\$2,688	\$1,344
5	\$81,940	\$6,829	\$3,415	\$3,152	\$1,576
6	\$93,991	\$7,833	\$3,917	\$3,616	\$1,808
7	\$106,042	\$8,837	\$4,419	\$4,079	\$2,040
8	\$118,093	\$9,842	\$4,921	\$4,543	\$2,272
Each additional household member add	\$12,052	\$1,005	\$503	\$464	\$232

If you have questions about your eligibility, would like to complete an application or make changes to a previously filed application, contact your child’s school.



# Summer EBT for NJ Families



## Your family can enjoy healthy, delicious groceries all summer!

NJ will send a \$120 EBT card to every eligible child's home to purchase food at participating retailers. Benefits are available for four months, beginning in June, and applications are approved on a rolling basis.



Your application is safe and confidential. If you are applying for residency, completing this application will not affect the process.

[LEARN MORE](#)

## Summer EBT Eligibility:

- Your child is automatically enrolled if your child receives free meals at school AND your household income is at or under 185% of the 2024-2025 federal poverty level or
- You applied for School Meals through your school district AND your household income is at or under 185% of the 2024-2025 federal poverty level or
- Your household participates in SNAP or TANF; or
- Your child is experiencing homelessness, a migrant, or in foster care; or
- Your child attends a Head Start program administered by the school district.



## Summer EBT Eligibility by Family Size and Income

Effective: July 1, 2024 to June 30, 2025

Household Size	Annual	Monthly	Twice Per Month	Every Two Weeks	Weekly
1	\$27,861	\$2,322	\$1,161	\$1,072	\$536
2	\$37,814	\$3,152	\$1,576	\$1,455	\$728
3	\$47,767	\$3,981	\$1,991	\$1,838	\$919
4	\$57,720	\$4,810	\$2,405	\$2,220	\$1,110
5	\$67,673	\$5,640	\$2,820	\$2,603	\$1,302
6	\$77,626	\$6,469	\$3,235	\$2,986	\$1,493
7	\$87,579	\$7,299	\$3,650	\$3,369	\$1,685
8	\$97,532	\$8,128	\$4,064	\$3,752	\$1,876
Each additional household member add	\$9,953	\$830	\$415	\$383	\$192

If you have questions about your eligibility, would like to complete an application or make changes to a previously filed application, contact your child's school.



# Kids Eat Free!

Summer meals served free to children and teens 18 and under in communities across New Jersey.

**No enrollment, no I.D. required**



## To find a site near you:




- Visit [fns.usda.gov/summer/sitefinder](https://fns.usda.gov/summer/sitefinder)
- Call **1-866-3-HUNGRY** | for Español **1-877-8-HAMBRE**
- Or contact your child's school for more information on open summer meal sites in your community.



# NJ SNAP-Ed: Eat Smart. Be Active

**NJ SNAP-Ed**, part of the Supplemental Nutrition Assistance Program (SNAP), is a nutrition and physical activity program designed to help New Jersey residents make informed choices about healthy food and lead more active lifestyles.

Through free classes, workshops, cooking demos, and community events, **NJ SNAP-Ed** empowers NJ residents to:

-  Make healthy, budget-friendly food choices
-  Learn to cook simple nutritious meals
-  Stay active and reduce the risk of chronic diseases

Learn more about [NJ SNAP-Ed](#)

## Resources for Summer

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The **NJ Summer EBT Program** provides extra grocery support for families during the summer months. Eligible families receive **a one-time \$120 EBT card per eligible child** to help purchase groceries when children may not have access to free or reduced-price school meals.

More Information: [Summer EBT](#)

## Find Free NJ SNAP-Ed Classes in Your Area

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**Atlantic, Bergen, Cape May, Cumberland, Essex, Hudson, Middlesex, Monmouth, Ocean, Passaic, Salem, and Union**

Community FoodBank of New Jersey

[cfbnj.org/snap-ed](http://cfbnj.org/snap-ed)

[908-355-3663](tel:908-355-3663) ext. 526

**Burlington, Camden, Gloucester, and Mercer**

Rutgers Cooperative Extension

[njaes.rutgers.edu/fchs](http://njaes.rutgers.edu/fchs)

[856-224-8035](tel:856-224-8035)

**Hunterdon, Morris, Somerset, Sussex, Warren**

Zufall Health

[zufallhealth.org](http://zufallhealth.org)

[973-891-3421](tel:973-891-3421)

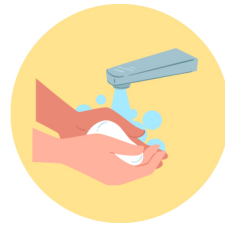


# Healthy Travel Tips



## Do your research

Stay on top of alerts for your destination.



## Wash your hands

Wash your hands regularly. If soap and water are not available, use hand sanitizer.



## Spray away

Pack and use EPA-registered insect repellent.



## Protect your skin

Use sunscreen with SPF 15 or higher when outdoors and reapply as instructed.



## Cover up

Cover your mouth and nose when coughing or sneezing.



## Monitor symptoms

Monitor yourself for any symptoms of illness upon return. If symptoms occur, contact your health care provider.



# Summer Camp

## Tick and Mosquito Safety for Parents



Ticks and mosquitos can spread many diseases. A disease can be transmitted when a person is bitten by a tick or mosquito that is carrying a disease.



### Before camp



- **Treat** you children's clothing with permethrin, which is an insecticide. Do not put permethrin directly onto skin.
- **Send** your child to camp with EPA-registered insect repellent (bug spray).
- **Show** them how to properly use bug spray and to ask for help from a camp counselor.
- **Help** them pick out light-colored outfits and long sleeves and pants if they will be in woody or grassy areas all day.
- **Teach** your children that ticks and mosquitos can spread diseases and to try to avoid bites.



### After camp



- **Check** your children's clothing for ticks and wash their clothing.
- **Teach** your child to do a full tick check after being outdoors all day.
- **Remove** ticks with fine tip tweezers if your child has any attached to them.
- **Dispose** of a live tick by putting it in alcohol, placing it in a sealed bag or container, wrapping it tightly in tape, or flushing it down the toilet.
- **Call** your health care provider if you found a tick attached to your child; they may benefit from antibiotics.
- **Monitor** your child for flu-like symptoms after any bites.



# WATER SAFETY



## POOLS, WATERPARKS, BEACHES, LAKES & RIVERS

consumer***brief***

Summer is the time when families and their children entertain and cool themselves in pools, water parks, rivers, lakes and beaches. But water can also be dangerous, especially for children, since children can drown in as little as two inches of water.

### POOL AND SPAS

Swimming pools are the most common site for drownings to occur among children between ages one and four.

- Put a fence that is at least four feet high around all sides of the pool or spa.
- Have a gate that closes by itself and latches.
- Keep the gate locked when no adult is there.
- Keep spas and hot tubs covered and locked when not in use.
- If a door in your home opens to your pool, put an alarm on the door and keep it locked.
- If you have a pet door that opens to the backyard, be aware that children can use it to get out.
- Put away all pool toys when you leave the pool.
- Have a pool expert check your pool or spa drains to make sure they have the new safety drain covers.
- Do not use a pool or spa if the drain covers are missing or broken.

### THE AMERICAN ACADEMY OF PEDIATRICS RECOMMENDS:

- All caregivers should learn cardiopulmonary resuscitation (C.P.R.). Drowning victims who are rescued from the water need C.P.R. immediately—before the paramedics arrive. It can prevent brain

damage and be the difference between life and death. Contact your local hospital or American Red Cross in order to become certified.

- Never leave a child alone in or near a pool.
- It is vital that you teach your children **never** to run around a pool, **never** push someone else into any body of water and **never** jump on another person while in the water. Children should also be taught never to swim alone.
- Keep a phone by the pool, along with rescue equipment, such as a life preserver and a shepherd's hook—a long pole with a hook at the end.
- Enroll your child in a program that teaches kids how to swim. But remember, swimming lessons do not make a child drownproof.



800-242-5846 • New Jersey Division of Consumer Affairs  
[www.NJConsumerAffairs.gov](http://www.NJConsumerAffairs.gov)





## WATER PARKS

If you go to a water park be sure to follow all instructions carefully. The Wave Pool Safety Act requires that any child less than 48 inches tall must wear a life vest in a wave pool. Find out as much as you can about the reputation of the park—such as how clean the water is and whether the park employs certified lifeguards.

## OCEANS, LAKES AND RIVERS

- Make sure your kids swim **only** in areas designated for swimming.
- Don't let your kids dive into natural bodies of water—only swimming pools that are at least nine feet deep. Open water can have currents, undertow and hidden hazards under the surface.
- Do not allow your children in the water without the supervision of a certified lifeguard.
- Always make your child wear a life jacket approved by the U.S. Coast Guard when riding in a boat, and wear one yourself to set a good example.
- Avoid alcohol consumption when boating or swimming.
- Get your boat inspected for free, once a year, by the Coast Guard Auxiliary or U.S. Power Squadrons: [www.uscgboating.org](http://www.uscgboating.org).



## TIPS TO PREVENT DROWNINGS AT HOME

For children between the ages of one and four, the most common place to drown is the home or backyard. According to a national study of drowning related accidents involving children, a parent or caregiver claimed to be supervising the child in nearly nine out of ten child drowning related deaths. If you are watching children in the bath or pool **do not** talk on the phone or read. Distraction for just a few minutes can be lethal to the child.

- Always stay within an arm's length of your child when he or she is in or near the bathtub, toilet, pools, spas or buckets.
- Never leave your child alone or in the care of older children during bath time.
- Once bath time is over drain the tub immediately.
- Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children's reach.
- Keep toilet lids closed and use a toilet seat lock.
- Never leave your child unattended in a tub or around any other body of water, even if the child knows how to swim.
- Keep doors to bathrooms and laundry rooms closed.
- Infants in baby bath seats and rings must be watched every second.

For more information about water safety, visit the U.S. Consumer Product Safety Commission's website: [www.poolsafely.gov/](http://www.poolsafely.gov/) or

**Safe Kids Worldwide**

**1255 23rd Street, NW, Suite 400**

**Washington, DC 20037-1151**

**Phone: 202.662.0600 Fax: 202.393.2072**

**[www.SafeKids.org](http://www.SafeKids.org)**

**800-242-5846 › New Jersey Division of Consumer Affairs**  
**[www.NJConsumerAffairs.gov](http://www.NJConsumerAffairs.gov)**



# How to Avoid Contact with Bird Flu

Bird flu mostly affects wild birds.  
It has also infected poultry and a variety of animals.

## In nature



Stay away from wild birds and wildlife and don't touch, hand feed, or handle them.

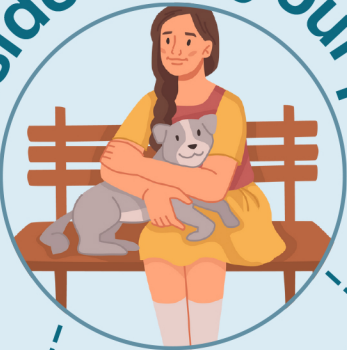
## Preparing food



Cook all foods made with poultry, meat, and eggs thoroughly.

Drink milk and eat milk products that are pasteurized.

## Outside with your pet



Contact your veterinarian if you think your pet is sick.

Keep your pets away from sick or dead birds and other wildlife.

## At animal exhibits



Wash hands with soap and water after touching animals or being around them.

Scan to report a sick or dead bird:



Scan for more information:



[nj.gov/h5n1](https://nj.gov/h5n1)



# Help Prevent the Spread of Respiratory Illnesses

Like COVID-19, RSV, and Flu

Stay away from others  
if you feel sick.



Cover your coughs or  
sneezes with a  
tissue. Then  
throw out the  
tissue and  
wash your  
hands.



Avoid  
touching  
your eyes,  
nose,  
and  
mouth.



Get fresh air!



Wash your hands often  
with soap and water for  
at least 20 seconds.



Tell an adult  
if you don't  
feel well.



Stay home when  
you are sick,  
except to go to  
the doctor.



## HEALTHY HABITS

# Cover Your Coughs and Sneezes

- 1** Cover your mouth and nose with a tissue when you cough or sneeze.



**OR**



Cough or sneeze into your upper sleeve, not your hands.

- 2** Put your used tissue in the trash.



**Then wash your hands.**

- 3** Wash your hands with soap and warm water for at least 20 seconds.



**OR**



Use alcohol-based hand sanitizer if you cannot wash your hands.

We're here for **U**  
when you need  
someone to talk to



Student Mental Health & Wellness



Students attending 45 New Jersey colleges will receive

# **FREE IMMEDIATE ACCESS TO TELETHERAPY**

**Choose a therapist based on your preferences**

*immediacy, gender, language, ethnicity, focus area*

**with day, night, and weekend availability**

*by video, phone, chat, or message*

**Plus a direct crisis connection 24/7/365**

*and on-demand wellness including yoga, meditation, mindfulness, and more!*

**Check your school's counseling center resources in the fall!**

## Participating New Jersey Institutions:

Atlantic Cape Community College  
Bergen Community College  
Bloomfield College  
Brookdale Community College  
Caldwell University  
Camden County Community College  
Centenary University  
County College of Morris  
Drew University  
Essex County College  
Fairleigh Dickinson University Florham Campus  
Fairleigh Dickinson University Metropolitan Campus  
Felician University  
Georgian Court University  
Hudson County Community College  
Kean University  
Mercer County Community College  
Middlesex College  
Monmouth University  
Montclair State University  
New Jersey City University  
New Jersey Institute of Technology  
Ocean County Community College  
Passaic County CC-Passaic Academic Center  
Princeton University  
Ramapo College  
Raritan Valley Community College  
Rider University  
Rowan College at Burlington County  
Rowan College of South Jersey  
Rowan University  
Rutgers - New Brunswick  
Rutgers University - Camden  
Rutgers University - Newark  
Saint Elizabeth University  
Saint Peter's University  
Salem Community College  
Seton Hall University  
Stevens Institute of Technology  
Stockton University  
Sussex County Community College  
The College of New Jersey  
Union College of Union County  
Warren County Community College  
William Patterson University