

# ***NJ Mental Health Cares***

If you're concerned about your mental health or the mental health of someone you love, **NJ Mental Health Cares** can help. The **free helpline** offers telephone counseling, emotional support, information and assistance.

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**866-202-HELP (4357)**

7 days per week, 8am - 8pm

New  Jersey  
**MentalHealthCares**  
New Jersey's Behavioral Health and Referral Service

