

# The Space's Mental Health Resource Guide

The Space staff will continue to support our students and families during this uncertain time. While we are not in our physical space, we will continue to be available by phone and by email. We will be making weekly contact with our Space students.

**You are not alone during this time!**

To get immediate assistance with an emergent mental health crisis  
**Contact 911 or go to your nearest hospital:**

[East Orange General Hospital:](#) 300 Central Ave. East Orange, NJ

[Mountainside Hospital:](#) 1 Bay Ave. Montclair, NJ

[Clara Maass Medical Center:](#) 1 Clara Maas Dr. Belleville, NJ

[Newark Beth Israel Medical Center:](#) 201 Lyons Ave. Newark, NJ



The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.



**TrevorLifeline**  
If you're thinking about suicide, you deserve immediate help. Call us anytime.  
866.488.7386



**TrevorText**  
Talk to a Trevor counselor via text message. Text "START" to 678678



**TrevorChat**  
Online instant messaging with a TrevorChat counselor.  
TrevorChat.org



**TrevorSpace**  
A social networking site for LGBTQ youth under 25, and their friends & allies.  
TrevorSpace.org



**Suicide Prevention & General Info**  
Information on suicide prevention and FAQs on sexual orientation, gender identity and other topics can be found at:  
TheTrevorProject.org/resources

TheTrevorProject.org



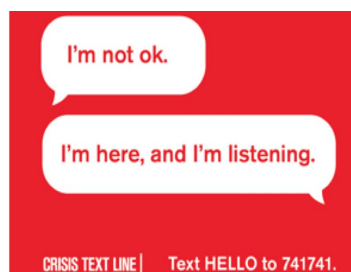
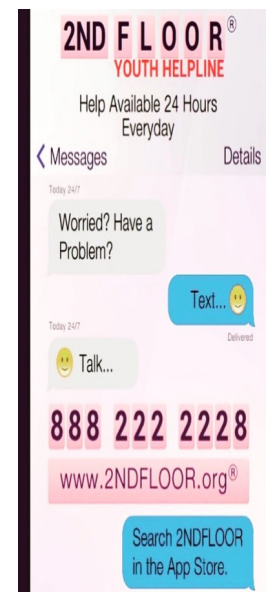
855-NJHopeline  
(855-654-6735)  
www.njhopeline.com



If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline.  
1-800-273-TALK (8255)



TeensHealth.org is a website with doctor-reviewed advice on hundreds of physical, emotional, and behavioral topics.



**To connect with a Space staff to share concerns or ask for guidance for non-emergency mental health needs:**

(Available 9:30am - 5:30pm Mon - Fri)  
Remind.com class code: @be73ake

**Joy Simeon, Program Manager**  
973.666.0329 - [jsimeon@familyconnectionsny.org](mailto:jsimeon@familyconnectionsny.org)  
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