



WHERE THERE IS HELP, THERE IS HOPE



Worried about yours, a family member's mental health or struggle with addiction?
Know that help is available.

Learning about the nature of mental health and addiction struggles- how it develops, what it looks like, and why it can have such a powerful hold- will give you a better understanding of the problem and how to recover.

Nobody is alone.

Ocean City School District

Lauren Sacs- Student Assistance Coordinator
609-814-8706 * lsacs@ocsdnj.org

Tifaya Noble- Social Worker for Mental Health
609-399-1290 x 8756 * tnoble@ocsdnj.org

For more info, visit **www.oceancityschools.org**

*Select Your School > School Resources >
Health and Wellness

Cape Assist

(Families and Children Struggling with Alcohol
and Drug Addiction)
609-522-5960
www.capeassist.org

Alcoholics Anonymous

1-800-604-4357

ReachNJ

1-844-732-2465
www.reachnj.com

Daytop New Jersey

Inpatient Substance Abuse Treatment
888-432-9867
www.daytopnj.org

*Will accept adolescents FREE if they meet criteria for addiction

2ND Floor Youth Helpline

(Cyber Bullying/ Dating Abuse/
Mental Health/ Sex & Sexuality)
888-222-2228

www.2NDFloor.org

Parent-to-Parent

Tonia Ahern
609-374-2526
www.parent2parentnj.org

Alcoholics Anonymous

(For Families/Children/Friends of Alcoholics)
856-547-0855

*Local meeting- Thursdays, 8pm at Marmora
Church of the Resurrection 200 West Tuckahoe
Road

NJ Addiction Services 24/7 Hotline

1-844-276-2777