

# TIPS FOR PARENTS

## WHERE CAN I CALL IF I NEED HELP?

Many agencies and organizations throughout New Jersey can offer you the type of assistance you need in dealing with the problems all parents have. Local community organizations may have the type of counseling services you need. Perhaps a self-help group like Parents Anonymous (where parents talk about problems with each other and a counselor at confidential meetings) is the answer.

## RESOURCE NUMBERS

1. **Parents Anonymous Family Help Line – 1-800-THE KIDS –**  
Parents Anonymous is a self-help group that offers parenting support and referrals to resources in your community. If you are feeling stressed out, you can call their Helpline 24 hours a day, 7 days a week, and speak to a specially trained volunteer to help you work through your frustrations before a crisis occurs.
2. **Child Abuse Hotline 1-877-NJ ABUSE (1-877-652-2873) TTY 1-800-835-5510 -**  
If you have reasonable cause to believe a child has been abused or neglected, call the child abuse hotline, 24 hours a day, 7 days a week. Calls may be made anonymously.
3. **Children’s System of Care – 1-877-652-7624 –**  
Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.
4. **2<sup>nd</sup> Floor Youth Helpline – 1-888-222-2228 – [www.2ndfloor.org](http://www.2ndfloor.org) –**  
This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.
5. **Safe Haven Infant Protection Hotline – 1-877-839-2339 – [www.njsafehaven.org](http://www.njsafehaven.org) –**  
This is a toll-free hotline for distressed parents who wish to give up an unwanted infant anonymously with no fear of arrest or prosecution. While information will be requested, no names or records are required.
6. **Department of Children and Families – [www.nj.gov/dcf](http://www.nj.gov/dcf) –**  
P.O. Box 729  
Trenton NJ 08625-0729  
1-855-INFO DCF (463-6323)  
For general inquiries, contact DCF at: [AskDCF@dcf.state.nj.us](mailto:AskDCF@dcf.state.nj.us)
7. **DCF Office of Licensing – 1-877-667-9845 – [www.nj.gov/dcf/divisions/licensing](http://www.nj.gov/dcf/divisions/licensing)**
8. **Child Care Helpline – 1-800-332-9227**
9. **Domestic Violence Hotline – 1-800-572-SAFE (7233)**
10. **2-1-1 – [www.nj211.org](http://www.nj211.org)**  
This phone number connects callers to various human services in their community and is available 24 hours a day, 7 days a week.
11. **NJ HELPS – [www.njhelps.org](http://www.njhelps.org) –**  
NJ Helps is a web site to find out about services and programs for children, families and individuals. You can also prescreen to see if you are eligible for programs such as Food Stamps, Medicaid and others.