

IMPACT GUIDE

Local mental health and
substance use resources for
youth, young adults, & families



What is this?

This guide was developed with a focus on local mental health and substance use resources that serve teens, young adults, and parents and caregivers in need of support.



Who is this for?

This guide is intended to assist anyone that is seeking help for a teen, young adult, or adult family member. We understand that help is often sought in times of crisis and can feel overwhelming. We hope this guide will be a helpful beginning to navigating the process of connecting with needed supports.



How do I utilize this?

Visit empowersomerset.com to find more information about these resources and others. This is not an exhaustive list. If you are not sure where to begin, or if you would like to speak to someone about this guide, please reach out to the Pioneer Family Success Center at (908) 722-4400.

PIONEER

Family Success Center

The Pioneer Family Success Center is a program of EmPoWER Somerset that offers the community a gathering place, brings families together through free events, programs and activities, and connects families to helpful local resources. If you would like to be connected to additional support services, Pioneer FSC is here to help.

Hablamos español.



pioneerfsc.com

FSC@empowersomerset.com

(908) 722-4400

"WORDS MATTER" LANGUAGE CHOICE GUIDE

Instead of saying this

- ❌ Insane/Crazy/Nuts/Unstable/Whackjob/Schizo(phrenic)/Bipolar
- ❌ Alcoholic/Drunk/Junkie/Drug Addict
- ❌ Committed Suicide/Killed Themselves

- ✓ Person with a Mental Health Disorder
- ✓ Person with a Substance Use Disorder
- ✓ Died by Suicide

Say this

Using more compassionate language can help reduce stigma and discrimination towards mental health, substance use, and recovery.



New Jersey 911 Lifeline Legislation



Purchasing, possessing, or consuming alcohol is illegal for those under the Minimum Legal Drinking Age of 21. This legislation provides immunity from prosecution when the steps below are followed.

1. **Call 911 for help**
2. **Stay with your friend**
3. **Talk with authorities**



The underage person who is receiving medical assistance is also immune from prosecution. This immunity applies to public and private property.

Call 9-1-1 if you see the following signs of alcohol poisoning:

- Passing out, semi-conscious
- Cold, pale, or bluish skin
- Vomiting
- Slow or irregular breathing
- Confusion or slurred speech
- Seizures

Blood Alcohol Content can continue to rise after someone passes out - do not leave your friend alone to sleep it off!



Hotlines

2NDFLOOR *Call or text* (888) 222-2228

NJ Addictions Services
Hotline (844) 276-2777

NJ Connect for Recovery (855) 652-3737

Perform Care (877) 652-7624

Reach NJ (844) 732-2465

TEEN LINE (800) 852-8336
Text TEEN to 839863

YouthLine (877) 968-8491

National Suicide Hotline 1(800) 273-8255

Suicide Text Line 741-741

Crisis/Emergency Services

Bridgeway PESS (908) 526-4100

Family Crisis Intervention Unit (908) 704-6330

Support Groups

AL-ANON/ALATEEN (888) 944-5678

Community in Crisis (973) 876-3378

Family Support Center (908) 782-3909

Family Support Organization (908) 223-1191

NAMI NJ (732) 940-0991

Alcoholics Anonymous* (908) 687-8566

Narcotics Anonymous* (800) 992-0401

*18+ | teen must be accompanied by adult

Treatment Services

Hackensack Meridian Health Carrier Clinic (908) 933-3579

Catholic Charities Substance Abuse Services (908) 722-1881

New Hope Integrated Behavioral Health Care (800) 705-4673

Family & Community Services (732) 356-1082

Guided Life Structures (908) 704-0011

Richard Hall Community Mental Health Center (908) 725-2800

Somerset Treatment Services (908) 722-1232

Princeton House Behavioral Health (800) 242-2550

Youth Activities

EmPoWER Somerset Youth Advisory Board (908) 722-4900

Greater Somerset County YMCA (908) 630-3535

Middle Earth (908) 725-7223

Pioneer FSC Family Activities (908) 722-4400

Somerset County 4-H (908) 526-6644

Somerset County Youth Council (908) 704-6307

MYTH'S



FACT'S

The worst thing that can happen from drinking too much is I'll pass out and have a hangover tomorrow.



Death or injury can occur from alcohol poisoning. An intoxicated person can have a physical reaction or impaired judgement and coordination that could lead to drunk driving, falls, and other accidents.

If I eat a big meal before I drink, I won't get drunk.



Food does not prevent alcohol from affecting your body. The alcohol still gets in your system. It may be delayed a bit by the food, which will slow the rate of absorption, but you can still get drunk.



Beer and wine are safer than liquor.



Alcohol is alcohol. It can cause problems no matter what kind you consume.