



## 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!**

**Myth: Beer and wine are safer than liquor.**

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

## "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.



### 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](http://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](http://pioneerfsc.com)  
[FSC@empowersomerset.com](mailto:FSC@empowersomerset.com)  
(908) 722-4400

## IMPACT GUIDE

**VERSION 3:  
UPDATED 2024**

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



## Hotlines

|                              |  |
|------------------------------|--|
| 2NDFLOOR <i>Call or text</i> | <b>888-222-2228</b>                                    |
| IME Addictions Access Center | <b>844-276-2777</b>                                    |
| NJ Connect for Recovery      | <b>855-652-3737</b>                                    |
| Perform Care                 | <b>877-652-7624</b>                                    |
| Reach NJ                     | <b>844-732-2465</b>                                    |
| TEEN LINE                    | <b>800-852-8336</b><br><b>Text TEEN to 839863</b>      |
| YouthLine                    | <b>877-968-8491</b><br><b>Text teen2teen to 839863</b> |

**National Suicide Hotline** **988**  
**Suicide Text Line** **741-741**

## Crisis/Emergency Services

|                                 |                     |
|---------------------------------|---------------------|
| Bridgeway PESS                  | <b>908-526-4100</b> |
| Family Crisis Intervention Unit | <b>908-704-6330</b> |

## Support Groups

|                             |                     |
|-----------------------------|---------------------|
| AL-ANON/ALATEEN             | <b>888-944-5678</b> |
| Community in Crisis         | <b>973-876-3378</b> |
| Family Support Center       | <b>908-782-3909</b> |
| Family Support Organization | <b>908-223-1191</b> |
| NAMI NJ                     | <b>732-940-0991</b> |
| Alcoholics Anonymous*       | <b>800-245-1377</b> |
| Narcotics Anonymous*        | <b>800-992-0401</b> |

\*18+ | teen must be accompanied by adult

## Treatment Services

|   |                     |
|---|---------------------|
| Hackensack Meridian Health Carrier Clinic   | <b>908-281-1000</b> |
| Catholic Charities Substance Abuse Services | <b>908-722-1881</b> |
| New Hope Integrated Behavioral Health Care  | <b>800-705-4673</b> |
| Family & Community Services                 | <b>732-356-1082</b> |
| Guided Life Structures                      | <b>908-704-0011</b> |
| Richard Hall Community Mental Health Center | <b>908-725-2800</b> |
| Somerset Treatment Services                 | <b>908-722-1232</b> |
| Princeton House Behavioral Health           | <b>888-437-1610</b> |

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

**Fact:** 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. 🚫

**Myth:** If I eat a big meal before I drink, I won't get drunk. 🚫

**Fact:** 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. 🚫



## Youth Activities

|                                       |                     |
|---------------------------------------|---------------------|
| Empower Somerset Youth Advisory Board | <b>908-722-4900</b> |
| Greater Somerset County YMCA          | <b>908-630-3535</b> |
| Middle Earth                          | <b>908-725-7223</b> |
| Pioneer FSC Family Activities         | <b>908-722-4400</b> |
| Somerset County 4-H                   | <b>908-526-6644</b> |
| Somerset County Youth Council         | <b>908-704-6307</b> |



Visit our website by scanning the QR Code below:

SCAN ME

