

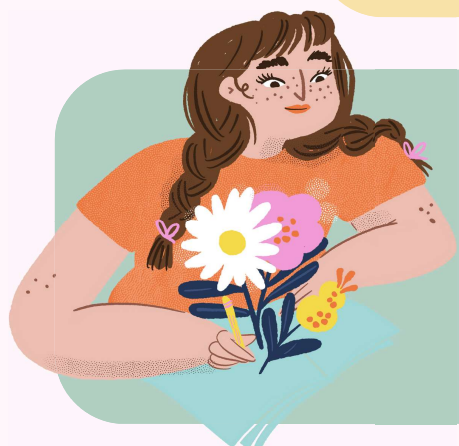
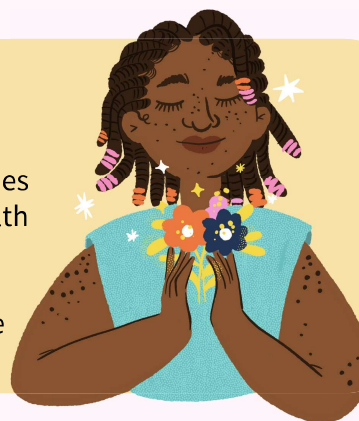


BURLINGTON COUNTY MENTAL HEALTH RESOURCES FOR YOUTH



988 Suicide & Crisis Lifeline

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.



2NDFloor

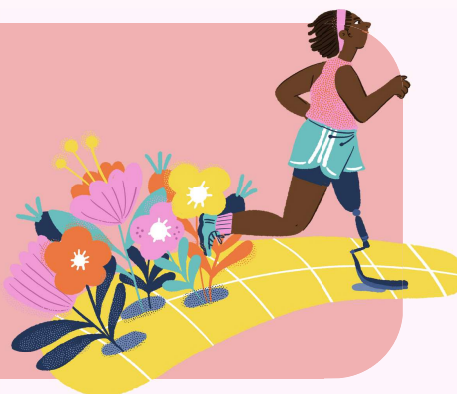
2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face and we are available 24/7, 365 days a year.



My Ascension NJ

A toolkit to support the mental well-being of kids.

Watch the film My Ascension and get connected to resources available in Burlington County.



Finch

The Finch app is a self-care app that uses a virtual pet to gamify the process of taking care of yourself. Users complete daily tasks and self-care activities, which in turn allow their virtual pet to grow and thrive. The app encourages daily journaling, reflection, and engagement with mindfulness tools like breathing exercises and timers.

