

New Jersey's Mental Health Rescue Squad



24 hours a day, 7 days a week

General Help Line
908-232-2880

Suicide Prevention Help Line
1-800-273-TALK

ZN-L0087 06/06



You can help us help others.

Contributions to CONTACT are critical.

We depend on your generosity and support to ensure that we can provide New Jersey residents with our services. We seek direct contributions to our general operating fund and supplements to our endowment fund to give us a sound financial footing for the future. For more information, please call 908-301-1899. All donations are tax deductible.

Volunteers are critical to CONTACT, too.

Opportunities exist for adults and teens age 18 and older.

CONTACT We Care is a 501(c) 3 non-profit agency and is a registered New Jersey charity.

CONTACT We Care is a United Way agency.



Need to talk? We're here to listen.



24 hours a day, 7 days a week

Help is just a phone call away.

If you are feeling...

- depressed
- helpless
- suicidal
- lonely

dealing with...

- “baby blues” feelings
- a personal, family, or school crisis
- grieving

or overwhelmed by...

- difficulties with alcohol or drugs
- challenges in the workplace or school
- caring for a sick or dying relative

CONTACT provides...

- An anonymous, confidential 24/7 hotline
- Compassionate specialists who are ready to listen and help
 - Our specialists have been trained to be active listeners
 - They are ready to talk to anyone with emotional needs
- There is no cost for the service
 - CONTACT is made possible by the generous support of individuals, non-profit organizations and corporations

CONTACT We Care, Inc.

24-hour HOTLINES

General Help Line:
908-232-2880

Suicide Prevention Help Line:
1-800-273-TALK

Website: www.contactwecare.org
Email: info@contactwecare.org

CONTACT We Care, Inc. is a non-profit, volunteer organization that offers crisis intervention and listening service to callers in Northern New Jersey.

What people are saying about **CONTACT**

- Thanks
- You are very special
- Can I call back again?
- “You are the only one I can talk to about this”
- Thanks for being there

“ I feel better after talking with you ”

- You listen to what no one else will listen to
- Thanks for listening
- I have no one to talk to but you
- No one understands me but you
- You have been the ones to keep me going, where my family can't spend the time to hear me everyday

“ Without **CONTACT**, I don't know what I would do ”

