

# 2NDFLOOR® 888-222-2228 YOUTH HELPLINE

2NDFLOOR.ORG

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 and 365 days a year.

⇒ **CALL:** 888.222.2228 to speak with counselors 24/7

⇒ **VISIT:** [www.2ndfloor.org](http://www.2ndfloor.org) for message board posts

⇒ **TEXT:** 888.222.2228 for support



2NDFLOOR® YOUTH HELPLINE is a program of

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