

Student Help Hotlines

Please contact Ms. Lesniak, School Counselor, for more information or to ask for help.

E: Klesniak@rochellepark.org

Ph: 201 843 3120 ext 524



IN AN EMERGENCY, PLEASE DIAL 911

National Suicide Prevention Lifeline:
800-273-TALK (800-273-8255)

New Jersey Suicide Prevention
Hopeline: (855)654-6737

Stomp Out Bullying HelpChat Line
(Online chat room):
<https://www.bergenresourcenet.org/searc/h/stomp-out-bullying-helpchat-line/>

2nd Floor Youth Helpline(call or text):
888-222-2228

Crisis Text Line - Text NJ to 741741

NJ Hope Line (suicide prevention):
855-654-6735

IME Addictions Access Center:
844-276-2777

NJ Connect for Recovery: 855-652-3737

The Peer Recovery Warmline:
877-292-5588

NJ Mental Health Cares: 866-202-4357
E-mail: help@njmentalhealthcares.org