

Need Help Over the Holidays?

The Haven staff recognizes that although the holiday season can be filled with cheer, it may also bring up some negative emotions, such as feelings of sadness or loss. For a variety of different reasons, many of us can struggle during the holiday season and may be in need of support.

If you are in need of support during this holiday season while school is on break, here is a list of various hotline support numbers:

If you are having suicidal thoughts/feelings:

Call Rutgers UBHC Acute Psychiatric Services: 855-515-5700

Call OR Text Second Floor Hotline: 888-222-2228

If your home environment becomes unsafe or there is a crisis at home:

Call PerformCare / Mobile Response: 877-652-7624

In case of an emergency:

Call: 911