

# Community Resource Series

Provided by the Guidance Departments and Student Assistance Counselors  
of the Middletown Township High Schools

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## 2NDFLOOR Youth Helpline A program of 180 Turning Lives Around, Inc.

**Mission Statement:** to listen, help, and guide youth in addressing challenges through 24/7 helplines.

### Services

2NDFLOOR is a confidential and anonymous hotline for New Jersey teens and young people. Staff members listen, help and guide youth with various challenges, including, but not limited to:

- Family struggles
- Bullying
- Child abuse
- Suicide

2NDFLOOR is a free, safe place to turn. Youth can call or text their hotline 24 hours a day, 7 days a week.

For emergency phone calls, staff can use call-trace procedures and contact police for immediate support.

For those who would rather type than talk, 2NDFLOOR has an anonymous online message board. The message board is a place where youth can talk about what is on their mind and communicate with 2NDFLOOR staff members.

All information provided in this newsletter was retrieved from [www.2ndfloor.org](http://www.2ndfloor.org).

### Additional Resources

2NDFLOOR offers educational posters, folders, and brochures. To order materials contact the Volunteer Coordinator at [lisap@180nj.org](mailto:lisap@180nj.org).

Other online resources and literature in the areas of:

- Bullying & Cyberbullying
- Dating Abuse & Relationships
- Mental Health
- Sex & Sexuality
- Eating Disorders & Body Image
- Health
- LGBTQI
- Substance Use & Abuse

To contact 2NDFLOOR you can use one of the following options. Just remember, if you have an emergency, call your local police or 911.



Call or text the Youth Helpline at  
**888-222-2228**  
Hearing Impaired Helpline  
**732-264-1703**



Message Board: [www.2ndfloor.org](http://www.2ndfloor.org)  
E-mail: [info@2NDFLOOR.org](mailto:info@2NDFLOOR.org)



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