

Egg Harbor City Public Schools

Social-Emotional Resources

Information & Education

Second Step: Resources and webinars for educators and families

www.secondstep.org/covid19support

Mind Yeti: Guided audio sessions designed to help kids and adults calm their minds, focus, and connect with the world around us. 15 FREE sessions. English and Spanish offered www.mindyeti.com

Greater Good Science Center: Offers free videos, articles, and classes on science-based information that focuses on social and emotional well-being

www.ggsc.berkeley.edu

Counseling & Helplines

NJ Children's System of Care, Perform Care: Helping Families Across New Jersey with behavioral health, substance abuse, and intellectual and developmental disability services. Find help for your child who may be experiencing behavioral, mental health, or emotional challenges. Available in crisis situations. 1-877-652-7624

<https://www.performcarenj.org/families/index.aspx>

Atlantic County Juvenile Family Crisis Unit (FCIU): is available 24 hours to help in family conflicts and help strengthen the family unit. Services provided are short-term crisis stabilization, family assessment, treatment planning, and referrals to appropriate community-based services. (609) 645-5861 or leave a message at (609) 645-7700 ext. 3443

Youth Advocate Program (YAP): Provide youth and/or family counseling free of charge to children who are Medicaid eligible. They are currently providing services through TeleMed. (609) 345-7333

2nd Floor Youth Helpline (ages 10-24): www.2ndfloor.org Staff are there to help you find solutions to problems that face you at home, school or with friends. If you need to talk about a problem that you are facing call or text (888) 222-2228 24 hours a day

First Children Services: Online Socialization & Social Skills development groups for kid age 6-13- Fee Contact Sonia Cohen at (856) 888-1097 ext. 304 or scohen@firstchildrenservices.com



