Know the urgent warning signs of suicide:

- Talking or writing about suicidal thoughts, plans or intentions
- Seeking or having access to self-destructive means

*These are potential emergencies. Call and get help immediately.*

Other warning signs of concern:

- Significant mood change
- Feelings of hopelessness
- Impaired sleep
- Increased drug or alcohol abuse
- Agitation and restlessness
- Stops attending classes/work
- Social withdrawal

Take warning signs seriously.

Ask: “Are you thinking of killing yourself?”

If someone verbalizes any suicidal thinking or you have concerns, call us to help U.

Consultation & Referrals

Counseling, Health & Wellness Center
Overlook South
973-720-2257

On Campus Emergencies:

Campus Police
973-720-2300

Off Campus Emergencies:

911

Community Resources:

Call us 1-855-NJ-HOPELINE (654-6735)
NEW JERSEY HOPELINE