

COVID-19 Mental Health Coalition and Community Mental Health Hotline

In an effort to combat the mental health issues that could potentially be associated with the protracted response to the COVID-19 Emergency, Long Hill Township has formed the COVID-19 Mental Health Coalition (CMHC). The CMCH is made up of experienced licensed therapists and counselors who have volunteered to assist the Township and its residents during this time of crisis.

If you are a resident and suffering from feelings of loneliness, anxiety, or isolation please call the Community Mental Health Hotline at (908) 647 8000 Extension 998 to talk to a CMCH professional. If the line is busy, you can leave a message during hotline hours and your call will be returned. The hotline is open 7 days per week. Hours of operation are posted below.

All conversations are anonymous and strictly confidential. Importantly, the hotline is not an emergency service line. **If you are experiencing a mental health crisis or medical emergency please call 911 or go to your local emergency room.**

The CMCH volunteer counselors and therapists will lend a sympathetic and trained ear while providing assistance to help you cope with the current COVID-19 situation. If you need additional support, the hotline volunteers will provide you with referral assistance.

Sunday: 10 am to 1pm; 2 pm – 5 pm

Monday: 12 pm to 5 pm

Tuesday: 10 am to 5 pm

Wednesday: 10 to 3 pm

Thursday: 10 am to 1 pm; 2 pm to 4 pm

Friday: 10 am to 12pm; 2 pm to 5 pm

Saturday: 11 am to 5 pm