

2NDFLOOR Youth Helpline

Please consider implementing the following suggestions to ensure young people in NJ are aware of 2NDFLOOR as a resource. Repetition is key! Chances are, they will need to see and hear about 2NDFLOOR multiple times in order to connect with the service when they need it.

- ★ Talk about 2NDFLOOR as a resource. Some talking points you may want to include: *2NDFLOOR is a NJ based helpline for youth and young adults who can reach out at any time for support with any problem. Counselors are available 24/7 by text or phone and posting on the message boards on the website is always an option. There is no fee to use 2NDFLOOR and services are anonymous and confidential.*
- ★ Have 2NDFLOOR linked to your school or agency website
- ★ Print posters and flyers to hang anywhere they can be seen. Laminate if possible!
- ★ Have a team of students work on awareness efforts
 - Sidewalk Chalk Project with positive messages and 2NDFLOOR contact information
 - Challenge to see how many students they can get to put the number in their phone contact list and/or download the app!
 - Train small groups of students and have them make presentations during Health Classes, Freshman Seminar, etc
- ★ Print stickers to put on ID's or tablets
- ★ Putting the number in a phone contact list and/or downloading the free app from the Apple store are great options. Another is taking a picture of a flyer or poster so there is no searching for 2NDFLOOR's number when they want to reach out for support.

For questions or assistance please contact Lisa Petrone, Coordinator (lisap@180nj.org)