



PHIL MURPHY
Governor

SHEILA Y. OLIVER
Lt. Governor

State of New Jersey

Dear Superintendents,

The purpose of the New Jersey Youth Suicide Prevention Advisory Council is to examine existing needs and services and make recommendations to the Department of Children and Families (DCF) for youth suicide reporting, prevention, and intervention. Further, the council educates youth and families that are at risk about the resources available for suicide prevention and post intervention, and to reduce the overall incidences of suicide throughout the State of New Jersey.

Accordingly, last year the Council recommended that all New Jersey school districts post contact information for PerformCare, the contracted services manager for the Children's System of Care, on the home pages of their school websites as the primary resource for parents who are concerned about their children's mental health. That information is below:

- Tel: (877-652-7624)
- Web: performcarenj.org
- On YouTube: [DCF Children's System of Public Care Service Announcement](https://youtu.be/KgA7ms-kwo0) (youtu.be/KgA7ms-kwo0)

We still highly recommend this step as too many New Jersey families still have little to no awareness of what the DCF's Children's System of Care (CSOC) can offer. CSOC provides all children and adolescents — regardless of insurance status — with coordinated access to mental health supports, substance use treatment, and services for intellectual and developmental disabilities. Too often we hear about families dealing with struggling youth who do not know where to turn and get lost in the myriad of resources.

Further, the Council is thrilled to report that as part of a Garrett Lee Smith SAMHSA Grant, New Jersey has created a learning portal, **Prevent Suicide NJ**, for educators, families, youth, and community partners to access resources and training. The portal is set to go live this month and schools will be notified when it is launched and provided with a link for access. We hope that you will share this resource with your school community.

Mental health concerns and suicide risk for our youth is at the forefront as never before. We are asking you to encourage your district schools to make this information available on their websites and through their social media accounts. Directing parents to PerformCare will connect them to a live person who can direct them to the level of care needed and accessing the learning portal will provide much needed resources and guidance.

This small, actionable step has the potential to make a huge impact on families and children in New Jersey.

Sincerely,

The New Jersey Youth Suicide Prevention Advisory Council