



## ***CONTACT Listening Line (609) 737-3300***

**If you are struggling or are in crisis and want to talk to somebody about your feelings, thoughts, and concerns, please call the *CONTACT Listening Line.***

### **Confidentiality and Anonymity**

Confidentiality is part of *CONTACT*'s foundation. We respect your right to privacy while you receive the support you deserve.

### **Judgement Free**

*CONTACT* fully understands that every individual may be going through difficulty in their life. Your experiences are unique and will be met with compassion and empathy.

Our support comes with unconditional positive regard and is based on active listening.

### **Here for You**

*CONTACT* started in 1976 and has been offering free mental health, crisis, and suicide prevention support to the residents of Mercer County, the State of New Jersey, and the country through a variety of emotional support programs. These include the *CONTACT Listening Line*, our affiliation with the *988 Telephone, Chat & Text Lifelines*, and our *Reassurance* program for elderly county residents.

### ***CONTACT Listening Line Hours:***

**Monday – Friday Between 9 a.m. — 5 p.m. (609) 737-3300**

### **Talking Helps!**

**Additional *CONTACT Listening Line* hours are based on counselor availability from 9:00am to 9:00pm Monday through Friday.**

**If you are interested in volunteering for *CONTACT*, call (609) 737-2000 or visit [contactofmercer.org](http://contactofmercer.org) for more information.**

