



## State of New Jersey

PHIL MURPHY  
*Governor*

SHEILA Y. OLIVER  
*Lt. Governor*

Dear Local Educational Agency Lead Persons and Administrators of Nonpublic Schools,

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 reporting, prevention, and intervention. Further, the council seeks to educate youth and families who are at risk about the resources available for suicide prevention and post intervention, and to reduce the overall incidents of suicide throughout the State of New Jersey.

In line with this purpose, the Council recommends that all New Jersey school districts post the contact information for PerformCare on the homepages of their school websites as the primary resource for parents who are concerned about their children's mental health:

- Tel: (877-652-7624)
- [Website: www.performcarenj.org](http://www.performcarenj.org)
- [Promotional Video](#)

It has come to the attention of the Council that many NJ families have little to no awareness of what the NJ Children's System of Care can offer. DCF's Children's System of Care (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.

The pandemic has put a spotlight on how many of our young people are struggling with mental health concerns. 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.

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

If you have any questions, please email: [DCF-suicide.prevention@dcf.nj.gov](mailto:DCF-suicide.prevention@dcf.nj.gov)

Sincerely,

The New Jersey Youth Suicide Prevention Advisory Council