

320 Amboy Ave, Rear Suite,  
Metuchen, NJ 08840  
Phone: 732-841-7565

**GLADYS CARDONA L.C.S.W., A.C.S.W.**

[gladys@cardonatherapy.com](mailto:gladys@cardonatherapy.com)  
[www.cardonatherapy.com](http://www.cardonatherapy.com)  
FAX: 732-738-3939

**I try to update this list frequently. If any number has changed you may call information for an updated number. Please Report Bad Hotline Numbers to me at 732-841-7565.**

**USA National Suicide Hotlines**  
Toll-Free / 24 hours / 7 days a week:

<b>1-800-SUICIDE</b>	<b>1-800-273-TALK</b>
1-800-784-2433	1-800-273-8255

**New Jersey Hotlines: 24 hours / 7 days**

ATLANTIC CITY (609) 344-1118  
CUMBERLAND COUNTY (856) 455-5555  
BURLINGTON COUNTY (856) 234-3451?(609) 267-8500  
CHERRY HILL 1-877-266-8222  
HOBOKEN (201) 795-5505  
HUNTERDON COUNTY (908) 782-HELP (4357)  
LYNDHURST (201) 935-3322  
MERCER COUNTY (609) 896-2120  
MORRISTOWN (973) 540-0100  
BURLINGTON COUNTY (609) 261- 8000  
NEWARK (973) 623-2323  
OCEAN COUNTY (732) 240-6100 ? (609) 693-5834  
OCEAN COUNTY 1-800-245-9090  
PEQUANNOCK (973) 831-1871 ? 1-888-904-1700  
RED BANK (732) 219-5325  
UNION COUNTY (908) 232-2880

Ø **Or, call 911 and ask for help.**

**OTHER USEFUL HOTLINES**

Abused Women's Hotline (New Brunswick).....1-732-249-4504

Addiction Hotline.....1-732-442-3794

Adult Protective Services.....1-800-792-8672

Aging (NJ Division on) Information & Ombudsman Services.....1-800-624-4262

Alcoholics Anonymous-24 hour-1-800-322-5525

Alzheimer's Disease.....1 800-621-0379

American Cancer Society.....1-800-ACS-2345

Animal Abuse (NJ) 1-800-582-5979

Child Abuse (NJ).....1-800-792-8610

Compassionate Friends- Support groups for parents who have lost a child 877-969-0010

Developmental Disabilities.....1-800-792-8858

Domestic Violence Hotline.....1-800-572-SAFE

Drug & Alcohol Prevention Hotline.....  
1-800-225-0196

Medicare Issues..... 1-800-MEDICARE

Narcotic Anonymous.....1-800-992-0401

Nursing Homes Complaints....1-800-792-9770

Parents Anonymous (Family Helpline)....  
1-800-843-5437

Poison Control Center...1-800-POISON-1

Prescription Information for Seniors Lifeline (PAAD).....1-800-792-9745

MIDDLESEX AFTER HOURS & WEEKEND  
HOTLINE 732-442-1666

Self-Help Clearing House (NJ) ....1-800-367-6274

Senior Citizens (NJ) Information & Referral  
Service.....1-800-792-8820

Social Security .....1-800-325-0778

Veteran's Information Hotline (NJ).....  
1-800-624-0508

Violent Crimes, Victim/Witness  
Hotline.....1-800-242-0804

Women's Referral Center.....1-800-322-8092

**TO FIND COMPLETE AND UPDATED LIST ON  
WEBSITE – PLEASE GO TO PHONES TAB ON  
[www.cardonatherapy.com](http://www.cardonatherapy.com)**