

Get Help Now

When you, your child, or someone close to you is being bullied, there are many steps to take to help resolve the situation. Make sure you understand [what bullying is](#) and [what it is not](#), [the warning signs of bullying](#), and steps to take for [preventing](#) and [responding to](#) bullying, including [how to talk to children about bullying](#), prevention in [schools](#) and [communities](#), and how to [support children involved](#).

After reviewing that information, if you feel you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help.

The problem	What you can do
There has been a crime or someone is at immediate risk of harm.	Call 911 or the East Orange Police Department
Someone is feeling hopeless, helpless, thinking of suicide.	<ul style="list-style-type: none">· Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).· Contact the NJ HopeLine (855) 654-6735· Contact NJ Children's System of Care (877) 652-7624

<p>Someone is acting differently than normal, such as always seeming sad or anxious, struggling to complete tasks, or not being able care for themselves.</p>	<ul style="list-style-type: none"> · Contact your school counselor, social worker, child study team member, or other mental health services at your school. · Contact the Educational Support Services Department (973) 266-5652 · Contact NJ Children's System of Care (877) 652-7624
<p>A child is being bullied in school.</p>	<ul style="list-style-type: none"> · Fill out the attached form for reporting HIB and · Contact the Teacher or your Child Study Team Case Manager or · School principal or · Contact your School Anti-bullying Specialist. (see list on this website) ·