

SOCIOLOGY 240
Normality and Abnormality
Tuesday & Thursday 4:30-5:50 p.m.
Scott Hall 135 (College Ave. Campus)
Spring 2016

Professor: Allan Horwitz
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Teaching Assistants:

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01	Tu2	10:05 - 11:00am	Scott 106	Torkelson
02	Tu2	10:05 - 11:00am	Frelinghuysen A4	Nicorici
03	Tu2	10:05 - 11:00am	Hardenbergh A2	Zainiddinov
04	Tu2	10:05 - 11:00am	Frelinghuysen B3	Lu
05	Tu3	11:45am - 12:40pm	Frelinghuysen B4	Murphy
06	Tu4	1:25 - 2:20pm	Frelinghuysen B6	Torkelson
07	Tu5	3:05 - 4:00pm	Campbell A3	Nicorici
08	Tu7	6:25 - 7:20pm	Scott 203	Zainiddinov
09	Tu7	6:25 - 7:20pm	Hardenbergh A5	Lu
10	Tu8	7:55 - 8:50pm	Scott104	Torkelson
11	Tu8	7:55 - 8:50pm	Scott 106	Nicorici
12	Tu8	7:55 - 8:50pm	Scott 119	Zainiddinov
13	Tu8	7:55 - 8:50pm	Scott 203	Murphy
14	Th8	7:55 - 8:50pm	Scott 106	Lu
15	Th8	7:55 - 8:50pm	Scott 102	Murphy

Description: This course examines how cultural and biological factors shape normality and abnormality. Cultural views emphasize how conceptions of what is normal or abnormal are culturally relative, learned, and easily change. In contrast, biological views focus on how what is natural or unnatural is universal, innate, and relatively fixed. We begin by examining the basic tenets of the cultural and biological views. We then apply these concepts to specific topics including incest, first names, courage and cowardice, physical appearance, obesity, food, grief, fear, sexuality, mating, the life course, and psychoactive drugs. The final part of the course speculates about what will be normal and abnormal in future years.

Required Readings:

All required readings are posted on the Sakai site <https://sakai.rutgers.edu/portal>. Because these readings might change over the course of the semester, you should not read too far ahead. The readings for each class are listed on the specific class dates below.

Class Format:

Students must attend two lectures and one discussion section each week. Power Point slides will be posted on the class Sakai website shortly after each lecture. Lectures will be supplemented with video clips, movie selections, and occasional guest speakers.

Requirements and Grading:

Exams: There will be two closed-book exams that cover materials from lectures, readings, and film clips. The first exam will be held on Tuesday March 10 (regular class time) and the second exam on April 28 (regular class time) with a no-penalty make-up on Wednesday May 13 from 4:00 - 5:20 p.m. While the second exam is non-cumulative, you are responsible for understanding the key themes that run through this class throughout the semester. NO make-up exams (aside from May 13) will be given unless I receive notification at least three days prior to the exam, and you have a valid and documented reason for missing the scheduled exam. Exams will consist primarily of multiple choice (scantron). Students must bring pencils to all exams for the scantron sheet. Each exam counts for 25% of your grade.

Written Assignments: There will be three writing assignments, which are outlined below. Each is worth 15% of your grade. You must hand your assignment to your TA at the beginning of discussion section during the week of each assignment's due date.

Paper	Due Date	% of Total Grade
1	Week of Feb 15	15
2	Week of March 21	15
3	Week of April 21	15

Attendance at Discussion Section: Attendance and active participation is required at discussion section, and accounts for 5% of your course grade. You may have up to three unexcused absences from your recitation section; additional absences will result in a penalty.

Summary of grading procedures: Course grades are based on the total number of points an individual earns on exams, written assignments, and discussion section. No extra credit opportunities are available. **FINAL GRADES ARE NOT NEGOTIABLE** and will be assigned according to the following scale.

Grade	Final Numerical Average
A	90 to 100
B+	87 to 89
B	80 to 86
C+	77 to 79
C	66 to 76
D	50 to 65
F	< 50

Sakai Site: The class Sakai website includes our syllabus, course readings, outlines, notes following class, exam study guides, answer keys following exams, supplemental and/or “current event” readings, and other important announcements pertaining to class. Please check the website regularly, to keep updated of class information and any changes in class schedules.

UNIVERSITY AND DEPARTMENTAL POLICIES

Academic Misconduct: Rutgers University policies state that academic misconduct may involve: cheating; fabrication; facilitating academic dishonesty; plagiarism; denying others access to information or material. Any instances of academic misconduct will be reported to your dean. Plagiarism is using someone else's words without giving the author proper attribution. For further information on plagiarism, cheating, and other forms of academic dishonesty see the University's academic integrity policy: <http://academicintegrity.rutgers.edu/integrity.shtml>

Class Conduct: The Sociology Department encourages the free exchange of ideas in a safe and productive classroom environment. As such, students and faculty must act with mutual respect and courtesy. Behaviors that distract students and faculty is not acceptable. Such behavior includes cell phone use, surfing the internet, checking email, text messaging, listening to music, reading newspapers, leaving and returning, leaving early without permission, discourteous remarks, and other behaviors specified by the instructor. Courteous expression of disagreement with the ideas of the instructor or fellow students is, of course, permitted. If a student engages in disruptive behavior, the instructor, following the University Code of Student Conduct, may direct the student to leave class for the remainder of the class period. Instructors may specify

other consequences in their syllabi. Serious verbal assaults, harassment, or defamation of the instructor or students can lead to university disciplinary proceedings. The University Code of Student Conduct is at <http://www.rci.rutgers.edu/~polcomp/judaff/ucsc.shtml>.

SCHEDULE OF CLASSES AND READINGS

January 19 (Tu). Welcome and Introduction to Course

Overview of course and requirements. No readings.

NOTE: There will be no discussion sections on Jan 19 or Jan 21

January 21 (Th). Definitions of Normality and Abnormality

What do we mean by the terms “normality” and “abnormality”? An overview, contrast, and critique of three perspectives on normality and abnormality: statistical, normative, and natural views. How do we place values on normality and abnormality?

Allan Horwitz. “Normality.” *Contexts* 7 (Winter): 70-71.

Stop worrying that everyone’s having more sex than you:

<http://www.motherjones.com/media/2015/07/the-sex-myth-rachel-hills>

(Some) White House hopefuls display their working class roots:

http://p.nytimes.com/email/re?location=InCMR7g4BCKC2wiZPkcVUjAsNtPf+LiP&user_id=ad43d0d1b7ea9932b8893ab2bd4902ff&email_type=eta&task_id=1426004380189759®_i_id=0

January 26 (Tu). Culture, Fashion, and Normality

How do cultural norms influence what we consider to be normal and abnormal? Can people easily change what they think is normal and abnormal? How does fashion affect normality and abnormality?

Allan Horwitz, “Herodotus and Darwin” pp. 1 - 11

Zerubavel, Eviatar. 2011. *Ancestors and Descendants: Genealogy, Identity, and Community*. New York: Oxford University Press. Chapter 4: Nature and Culture (Pp. 53-76).

Gladwell, Malcolm. 1997. “The Coolhunt.” *The New Yorker* (March 17, 1997).

Why gun control and abortion are different from gay marriage:

<http://www.nytimes.com/2015/06/30/upshot/why-gun-control-and-abortion-are-different-from-gay-marriage.html?ref=todayspaper&abt=0002&abg=1>

January 28 and 30 (Th and Tu) Evolution and Normality

What are the basic principles of evolution? To what extent does human nature guide what we think is normal and abnormal? Are many things that we think of as abnormal actually mismatches between human nature and current social environments?

Allan Horwitz, Herodotus and Darwin, pp. 12 – 33

Our biased brains:

<http://www.nytimes.com/2015/05/07/opinion/nicholas-kristof-our-biased-brains.html?ref=todayspaper>

February 2 and 4 (Th and Tu). Incest

Have you ever had fantasies about having sex with a close relative? Did anyone ever teach you that you shouldn't? If not, why don't you have this desire?

Allan Horwitz, "Incest"

Dating tips from Woody Allen

http://www.slate.com/blogs/xx_factor/2015/07/30/woody_allen_interview_he_s_been_a_nice_guy_since_at_least_the_late_1960s.html

February 9 (Tu). First Names

Allan Horwitz, "First Names"

Conley, Dalton. 2010. "Raising E and Yo." *Psychology Today* (March 1, 2010).

<https://www.psychologytoday.com/articles/201003/raising-e-and-yo>

For Muslim-Americans baby Aiden or baby Mohammed?:

<http://nyti.ms/1ObFoOG>

The baby name trend that's on the rise:

<https://www.yahoo.com/parenting/the-baby-name-trend-thats-on-the-rise-122188015612.html>

How to name a baby:

<http://waitbutwhy.com/2013/12/how-to-name-baby.html> o

(To see how “normal” your first name is, check out: <http://www.ssa.gov/OACT/babynames/>)

(To see how “normal” your last name is among all Americans, check out:
<http://www.census.gov/genealogy/www/data/2000surnames/index.html>.)

(To see how “normal” your last name is among Rutgers students today, check out:
<http://www.njfuture.org/2011/01/31/college-students-as-a-leading-indicator-of-diversity/>)

February 11 (Th) Food and Appetite

How do we acquire our ideas about what's normal or abnormal to eat and drink. What accounts for the steep increase in body weight in recent years? What are eating ‘disorders’? How do cultural ideals and biologically natural eating propensities conflict?

Allan Horwitz, “Obesity”

The failure of calorie counts on menus

http://p.nytimes.com/email/re?location=InCMR7g4BCKC2wiZPkcVUgsczzKs/JJt&user_id=ad43d0d1b7ea9932b8893ab2bd4902ff&email_type=eta&task_id=1449408211366470®i_id=0

Feb 16 (Tu) and Feb 18 (Th) Physical Attractiveness

Are ideals of beauty and physical attractiveness universal or culturally relative? Where do our ideals of beauty/handsomeness, weight, and height come from?

Wolf, Naomi. 1991. *The Beauty Myth How Images of Beauty Are Used Against Women*. New York: William Morrow. (Pp. 9-19).

Seguy, Abigail. 2013. “Memo to Michelle: Fat-Shaming is not OK!” *Time* Dec 17, 2013.

<http://ideas.time.com/2013/12/17/michelle-obama-is-supporting-fat-shaming/>

Jennifer Weiner, “When can women stop trying to look perfect?”

<http://www.nytimes.com/2016/01/10/opinion/sunday/when-can-women-stop-trying-to-look-perfect.html?emc=eta1>

Ugly? You may have a case?

<http://www.nytimes.com/2011/08/28/opinion/sunday/ugly-you-may-have-a-case.html>

February 23 (Tu) and 25 (Th) What are Normal and Abnormal Emotions?

Film: “Inside Out”

Paul Ekman: Basic Emotions

<https://www.paulekman.com/wp.../07/Basic-Emotions.pdf>

March 2 (Tu): Depression and Grief

What accounts for the high and steadily rising rates of depression in the United States in recent decades? How do we differentiate “normal” sadness from depressive disorders? Under what conditions is it normal to feel sad? Why are some types of grief considered natural and reasonable and others pathological? Why do we experience grief? What are its functions? Should normal grief be a time-delimited experience?

Allan Horwitz, “Grief”

An epidemic of anguish among college students:

http://chronicle.com/article/An-Epidemic-of-Anguish/232721/?cid=at&utm_source=at&utm_medium=en

Why depression needs a new definition:

http://www.theatlantic.com/health/archive/2015/08/why-depression-needs-a-new-definition/399902/?utm_source=SFFB

(To calculate your own depressive symptoms, see: <http://cesd-r.com/>)

March 3 (Th): Anxiety and Fear

Why are some sources of anxiety considered natural and reasonable, and others pathological? Does fear stem from human nature or from individually and culturally learned processes? Are many of our fears evolutionary mismatches? Are traumatic responses to abnormal situations indicative of mental disorder, or a variety of normality?

Horwitz, Allan, "Fear"

(To find out how "normal" your fears are, see:
<http://psychology.about.com/od/phobias/p/commonphobias.htm>)

March 8 (Tu): PTSD

Tyson Smith and Owen Whooley, "Dropping the disorder in ptsd."

Sebastian Junger: "How PTSD became a problem far beyond the battlefield"

<http://www.vanityfair.com/news/2015/05/ptsd-war-home-sebastian-junger>

March 10 (Th.): First Hourly (regular class time and place)

Spring Break!

March 22 and March 24 Biological and Cultural Aspects of Sexuality

Is sexuality biologically determined or culturally produced? How did the Kinsey Report influence conceptions of sexuality? Why and how have conceptions of normal sexuality undergone an enormous change in recent years?

Allan Horwitz, "Sexual Behavior"

<http://www.nytimes.com/2015/07/05/fashion/asexual-and-happy.html?emc=eta1>

March 29 Male and Female Mating Strategies

What factors besides love guide our romantic choices? Do men and women differ in what they're looking for? What cultural, biological, and evolutionary factors shape our partner choices?

Buss, David. 1985. "Human Mate Selection." *American Scientist* 73: 47-51.

Taylor, Kate. 2013. "Sex on Campus: She Can Play that Game too."

<http://www.nytimes.com/2013/07/14/fashion/sex-on-campus-she-can-play-that-game-too.html?emc=eta1>

March 31 Homosexuality and Transsexuality

Warner, Michael. 1999. *The Trouble with Normal: Sex, Politics, and the Ethics of Queer Life*. New York: Free Press. Pp. 1-10.

Padawer, Ruth. 2012. “What’s So Bad about a Boy Who Wants to Wear a Dress?” *New York Times* (August 8, 2012).

When Women Become Men at Wellesley

<http://www.nytimes.com/2014/10/19/magazine/when-women-become-men-at-wellesley-college.html?emc=eta1>

Sexual attraction and fluidity:

<http://www.nytimes.com/2015/09/07/opinion/charles-m-blow-sexual-attraction-and-fluidity.html?emc=eta1>

The search for the best estimate of the transgender population:

<http://www.nytimes.com/2015/06/09/upshot/the-search-for-the-best-estimate-of-the-transgender-population.html?emc=eta1>

Why should gay rights depend on being born this way:

<https://aeon.co/essays/why-should-gay-rights-depend-on-being-born-this-way>

Bruce to Caitlyn Jenner:

<http://www.vanityfair.com/hollywood/2015/06/caitlyn-jenner-bruce-cover-annie-leibovitz>

April 5 (Tu). Normality and the Life Course (or “Acting Your Age”) –Guest Lecturer Deborah Carr

What accounts for changes in conceptions of normal childhood, adolescence, young adulthood, adulthood, and old age? What is the “new” normal for young adults regarding whom they should live with, when and whether they should marry and have children, and what they should do after they have passed college age?

Furstenburg, Frank et al., 2004. "Growing Up is Harder to Do." *Contexts* 3: 33-41.

Howard, Hilary. 2012. "A Confederacy of Bachelors." *New York Times* (August 3, 2012).

Kavanagh, Shannon. 2009. "Age Norms." Pp. 19-21 in *Encyclopedia of the Life Course and Human Development*, edited by Deborah Carr. Farmington Hills MI: Gale/CENGAGE Learning.

The Luxury of Waiting Until Marriage to Have Kids

<http://www.theatlantic.com/business/archive/2014/06/why-poor-women-dont-wait-for-marriage-to-give-birth/372890/>

(To calculate how long you can expect to live, see:

<http://gosset.wharton.upenn.edu/~foster/mortality/perl/CalcForm.html>)

April 7 (Th). Happiness: Is It Normal to be Happy?

When is it abnormal to be happy? What accounts for the recent emphasis on promoting happiness? Is happiness more valued in some societies than in others?

Gilbert, Daniel. 2006. *Stumbling Upon Happiness*. New York: Vintage. (Pp. 212 – 233).

Ehrenreich, Barbara. 2009. *Bright-Sided: How Positive Thinking Is Undermining America*. New York: Picador. (Pp. 147 – 176).

The dangers of happiness:

http://p.nytimes.com/email/re?location=InCMR7g4BCKC2wiZPkcVUkxbyxzw2ukO&user_id=ad43d0d1b7ea9932b8893ab2bd4902ff&email_type=eta&task_id=1437412579118260®_id=0

April 12 (Tu), April 14 (Th), and April 19 (Tu) Drugs and Normality

Why are some drugs valued and considered to be normal while others are stigmatized and harshly punished? How do these processes change over time? We draw on examples including alcohol, cigarettes, marijuana, heroin, the opiates, Prozac and Ritalin. How do drug therapies secure conformity to standards of normality?

Allan Horwitz, "Drugs"

Increasing Marijuana Use in High School Is Reported.

<http://well.blogs.nytimes.com/2013/12/18/growing-marijuana-use-among-teenagers-spurs-concerns/>

“Teens’ Views on Dangers of Pot Fall to 20-year Low.”

<http://www.washingtontimes.com/news/2012/dec/19/teens-views-on-dangers-of-pot-fall-to-20-year-low/?page=all>

E-cigarettes top smoking among youth:

<http://www.nytimes.com/2014/12/17/science/national-institute-on-drug-abuse-e-cigarette-study.html?emc=eta1>

Why punish drug users at all:

http://p.nytimes.com/email/re?location=InCMR7g4BCKC2wiZPkcVUokw1jh8BXC&user_id=ad43d0d1b7ea9932b8893ab2bd4902ff&email_type=eta&task_id=1448378885381517&egi_id=0

Fourteen years after decriminalizing all drugs, here’s what’s happening in Portugal

<http://mic.com/articles/110344/14-years-after-portugal-decriminalized-all-drugs-here-s-what-s-happening#.4dbEqSKEj>

April 21 (Th) and April 26 (Tu) The Future of Normality

What changes can we expect in future conceptualizations of normality and abnormality? What sorts of things that are currently normal are likely to become abnormal? What kinds of things that are currently abnormal are likely to become normal?

Allan Horwitz “Differences and Defects”

Zerubavel, Eviatar. 2011. *Ancestors and Descendants: Genealogy, Identity, and Community*. New York: Oxford University Press. Chapter 7 The Future of Genealogy (Pp. 115 – 131).

The Brave New World of Three Parent IVF:

<http://www.nytimes.com/2014/06/29/magazine/the-brave-new-world-of-three-parent-ivf.html?emc=eta1>

April 28 Second Hourly

May 11 No Penalty Make Up for Second Hourly

4:00 – 5:20 pm Scott Hall Rm. 135

***** *Have a wonderful summer break!* *****
WRITING ASSIGNMENTS

Papers should be about three to five pages long, typewritten and double spaced. You should use Times Roman Font with font size 12 and one inch margins. Proper grammar and spelling are expected. Papers must be handed in to your teaching assistant at your discussion section during the week when they are due. Your teaching assistant will tell you whether you should submit papers via hard copy or the Sakai site (no email attachments). Late papers will not be accepted. Each will account for 15% of your overall class grade.

FIRST WRITING ASSIGNMENT: due week of February 15 (15% of course grade)

For a one-week period in your life, record your observations of when you thought something was abnormal (if you have too many, just use the most important ones). These can range from ordinary social interactions with strangers, friends, and relatives, the content of television programs or social media, or any other phenomenon that made you think of abnormality. What made you think the phenomena were abnormal (or normal)? Were your feelings based on moral considerations, cultural norms, idiosyncratic personal reasons, or something else? Is there some objective basis for your belief that the activities were abnormal?

Grading is based on the clarity of your presentation and reasoning, not on the contents of what you observed.

SECOND WRITING ASSIGNMENT: due week of March 21 (15% of course grade)

In order to understand the ways that conceptions of normality change across generations, you will conduct an in-depth interview with one person who is at least 65 years old. A suggested list of questions is presented below. These questions should provide you with sufficient guidelines for your conversation. **You need not ask every question listed. You should feel free to tailor the interview in such a way that you capture the experiences and information that are most pertinent to your subject's life.** It's fine to interview someone who doesn't speak English, but you must translate all responses and ensure that the final paper is submitted fully in English.

Your interviewing will be most effective if you tape record the interaction. It is not mandatory that you tape the interview, however. You are not expected to have full quotations in your paper. The limitations of simply taking notes are that you might lose important information and that you might not be able to concentrate on the information being conveyed during the interview.

The paper will have three parts. The first part is an **introduction**, which provides the background for your analysis. In this section, you will provide a brief and general discussion of how conceptions of normality change across different generations and subgroups. The second part of the paper is your biography, or **case study**. Here, you will write the life history of your subject. The third part of the paper is your **analysis and discussion**; this is the most important part of the paper. Here, you will discuss and interpret your subject's conceptions of normality. Are they more similar or different than your own conceptions? What accounts for any differences that you see? In particular, given the information you acquired in your interview, what have you learned about how age-based norms change over time? How have these norms changed from your subject's life time to your life time? How might your subject's life experiences be different if he or she was growing up today?

GUIDELINES AND POSSIBLE INTERVIEW QUESTIONS

Demographic Characteristics

Relevant demographic data would include age; race/ethnicity; religion; country of birth; educational attainment; main occupation; marital status; number of children.

Childhood, Adolescence, Young Adulthood

1. When were you born? Where? What did your parents do at that time? How many brothers and sisters, if any, do you have?
2. When you were a child, what were your favorite activities? What were your children's favorite activities? Your grandchildren's?
3. What sorts of clothes did you wear? How are they different than what people wear today? What about hairstyles? Do you think they were better or worse than today?
4. What kind of music did you listen to? Do you think it was better or worse than music today? How about television shows?
5. If you were young now, are there certain kinds of things that you think you would do that you couldn't do when you were actually young because they would have seemed too strange back then?
6. What are the major types of technology that you currently use? Are these more similar to or different than the kinds you used growing up? Do you use email? A smartphone? Facebook? Twitter? In general, do you think technology is better or worse than what it was when you were growing up?
7. When you were growing up, did you ever think you were abnormal in any way? If so, what ways? What made you think you were abnormal?

Marriage and Family

1. How did you meet your husband/wife? How did your children meet their spouses or partners? How did you decide this was the person you wanted to marry? How long did you know each other before you got married?
2. When did you move out of your parents' home for the first time? Where did you move to? Whom did you live with? Why did you decide to move? Did you ever live with anyone without being

married to them? Did you have children? What did you think about that?

3. How many children, if any, did you have? When were your children born? How do you think their views about what's normal are different than or the same as yours?

4. How many grandchildren, if any, do you have? How do you think their views about what's normal are different than or the same as yours?

Views of Normality/Abnormality

1. What do you think of as the most important changes in what's considered normal and abnormal that have happened over your life? Why do you think they have happened?

2. Which of these changes do you think has been a good thing?

3. Which of these changes do you think has been a bad thing?

4. How have your own attitudes toward what's normal and abnormal changed over the course of your lifetime?

5. If you could live your life over, would you rather live it during the time that you have or would you rather start over and be a young person in the current era?

6. When you look back at your life, do you think American society has changed for the better or worse? Why? What has changed?

THIRD WRITING ASSIGNMENT: due week of April 21 (15% of grade)

Take some phenomenon or behavior that is currently considered to be normal that you think will become viewed as abnormal in the future. Second, take some phenomenon or behavior that is currently considered to be abnormal that you think will come to be viewed as normal in the future. In each case, give your reasons for your predictions. Finally, for each case indicate whether you think the changes you discuss will be good or bad transformations.

Resources for Students:

Student-Wellness Services:

Just In Case Web App

<http://codu.co/cee05e>

Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.

Counseling, ADAP & Psychiatric Services (CAPS)

[\(848\) 932-7884](tel:8489327884) / 17 Senior Street, New Brunswick, NJ 08901/ rhscaps.rutgers.edu/

CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professionals within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.

Violence Prevention & Victim Assistance (VPVA)

[\(848\) 932-1181](tel:8489321181) / 3 Bartlett Street, New Brunswick, NJ 08901 / vpva.rutgers.edu/

The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call [848-932-1181](tel:8489321181).

Disability Services

(848) 445-6800 / Lucy Stone Hall, Suite A145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 / <https://ods.rutgers.edu/>

The Office of Disability Services works with students with a documented disability to determine the eligibility of reasonable accommodations, facilitates and coordinates those accommodations when applicable, and lastly engages with the Rutgers community at large to provide and connect students to appropriate resources.

Scarlet Listeners

(732) 247-5555 / <http://www.scarletlisteners.com/>

Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.