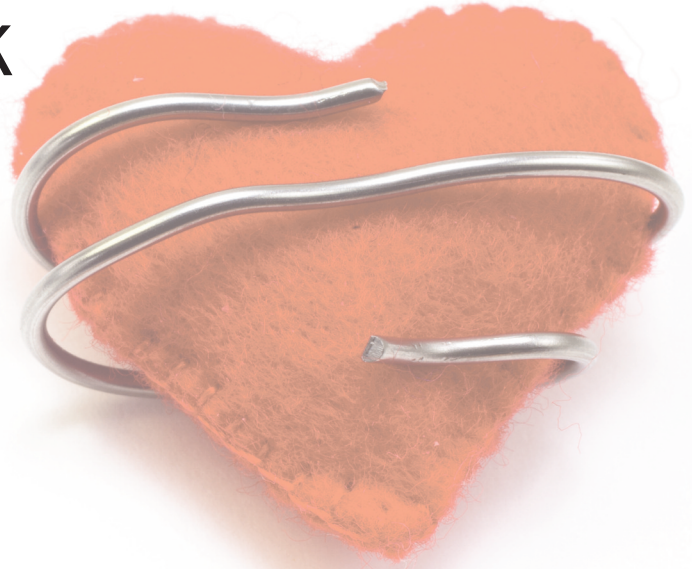


Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County 2019 Edition



2nd Edition (2019)

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The editors would like to thank all the individuals and organizations that participated in the development of this resource guide. We would particularly like to thank PRAB for assisting with the entire process, including the accompanying training curriculum for using this guide.

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INTRODUCTION TO THE GUIDE

This guide is designed to assist community-based and faith-based organizations as they help their clients and parishioners with behavioral health resources. This guide provides the community with basic information about behavioral health issues. In addition, it contains a comprehensive list of resources offering support and services for behavioral health and substance abuse issues. Step-by-step instructions are provided to assist access to the resources available on the Internet.

There is not a single approach to all behavioral health issues; therefore, this guide aims to help staff at community-based and faith-based organizations develop a better understanding of behavioral health issues and to learn about available resources in the area.

While not in-depth, the goal is to help community- and faith-based organizations and other service providers to become more aware of the resources and services that are available. The presence or absence of any material does not reflect the value of each resource or service.

Focus for the guide was placed on those behavioral health issues that were identified as the most pervasive in the area identified by the Alliance for a Healthier New Brunswick's and Healthier Middlesex's Mental Health and Substance Abuse workgroup. As a result, certain resources were highlighted in this guide. Please note that there are other services available to residents of Middlesex and Somerset counties in both the *Middlesex County Mental Health Services Directory* and *New Jersey Department of Children and Families Community Program Directory*. To learn more details about these services and about other services, please access the resources outlined in the "Resource Guide" section of this directory.

The intent of the guide is not to turn staff into prevention and treatment experts. Rather, it is designed to accomplish the following goals:

- Help increase understanding of behavioral health issues.
- Increase confidence and comfort in addressing these problems.
- Provide resources for screening and referrals to physicians or behavioral health professionals or another appropriate provider.

Disclaimers:

- If someone has a behavioral health crisis such as thoughts of suicide, immediately call 9-1-1 or contact the local police department.
- This manual is only intended as listing of resources and is in no way an endorsement of any of the organizations or services found in this document.

BEHAVIORAL HEALTH CONDITIONS

Overview of Behavioral Health

According to the National Prevention Strategy (NPS), “mental and emotional well-being is essential to overall health. Positive mental health allows people to realize their full potential, cope with the stresses of life, work productively, and make meaningful contributions to their communities” (NPS, 2014).

A quick note: The term “behavioral health” is used throughout this guide, as it is broader than mental health. The Substance Abuse and Mental Health Services Administration (SAMHSA) states, “Behavioral health is a state of mental/emotional being and/or choices and actions that affect wellness.” The term “mental health” is retained in the guide when used by others.

NAMI (National Alliance on Mental Illness, 2015) defines mental illness as a “condition that impacts a person’s thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis.” Mental health conditions are the result of multiple causes, including genetics, environmental factors, and lifestyle. For some people, a stressful job or home life may cause or contribute to a person’s feelings of well-being. Other people might have inherited a mental health condition or have natural chemicals in their body that impact their feelings of well-being.

Glossary of General Health Terms

Acute – severe or intense in degree, lasting a short time.

Chronic – persisting for a long time or constantly recurring.

Counselor – a person trained to give guidance on personal, social, or psychological problems.

Degenerative – characterized by progressive, often irreversible, deterioration and loss of function in the organs or tissues.

Diagnosis – the identification of a disease from its signs and symptoms.

Disorder – a disturbance in the regular or normal functions of a system (for example, skin, body, heart, mind).

Illness – an unhealthy condition of body or mind.

Inpatient – a patient who stays in a hospital while under treatment.

Intervention – a combination of activities or strategies that are designed to produce behavior changes or improve the health of an individual.

Outpatient – a patient who receives medical treatment without being admitted to a hospital.

Primary care – a health care provider who practices family medicine, internal medicine or pediatrics. This provider delivers regular care to patients and takes care of the whole person.

Psychiatrist – a medical doctor specializing in the diagnosis and treatment of mental illness.

Psychologist – a professional who evaluates and studies behavior and mental processes.

Recovery – the federal agency, Substance Abuse and Mental Health Services Administration (SAMHSA) defines recovery as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” SAMHSA has also identified four major dimensions that support a life in recovery: Health, Home, Purpose, and Community.

Relapse – when someone suffering from addiction gets worse after a period of improvement.

Residential – housing or living space that provides treatment services to help with mental health and substance abuse issues.

Supportive housing – a combination of housing and other services for people with complex challenges as a way to help people live more stable and productive lives.

Symptom(s) – a physical or mental feature that is regarded as indicating a condition of disease.

Viral infection – infection caused by the presence of a virus.

Withdrawal – the period of time after a substance user abruptly stops using substances, including alcohol, drugs, and narcotics. Physical and mental symptoms usually characterize this period of withdrawal.

Definitions of Common Mental Health/Behavioral Health Conditions

For Parents:

Children and teens aren't immune to stress and mental health issues, and parents should be aware of potential warning signs.

The American Academy of Pediatrics says don't ignore these observations of your children:

- Changes in sleep habits, whether sleeping excessively or not getting enough.
- Low self-esteem.
- Losing interest in once-enjoyed hobbies.
- In a sudden reversal, doing poorly in school.
- Losing appetite, or significant weight loss.
- Unusual changes in behavior, such as unexplained aggression or anger.

Take action:

Encourage individuals to talk to someone they trust, such as a health care provider, friend, family member, clergy, or community religious leader.

Acculturation

When an individual comes into contact with a new culture, the resulting emotional and social blending of the two cultures is called acculturation. Often, a person tries to appear more like their new culture than their culture of origin. This can include changes in language, customs, food, music, and religious practices. Acculturation is often easier for younger immigrant populations to navigate. Acculturation can be seen as a great source of stress, conflict, and identity/role strain. *See also, Migratory Grief.*

Addiction – *see Substance Use Disorder.*

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are potentially traumatic experiences in a person's life occurring before the age of 18 that can have negative, lasting effects on health and well-being. These experiences include physical abuse, emotional abuse, sexual abuse and neglect. Mental illness, problematic drinking, illegal street or prescription drug use by a household member, divorce, separation, domestic violence, and incarceration of a household member may be contributing factors. The ACE score is a measure of the cumulative exposure to adverse childhood experiences with more exposure correlating with more adverse health, social, and behavioral problems.

Alcohol Abuse

A pattern of drinking that results in one or more of the following situations within a 12-month period:

- Failure to fulfill major work, school, or home responsibilities.
- Drinking in situations that are physically dangerous, such as while driving a car or operating machinery.
- Having recurring alcohol-related legal problems, such as being arrested for driving under the influence of alcohol or for physically hurting someone while drunk.
- Continued drinking despite having ongoing relationship problems that are caused or worsened by the drinking.

Alcoholism, or alcohol dependence, is the most severe form of alcohol abuse. It is a chronic disease characterized by the consumption of alcohol at a level that interferes with physical and mental health and with family and social responsibilities. An alcoholic will continue to drink despite serious health, family, or legal problems.

Alzheimer's Disease

Alzheimer's disease (AD) is the most common form of dementia among older people. Dementia is a brain disorder that seriously affects a person's ability to carry out daily activities. AD begins slowly. It first involves the parts of the brain that control thought, memory and language. People with AD may have trouble remembering things that happened recently or names of people they know. In AD, over time, symptoms get worse. People may not recognize family members. They may have trouble speaking, reading or writing. They may forget how to brush their teeth or comb their hair. Later on, they may become anxious or aggressive, or wander away from home. Eventually, they need total care.

Anxiety

Fear and anxiety are part of life. A person may feel anxious before taking a test or walking down a dark street. This kind of anxiety is useful—it can make someone more alert or careful. This type of anxiety usually ends soon after a person is out of the situation that caused it. But for millions of people in the United States, anxiety does not go away, and gets worse over time. They may have chest pains or nightmares. They may even be afraid to leave home. These people have anxiety disorders. These can include panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder, and phobias.

Anxiety:*Symptoms:*

In addition to the primary symptoms of irrational and excessive fear and worry, other common emotional symptoms of anxiety might include:

- Feelings of apprehension or dread
- Trouble concentrating
- Feeling tense and jumpy
- Anticipating the worst
- Irritability
- Restlessness
- Watching for signs of danger
- Feeling like your mind's gone blank

Referral recommendation:

Encourage individuals to talk to someone they trust, such as a health care provider, clergy, or community religious leader. If signs and symptoms persist for more than two weeks, please encourage the person to talk to a health care provider.

Asperger Syndrome – *see Autism Spectrum Disorder.*

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a common mental disorder that begins in childhood and can continue through adolescence and adulthood. It makes it hard for a child to focus and pay attention. Some children may be hyperactive or have trouble being patient. For children with ADHD, levels of inattention, hyperactivity, and impulsive behaviors are greater than for other children in their age group. ADHD can make it hard for a child to do well in school or behave at home or in the community.

Autism Spectrum Disorder (ASD)

Autism spectrum disorder (ASD) is a neurological and developmental disorder that begins early in childhood and lasts throughout a person's life. It affects how a person acts and interacts with others, communicates, and learns. It is characterized by challenges with social skills, repetitive behaviors, resistance to change, sensory sensitivities and the ability to communicate verbally and non-verbally. ASD is often accompanied by anxiety, depression, attention issues and sometimes aggressive or self-injurious behavior. It is called a spectrum disorder because people with ASD can have a range of symptoms, skills and impairments. Cognition can range from severe impairment to average and above average IQ. ASD includes autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS) and Asperger syndrome.

Bullying and Cyberbullying

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. In order to be considered bullying, the behavior must be aggressive, include an imbalance of power, and be repeated. There are three types of bullying: verbal: (such as, name calling or teasing); social (such as, spreading rumors about someone or embarrassing them in public); and physical (for example, hitting or kicking or taking or breaking someone's things).

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying has concerns because it can be persistent, permanent, or hard to notice. Some cyberbullying crosses the line into unlawful or criminal behavior.

Bullying:

Most Common Cyberbully Tactics:

- Posting comments or rumors about someone online that are mean, hurtful, or embarrassing.
- Threatening to hurt someone or telling them to kill themselves.
- Posting a mean or hurtful picture or video.
- Pretending to be someone else online in order to solicit or post personal or false information about someone else.
- Posting mean or hateful names, comments, or content about any race, religion, ethnicity, or other personal characteristics online.
- Creating a mean or hurtful webpage about someone.
- Doxing, an abbreviated form of the word documents, is a form of online harassment used to exact revenge and to threaten and destroy the privacy of individuals by making their personal information public, including addresses, social security, credit card and phone numbers, links to social media accounts, and other private data.

Signs a Child is Being Bullied:

- Unexplainable injuries
- Lost or destroyed clothing, books, electronics, or jewelry
- Frequent headaches or stomach aches, feeling sick or faking illness
- Changes in eating habits, like suddenly skipping meals or binge eating. Kids may come home from school hungry because they did not eat lunch.
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in schoolwork, or not wanting to go to school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home, harming themselves, or talking about suicide

Signs a Child is Bullying Others:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Take Action:

Learn more about bullying and cyberbullying at stopbullying.gov website. Visit the "[Get Help Now](#)" section of the to see help a child who is being bullied.

Child Abuse and Neglect

Child abuse is the physical, sexual, or emotional harm or risk of harm to a child under the age of 18 caused by a parent or other person who acts as a caregiver for the child.

Neglect occurs when a parent or caregiver fails to provide proper supervision for a child or adequate food, clothing, shelter, education, or medical care although financially able or assisted to do so.

Childhood Disintegrative Disorder – *see Autism Spectrum Disorder.*

Conduct Disorders

Conduct disorder is a set of ongoing emotional and behavioral problems that occurs in children and teens but can persist into adulthood. Problems may involve defiant or impulsive behavior, drug use, or criminal activity. Children with conduct disorder tend to be impulsive, hard to control, and not concerned about the feelings of other people. These children often make no effort to hide their aggressive behaviors. They may have a hard time making real friends.

Co-Occurring Disorders

Individuals with co-occurring disorders have one or more disorders relating to the use of alcohol and/or other drugs of abuse, as well as one or more mental health conditions. A diagnosis of co-occurring disorders occurs when at least one disorder of each type can be established independent of the other and is not simply a cluster of symptoms resulting from one disorder.

Dementia

Dementia is a group of symptoms caused by disorders that affect the brain. It is not a specific disease. People with dementia may not be able to think well enough to do normal activities, such as getting dressed or eating. They may lose their ability to solve problems or control their emotions. Their personalities may change. They may become agitated or see things that are not there.

Memory loss is a common symptom of dementia. However, memory loss by itself does not mean someone has dementia. People with dementia have serious problems with two or more brain functions, such as memory and language. Dementia usually occurs in older age. It is rare in people under age 60. The risk of dementia increases as a person gets older. Although dementia is common in very elderly people, it is not part of normal aging. Most types of dementia are nonreversible (degenerative). Nonreversible means the changes in the brain that are causing the dementia cannot be stopped or turned back.

Depression

Depression may be described as feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods. Clinical depression, or major depressive disorder (MDD), is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life for two weeks or more. According to the National Institute of Mental Health, not everyone who is depressed experiences every symptom. Some people experience only a few symptoms; some people suffer many. The severity of symptoms varies among individuals and also over time.

Detoxification

Detoxification, often simply called “detox,” is a set of interventions aimed at managing acute intoxication and withdrawal. Supervised detoxification may prevent potentially life-threatening complications that might appear if the patient was left untreated. At the same time, detoxification is a form of palliative care (reducing the intensity of a disorder) for those who want to become abstinent or who must observe mandatory abstinence as a result of hospitalization or legal involvement. Finally, for some patients it represents a point of first contact with the treatment system and the first step to recovery.

Domestic Violence

Domestic violence (DV) is abuse that is committed by a family member, current or former spouse or intimate partner. Domestic violence is a pattern of frightening or controlling behavior imposed on an individual by another person. There is no regard for the individual’s rights, safety, feelings, body, or health. Shame is a common feeling for someone in an abusive situation.

DV includes physical injury, emotional abuse, sexual assault and violence, isolation, stalking, denial, intimidation, or threats. Domestic violence knows no boundaries and may include persons from any race, culture, religion, socioeconomic group, gender, or sexual orientation.

Sexual assault is any sexual act without consent, including when victims are unable to consent, such as when they:

- Are under the age of 13;
- Are under age 16 when the assailant is at least four years older; or
- Have diminished mental capacity, including when drugged, drunk, high, or unconscious.

Sexual violence is an all-encompassing, non-legal term that refers to unwanted sexual acts like sexual assault.

Domestic Violence:

Violence is also one of the most powerful determinants of health. Part of the legacy of the invisible wounds of trauma is its connection to chronic health conditions for survivors, which is the result of damage from injuries and from the chronic stress of living in fear. All of that stress is very toxic and affects every system in the body.

Domestic violence is associated with these conditions:

- Depression
- Post-traumatic stress symptoms
- Anxiety
- Suicidality
- Risky health behaviors (substance use, risky sexual behaviors, disordered eating)
- Difficulty trusting others
- Isolation from social networks
- Missed work or school
- Difficulty accessing services
- Homelessness

Referral recommendations:

Domestic violence and sexual abuse are complex issues, and professionals and support staff are specially trained to offer support and resources. See resources in the “Organizations Providing Support, Helplines, and Trainings” section to find agencies that can assist individuals who are concerned about domestic violence or sexual abuse. If someone is in immediate danger, he or she should access the following hotlines:

For Domestic Violence:

Domestic Violence Response Teams (DVRT) are trained volunteers who work with local police departments. Most Middlesex and Somerset County municipalities have a DVRT and referral information can be found on local police department websites.

- New Jersey Domestic Violence Hotline: 800-572-SAFE (7233)
- Middlesex County DVRT Hotline: Women Aware, Inc. 732-249-4504
- Somerset County DVRT Hotline: Safe and Sound Somerset 866-685-1122

For Sexual Assault and Abuse – Sexual Assault Response Teams (SART) with 24 hour hotlines:

- NJ Coalition Against Sexual Assault: 800-601-7200
- Middlesex County SART: Middlesex County Center for Empowerment 877-665-7273
- Somerset County SART: Zufall Sexual Assault Support Services 908-526-7444

Eating Disorders

Eating disorders include extreme emotions, attitudes, and behaviors surrounding weight and food issues. These disorders cause serious emotional and physical problems that can have serious health consequences for men and women. Eating disorders include specific conditions like anorexia, bulimia, and binge eating disorder.

Anorexia nervosa is an eating disorder that makes people lose more weight than is considered healthy for their age and height. Persons with this disorder may have an intense fear of weight gain, even when they are underweight. They may diet or exercise too much or use other ways to lose weight. Some signs of anorexia include extreme weight loss, thin appearance, fatigue, brittle nails, hair that falls out, absence of menstruation, low blood pressure, intolerance of cold, and constipation.

Bulimia is an illness in which a person has regular episodes of eating a very large amount of food (bingeing) and feels a loss of control over eating. The person then uses different methods to purge and prevent weight gain. These methods include: vomiting, laxatives and sometimes fasting. Many people with bulimia also have anorexia nervosa. With bulimia, eating binges may occur as often as several times a day for many months. The person often eats large amounts of high-calorie foods, usually in secret. During these episodes, the person feels a lack of control over the eating.

Binge eating disorder is an eating disorder in which a person regularly eats unusually large amounts of food. Binge eating can be caused due to depression, social pressure to be thin, and feeling stressed or tension. During binge eating, the person also feels a loss of control and is not able to stop eating. In the United States, binge eating is the most common eating disorder.

Grief

Grief is a reaction to a major loss of someone or something. It is most often an unhappy and painful emotion. Grief may be triggered by the death of a loved one. People also can experience grief if they have an illness for which there is no cure, or a chronic condition that affects their quality of life. The end of a significant relationship may also cause grieving. One in five bereaved people will develop depression. People at highest risk are those who experienced a major depression in the past, have no support system, a history of alcohol or drug abuse or have other major life stresses and should seek help if feelings of loss are debilitating and don't improve over time.

Mental Health

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to contribute to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.

Mental Health Treatment

Mental health treatment is the provision of specific intervention techniques by a professional for conditions identified in the most recent edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM). These interventions should have proven effectiveness, the ability to produce measurable changes in behaviors and symptoms, and should be person- and family-centered and culturally and linguistically appropriate.

Mental Illness

Mental illnesses are serious medical conditions that disrupt a person's thinking, feeling, and moods. These illnesses may impact a person's ability to relate to others or achieve activities of daily living. Mental illnesses are medical conditions that often result in less capacity for coping with the ordinary demands of daily life. Mental illnesses can affect persons of any age, gender, race, religion, or income level.

Migratory Grief

This type of grief is associated with the process of moving from one region to another. This can contribute to an individual's emotional distress and adjustment to the new region they have moved to. Migratory grief includes grieving over the loss of culture, people, and things left behind in the homeland as a result of immigration. Individuals who migrate experience multiple stresses that can impact their mental well-being, including the loss of cultural norms, religious customs, and social support systems; adjustment to a new culture; and changes in identity and concept of self. Families often migrate in a stepwise fashion in which some family members migrate and others remain in the country of origin. Emotional distress occurs to individuals and family units during the separation and family reunification processes.

Obsessive-Compulsive Disorders

Obsessive-compulsive disorder (OCD) is an anxiety disorder in which people have unwanted and repeated thoughts, feelings, ideas, sensations (obsessions), or behaviors that drive them to do something (compulsions). Often a person carries out behaviors to get rid of the obsessive thoughts. But this only provides temporary relief. Not doing the obsessive rituals can cause great anxiety and distress.

There are many types of obsessions and compulsions. These can include physically doing things (behaviors) or doing them in the head (mental acts). Examples include:

- Checking and rechecking actions (such as turning off the lights and locking the door)
- Excessive counting
- Excessive fear of germs
- Repeatedly washing the hands to avoid infection
- Repeating words silently
- Praying silently over and over

Oppositional Defiant Disorder (ODD)

Oppositional defiant disorder is a condition in which a child displays an ongoing pattern of uncooperative, defiant, hostile, and annoying behavior toward people in authority. The child's behavior often disrupts the child's normal daily activities, including activities within the family and at school.

Panic Disorder

Panic disorder is a type of anxiety disorder. It causes panic attacks, which are sudden feelings of terror when there is no real danger. A person may feel like he or she is losing control. A person with panic disorder may also have physical symptoms, such as

- Fast heartbeat
- Chest or stomach pain
- Breathing difficulty
- Weakness or dizziness
- Sweating
- Feeling hot or a cold chill
- Tingly or numb hands

Panic attacks can happen anytime, anywhere, and without warning. A person with panic disorder lives in fear of another attack and may avoid places where a previous attack occurred. For some people, fear takes over their lives and they cannot leave their homes.

Pervasive Developmental Disorder Not Otherwise Specified – *see Autism Spectrum Disorder.*

Phobias

A phobia is a type of anxiety disorder. It is a strong, irrational fear of something that poses little or no real danger. There are many specific phobias. If someone becomes anxious and extremely self-conscious in everyday social situations, he or she could have a social phobia. Other common phobias involve tunnels, highway driving, water, flying, animals, and blood.

Postpartum Depression

Postpartum depression is moderate to severe depression in a woman after she has given birth. It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first three months after delivery. The symptoms of postpartum depression are the same as the symptoms of depression that occurs at other times in life. Along with a sad or depressed mood, a woman may have some of the following symptoms:

- Agitation or irritability
- Changes in appetite
- Feelings of worthlessness or guilt
- Feeling withdrawn or unconnected
- Lack of pleasure or interest in most or all activities

Post-Traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder. A person can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, sexual assault, physical abuse, or a bad accident. PTSD makes people feel stressed and afraid after the danger is over. It affects their life and the people around them. PTSD can cause problems like:

- Flashbacks, or feeling like the event is happening again
- Trouble sleeping or nightmares
- Feeling alone
- Angry outbursts
- Feeling worried, guilty, or sad

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children.

Self-Esteem

Self-esteem is a way of thinking and feeling about oneself. Self-esteem helps someone have the courage to try new things, like making new friends. With self-esteem, someone believes in himself or herself. Low self-esteem makes individuals feel unsure. They doubt they can do things as well as others. They lack the confidence to go after their goals.

Sexual Abuse and Violence – *see Domestic Violence.*

Stress

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Everyone feels stressed from time to time. Not all stress is bad. All animals have a stress response, and it can be life-saving. But chronic stress can cause both physical and mental harm.

There are at least three different types of stress:

- Routine stress related to the pressures of work, family, and other daily responsibilities;
- Stress brought about by a sudden negative change, such as losing a job, divorce, or illness; and/or
- Traumatic stress, which happens when a person is in danger of being seriously hurt or killed. Examples include a major accident, war, assault, or a natural disaster. This type of stress can cause post-traumatic stress disorder (PTSD).

Different people may feel stress in different ways. Some people experience digestive symptoms. Others may have headaches, sleeplessness, depressed mood, anger, and irritability. People under chronic stress get more frequent and severe viral infections, such as the flu or common cold. Vaccines, such as the flu shot, are less effective for them.

Some people cope with stress more effectively than others. It's important to know one's limits when it comes to stress, so that they can avoid more serious health effects.

Stress:

Signs or symptoms:

Feelings:

- Worried
- Angry
- Irritable
- Depressed
- Unable to focus

Physical signs lasting for more than a month:

- Headaches
- Back pain
- Problems sleeping
- Upset stomach
- Weight gain or loss
- Tense muscles
- Frequent or more serious colds

Take action:

Encourage individuals to talk to someone they trust, such as a health care provider, clergy, or community religious leader.

Referral recommendation:

Encourage individuals to seek assistance from a health care provider. (See the “Physical Health Facilities” section for recommendations if they currently do not have a health care provider).

Substance Abuse (SA)/Substance Use Disorders

Substance Abuse/Substance Use Disorders (Addiction) are defined as a chronic, relapsing brain disease that is characterized by compulsive alcohol and/or drug seeking and use, despite harmful consequences. It is considered a brain disease because drugs change the brain, including its structure and how it works. These brain changes can be long lasting and can lead to many harmful, often self-destructive, behaviors.

Tolerance occurs when an individual no longer responds to the drug in the way that person initially responded. Stated another way, it takes a higher dose of the drug to achieve the same level of response that was achieved initially.

Substance Abuse:

Signs of addiction:

- Drinking or drugging more than a person wants to, for longer than they intended, or despite telling themselves that they wouldn't do it this time.
- Spending less time on activities that used to be important because of the use of alcohol or drugs; drop in attendance and performance at work or school.
- More likely to take serious risks in order to obtain one's drug of choice.
- Acting out against those closest to them, particularly if someone is attempting to address their substance abuse.
- Going out of one's way to hide the amount of drugs or alcohol consumed or one's activities when drinking or drugging; unexplained injuries or accidents.
- Serious changes or deterioration in hygiene or physical appearance—lack of showering, slovenly appearance, unclean clothes.
- Continuing to drink or take drugs, even though it is causing problems (on the job, in relationships, for one's health).

A family history of addiction can dramatically increase one's predisposition to substance abuse.

Take action:

Encourage individuals to talk to someone they trust, such as a health care provider, clergy, or community religious leader. In addition, the Wellspring Center for Prevention provides an online referral help tool for addiction services at

www.wellspringprevention.org/help-tool

Suicide

Suicide is the act of taking one's own life on purpose. Suicidal behavior is any action that could cause a person to die, such as taking a drug overdose or crashing a car on purpose. Most people who are depressed don't attempt suicide, but depression can increase the risk of suicide and suicide attempts.

Suicide:

Signs or symptoms:

These behaviors may be signs that someone is thinking about suicide:

- Talking about wanting to die, “wishing” one were dead or making statements about killing oneself.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Talking about feeling worthless.
- Increasing one's use of alcohol or drugs.
- Appearing anxious or agitated; behaving recklessly with little regard to one's future safety.
- Exploring ways to kill oneself, such as searching for methods online or buying a gun.
- Changes in one's sleeping habits.
- Becoming withdrawn, reserved or isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Take Action:

If someone is in immediate danger, call 9-1-1. Otherwise, get assistance right away.

In New Jersey Hopeline (<http://www.njhopeline.com>)

- Call the 24/7 peer support and suicide prevention hotline: 855NJHopeline (855-654-6735)
- LiveChat go to <http://www.njhopeline.com/LiveChat.htm>;
- Text: njhopeline@ubhc.rutgers.edu

National Suicide Prevention Lifeline at <http://www.suicidepreventionlifeline.org/>

- Call 800-273-TALK (800-273-8255)
- TTY 800-899-4889
- LiveChat go to <https://suicidepreventionlifeline.org/chat/>

Trevor Project – crisis intervention for LGBTQ young people under 25 at: www.trevorproject.org

- Call 866-488-7386
- Text: START to 678678
- LiveChat go to <https://www.thetrevorproject.org/get-help-now/#sm.00001tg9med9pjf53wy0pxt5k3mot>

Options to Directing People to Professional Help

This section provides a brief outline to help you or your clients get professional help.

For all emergencies, contact 9-1-1.

In the case of a non-emergency:

Have clients seek assistance from a primary care physician, because primary care physicians can assist them with choosing the correct behavioral health provider.

- If they have health insurance but do not have a primary care provider, they should contact their health insurance company (number is usually on the back of the card) for a provider referral. It is suggested that you assist your clients with this process, because it might require a number of phone calls before you can actually make an appointment. Also, please note that health insurance company referral lists are often out-of-date, so when contacting the insurance company, it is recommended that you get contact information for several providers.
- If they have Medicaid, Parts A, B, or C, with your assistance, they can contact their Medicaid HMO Care Manager for a provider referral at the following numbers:
 - Aetna HMO – 1-855-232-3596
 - Amerigroup Community Care – 1-800-452-7101, ext. 66050
 - Horizon NJ Health – 1-800-682-9094, ext. 89385
 - United Healthcare Community Plan – 1-877-704-8871, ext. 5260
 - Well Care – 1-866-687-8570
- If they do not have health insurance and need to establish a relationship with a primary care provider, they should contact one of the providers listed in the “Referral Directory, Physical Health Facilities” section.

If your clients would prefer to get behavioral health care immediately, they should contact New Jersey MentalHealthCares or the Designated Psychiatric Emergency Services in their county:

NJMentalHealthCares behavioral health information and referral service.

Phone: 866-202-4357 or TTY: 1-977-294-4356

www.njmentalhealthcares.org/

Operates Monday – Friday, 8 a.m. to 8 p.m.

Middlesex County Psychiatric Emergency Screening Services

Rutgers University Behavioral Health Care Crisis Screening

24-Hour Hotline: 855-515-5700

Raritan Bay Medical Center

24-Hour Hotline: 732-442-3794

Somerset County Psychiatric Emergency Screening Services (PESS)

Somerset County PESS

24-Hour Hotline: 908-526-4100

REFERRAL DIRECTORY

This section provides information to assist agencies when needing to refer clients to appropriate resources. It is divided into the following sections:

- Organizations, Support Groups, Helplines, and Trainings
- Mental Health Counseling and Addiction Service Centers
- Physical Health Facilities
- Housing and Homelessness
- Immigration Assistance
- Transportation Services

For all the sections, please note the following:

All services are provided in English. If an organization provides services in other languages besides English, the authors noted this information in the entry under “Additional Languages.” If the organization only provides services in English, the authors have noted “None” under “Additional Languages.”

Organizations Providing Support, Helplines, and Trainings

For each organization in this section, the following information is included:

- Name
- Description
- Additional Languages
- Contact Information
- Icons indicating support groups, training, and helplines or hotlines

About the icons (pictures):



Support – This icon indicates that the organization provides support groups for people with a health condition in common.



Training – This icon indicates that the organization provides trainings.



Helpline – This icon indicates that the organization sponsors a helpline or a hotline phone number. If known, hours of operation for the helpline or hotline are provided.

Name: 2NDFloor Youth Helpline

Description: This NJ Statewide youth helpline, 2NDFLOOR, is available 24-hours, seven-days-a-week, to children and young adults aged 10-24. It is a confidential and anonymous helpline to help youth find solutions to the problems they face.



For those who would rather type than talk, 2NDFLOOR has an anonymous online message board. The message board is a place where you can talk about whatever is on your mind—stuff like problems at home or school, issues with friends, and even topics like stress, anxiety, sexuality, drugs, violence or abuse—basically, whatever is on your mind.

Additional Languages: Spanish

Contact Information:

Phone Number: 888-222-2228 (text or call)

TTY: 732-264-1703

Website: www.2NDFLOOR.org

Online Message Board: <https://www.2ndfloor.org/message-board/>

Name: ARC of Middlesex County

Description: ARC of Middlesex County (ARC) serves individuals with intellectual and developmental disabilities (I/DD) and their families. ARC provides comprehensive quality-of-life supports and services for a culturally diverse population of people with developmental and other disabilities and their families.

Additional Languages: Spanish

Contact Information:

Address: 219 BlackHorse Lane, #1 North Brunswick, NJ 08902

Phone Number: 732-821-1199

Website: <http://www.arc-middlesex.org/>

Name: Autism New Jersey

Description: Through clinical expertise, awareness, education, and public policy initiatives, Autism New Jersey leads the way to lifelong individualized services provided with skill and compassion. Autism New Jersey works to enhance resilience, abilities, and quality of life for those with autism and to connecting the community to referrals, services, and the latest information about autism. In addition, Autism New Jersey provides education, training, and support to parents and professionals.

Additional Languages: None for office or support; uses Google Translate on website for most languages

Contact Information:

Address: 500 Horizon Drive, Suite 530, Robbinsville, NJ 08691

Phone Numbers:

Helpline: 800-4-Autism

Office: 609-588-8200

Website: www.autismnj.org



Support



Training



Helpline

Name: Autism Speaks

Description: Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the lifespan, for the needs of individuals with autism and their families through advocacy and support—increasing understanding and acceptance of autism spectrum disorder.

Additional Languages: Spanish

Contact Information:

Address: 1060 State Road, 2nd Floor, Princeton, NJ 08540

Phone Number: 609-228-7310

Website: www.autismspeaks.org/



Name: Catholic Charities - Domestic Violence Counseling for Men and Women

Description: Catholic Charities provides counseling for individuals in domestic violence situations who are court ordered or self-referred. Services are also available for victims of abuse. Residents of Middlesex County or Franklin Township who are impacted by domestic violence are eligible for these services. Clients are usually seen for intake within 3-4 weeks.

Additional Languages: Spanish

Payment Information: Flat rate fee for services

Contact Information:

Phone Number: 732-324-8200

Website: <http://www.ccdom.org/middlesex-domestic-violence>



Name: Catholic Charities – Parent Education and Anger Management

Description: Catholic Charities provides training and education services for parents in a 12-week group counseling setting. Residents of Middlesex County or Franklin Township are eligible for these services. The minimum age to participate is 18. If need arises, clients will be placed on a waiting list and assigned to the next scheduled group; each rotation is every 12 weeks.

Additional Languages: Spanish

Payment Information: Flat rate fee is charged per session

Contact Information:

Phone Number: 732-324-8200

Website: <http://www.ccdom.org/parent-education>



Support



Training



Helpline

Name: Center for Great Expectations Roots To Recovery Outpatient Services

Description: Roots To Recovery, an outpatient program located in the heart of downtown New Brunswick, provides personalized, impactful care in a safe, dignified environment for adults struggling with substance use and its related trauma so they can work toward lasting success. This program, specializing in treatment based on one’s gender identification with substance use and or co-occurring disorders, has a strong emphasis on trauma informed care. The program is uniquely focused on serving underserved populations, providing bilingual treatment as well as a welcoming environment for the LGBTQI community. Additional services provided at Roots To Recovery include: psychiatric care, medication management, family services, parenting education, relapse prevention skills, HIV and Hepatitis C testing, group counseling, and individual therapy.

Additional Languages: None currently; Spanish may be offered in the near future

Contact Information:

Address: 303 George Street, Suite 104, New Brunswick NJ 08901

Phone number: 732-993-6403

Website: <https://www.cge-nj.org/programs/roots-to-recovery-outpatient/>

Name: Central Jersey Family Health Consortium (CJFHC)

Description: CJFHC is a leading private nonprofit 501(c)3 organization licensed by the N.J. Department of Health and part of a regionalized maternal and child health system. Its mission is to improve the health of women of childbearing age, infants, and children in the region through the collaborative efforts of member hospitals, providers, and consumers.

Additional Languages: Spanish

Contact Information:

Address: 2 King Arthur Court, Suite B, North Brunswick, NJ 08902

Phone Number: 732-937-5437

Website: www.cjfhc.org/



Name: CHOICES—Consumers Helping Others Improve their Condition by Ending Smoking

Description: CHOICES is an exciting consumer-driven program for smokers with mental illness in New Jersey. Its goal is to increase awareness of the importance of addressing tobacco use and to create a strong peer support network that encourages mental health consumers to make a positive healthy lifestyle change by addressing smoking and tobacco use.

Additional Languages: Spanish

Contact Information:

Address: 317 George Street, Suite 105, New Brunswick, NJ 08901

Phone Number: 732-235-8232

Website: www.njchoices.org/index.html



Support



Training



Helpline

Name: Department of Children and Families (DCF) Family and Community Partnerships

Description: DCF’s Family and Community Partnerships promotes the health, well-being and personal safety of New Jersey’s children and families by working together with parents, caregivers, organizations, and communities to ensure an effective network of support services, public education, and community advocacy to prevent maltreatment.

Additional Languages: Some documents on website translated into Spanish; Google Translate is available on website

Contact Information:

Address and phone number: For specific services, see program directory at

www.nj.gov/dcf/families/dfcp/DFCPdirectoryMiddlesex.pdf

Website: www.nj.gov/dcf/about/divisions/dfcp/



Name: Depression Bipolar Support Alliance NJ

Description: This organization is a mood-disorder self-help support group affiliated with the Depression and Bipolar Support Alliance (DBSA). The mission of DBSA is to improve the lives of people living with a mood disorder, and their loved ones.

People who are living with depression or bipolar disorder (manic depression), and their families and friends, are welcome. The goal is to help support group participants towards wellness.

Additional Languages: Spanish

Contact Information:

Phone Number: 908-672-9250

Website: <http://dbsanewjersey.org/middlesex-county/>

Website for Spanish language group: https://dbsanewjersey.org/wp-content/uploads/2018/05/MiddlesexFlyer_Spanish.pdf



Name: Division of Developmental Disabilities

Description: The Division of Developmental Disabilities provides public funding for services and supports that assist New Jersey adults with intellectual and developmental disabilities, age 21 and older, to live as independently as possible. Services and supports are available in the community from independent providers and in five state-run developmental centers.

Additional Languages: Spanish

Contact Information:

Address: 222 South Warren Street, Trenton, NJ 08608

Phone Number: 800-832-9173

Website: www.nj.gov/humanservices/ddd/home/



Support



Training



Helpline

Name: Easter Seals

Description: Easter Seals provides exceptional services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work, and play in our communities. From child development centers to physical rehabilitation and job training for people with disabilities, Easter Seals offers a variety of services to help people with disabilities address life’s challenges and achieve personal goals.



Additional Languages: Spanish

Contact Information:

Address: 25 Kennedy Boulevard, Suite 600, East Brunswick, NJ 08816
Phone Number: 732-257-6662
Website: www.easterseals.com/nj/our-programs/camping-recreation/

Name: Elijah’s Promise

Description: Elijah’s Promise strives to break the cycle of poverty in the community. Elijah’s Promise’s Homeless Empowerment Action Response Team (HEART) program brings food, blankets, hygiene products, and service referrals to homeless men and women across Middlesex County. From help finding shelter and housing, to help getting into treatment for substance abuse or mental illness, staff and peer workers outreach to help homeless people get off the streets. Living with a substance use or mental disorder often is associated with homelessness. HEART will connect individuals who experience homelessness to mental health counselors, drug-abuse counselors, and in-treatment programs.



Additional Languages: Spanish

Contact Information:

Address: 211 Livingston Avenue, New Brunswick, NJ 08901
Phone Number: 732-545-9002
Website: <http://www.elijahspromise.org/promise-programs/social-support-programs>

Name: Family Connection Central Intake

Description: Family Connection Central Intake provides women and families in Middlesex, Monmouth, Ocean, and Somerset counties with information and referral to a variety of resources within their communities. The program assists women in accessing the most appropriate services for their needs. Family Connections Central Intake will help you find resources and services in your area such as behavioral health, transportation, housing, health insurance, child care, early childhood services, smoking and addiction services, parenting education and support, WIC, and nutrition. These services are provided to address individual needs and promote healthy lifestyles.



Additional Languages: Spanish for some programs

Contact Information:

Address: 2 King Arthur Court, Suite B, North Brunswick, NJ 08902
Phone Number: 888-551-6217
Website: <https://www.cjfhc.org/index.php/en/programs-services/community-programs-and-services>



Support



Training



Helpline

Name: Family Support Organization of Middlesex County

Description: Family Support Organization of Middlesex County provides support to families of children with behavioral or emotional challenges and developmental disabilities. The Family Support Organization provides high-quality, family-friendly, child-centered services, including support groups.

Additional Languages: Spanish

Contact Information:

Address: 1 Ethel Road, Suite 108, Edison, NJ 08817

Phone Number: 732-287-8701

Website: <http://www.middlesexresourcenet.org/search/the-family-support-organization-of-middlesex-county/>



Name: GLMA

Description: GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer (LGBTQ) and all sexual and gender minority (SGM) individuals, and equality for LGBTQ/SGM health professionals in their work and learning environments. GLMA utilizes the scientific expertise of its diverse multidisciplinary membership to inform and drive advocacy, education, and research. GLMA hosts an online Provider Directory that includes information on primary care providers, specialists, behavioral health therapists, dentists and other health professionals.

Additional Languages: None

Contact Information:

Website: <http://www.glma.org/index.cfm?nodeid=1>

Website (provider directory):

https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp (be sure to click on the “Additional Search Options” button).

Name: LGBT National Youth Talkline

Description: The Lesbian, Gay, Bisexual and Transgender (LGBT) National Help Center, provides vital peer-support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity. The organization operates three national hotlines, the LGBT National Hotline, the LGBT National Youth Talkline, the LGBT National Senior Hotline, and a private one-to-one online chat for youth and adults with coming-out issues, safer-sex information, school bullying, family concerns, relationship problems and a lot more. The organizations also runs weekly moderated chat rooms for LGBT youth and teens to find support, acceptance and community.

Additional Languages: None

Contact Information:

Hotline Phone Numbers:

Lesbian, Gay, Bisexual and Transgender National Hotline: 888-843-4564

LGBT National Youth Talkline: 800-246-PRIDE (7743)

LGBT National Senior Talkline: 888-234-7243

Website: <https://www.glbthotline.org>



Support



Training



Helpline

Name: Manavi

Description: Manavi is dedicated to ending all forms of violence and exploitation against South Asian women living in the United States. Manavi provides advocacy and direct services to victims of intimate violence. Manavi organizes support groups for South Asian women once a month in New Brunswick. These sessions, run by trained facilitators, are completely confidential, and childcare is provided.

Additional Languages: Gujarati, Hindi, Bengali, Telugu, Tamil, Marathi, Punjabi, Urdu, Kannada, Malyalam, Oria, Farsi

Contact Information:

Address: P.O. Box 3103, New Brunswick, NJ 08903

Phone Number: 732-435-1414

Website: <http://manavi.org>



Name: Mental Health First Aid

Description: Mental Health First Aid is an in-person training that teaches one how to help people who may experience signs of mental illness or are in a crisis. It teaches signs of addictions and mental illnesses, impact of mental and substance use disorders, local resources and where to turn for help, and includes a five-step action plan to assess a situation and help.

Additional Languages: Spanish

Contact Information:

Phone Number: 202-684-7457

Website: www.Mentalhealthfirstaid.org



Name: Middlesex County Center for Empowerment: Sexual Violence Services

Description: The state-designated sexual violence program for Middlesex County. The Center for Empowerment supports survivors, and significant others, affected by sexual violence and seeks to eliminate all forms of sexual violence through community awareness and education. Services include crisis intervention, information and referral via a 24-hour hotline, forensic evidence collection, and counseling for current or past sexual abuse.

Additional Languages: Spanish

Contact Information:

Address: 29 Oakwood Avenue, Edison, NJ 08837

Phone Number: 877-665-7273 or 732-321-1189

Website: www.co.middlesex.nj.us/Government/Departments/PSH/Pages/Center-for-Empowerment.aspx



Support



Training



Helpline

Name: Mom2Mom HelpLine Program

Description: Mom2Mom is a statewide nonprofit organization funded by the New Jersey Department of Children and Families (DCF) and directed by Rutgers University Behavioral Health Care (UBHC). This 24/7 support helpline is accessible to mothers and caregivers of children with special needs throughout the state. The helpline and other programs are staffed by mothers of children with special needs who have been trained as counselors with the support of mental health clinicians.



Additional Languages: Spanish

Contact Information:

Address: 151 Centennial Avenue, Piscataway, NJ 08854

Phone Number: 877-914-6662

Website: <http://ubhc.rutgers.edu/mom2mom/index.htm>

Name: Moving Forward Community Wellness Center

Description: The Moving Forward Community Wellness Center is a place where adult mental health consumers gather in a warm, safe, supportive, and friendly environment—an environment designed to empower consumers to realize a lifestyle centered on wellness and recovery.



Additional Languages: None

Contact Information:

Address: 25 Elizabeth Street, 2nd Floor, Suite H, New Brunswick, NJ 08901

Phone Number: 732-317-2920

Name: National Alliance on Mental Illness (NAMI)

Description: NAMI offers peer-led programs to community settings such as churches and schools. With the unique understanding of people with lived experience, these programs and support groups provide outstanding free education, skills training and support. Programs include educational classes, presentations, support groups, and outreach & advocacy. As a self-help organization, NAMI NJ is especially sensitive to the concept of mutual caring and responsibility implicit in family relationships and reaching out in that context to families from various cultures that are affected by serious mental illness.



Additional Languages: Spanish, Chinese and a variety of South Asian languages

Contact Information:

Address: 1562 Route 130, North Brunswick, NJ 08902

Phone Number: 732-940-0991

Websites: <http://www.naminj.org/>

All services: <http://www.naminj.org/programs/>

African-American services: <http://www.naminj.org/programs/multicultural/aactnow/>

Chinese-American services: <http://www.naminj.org/programs/multicultural/camhop/>

Espanol: <http://www.naminj.org/programs/multicultural/nami-nj-en-espanol/>

South Asian services: <http://www.naminj.org/programs/multicultural/samhaj/>



Support



Training



Helpline

Name: NJMentalHealthCares

Description: NJMentalHealthCares is a phone line and online directory staffed by behavioral care specialists who use their experience and understanding of the behavioral health system to connect people to the services and information they need. The online directory holds information on more than 3,400 services. This service is free. The phone line is available Monday through Friday from 8 a.m. to 8 p.m.

Additional Languages: Language line service available for most languages

Contact Information:

Phone Number: 866-202-4357 or TTY 977-294-4356

Website: <http://www.njmentalhealthcares.org/>

Online directory: <https://njmentalhealthcares.communityos.org/zf/taxonomy/directory>



Name: New Jersey Addiction Services Helpline

Description: The New Jersey Addiction Services Helpline provides information and referral to substance abuse treatment agencies statewide. This free service is available 24 hours a day, seven days a week, and all information shared is confidential.

Additional Languages: Bilingual staff for Spanish, and language line service available for most languages

Contact Information:

Phone Number: 844-276-2777



Name: NJ Disaster Mental Health Helpline

Description: NJ Disaster Mental Health Helpline provides public access to targeted mental health services in case of natural or man-made disaster or terrorist attack. The helpline is equipped to quickly develop resources to better assist New Jersey's affected populations. Hours of operation are 8 a.m. to 8 p.m. Monday through Friday, and 10 a.m. to 5 p.m. on Saturday and Sunday.

Additional Languages: Language line service available for most languages

Contact Information:

Phone Numbers: 877-294-HELP (4357), TTY 877-294-4356

Website: <https://www.njmentalhealthcares.org/disaster-services/>



Name: New Jersey Perinatal Mood Disorders (Postpartum Depression) Helpline

Description: The Perinatal Mood Disorders (PMD) and Postpartum Depression (PPD) helpline is available to provide resources and information to women and their families regarding general questions, treatment services, support groups, and referrals to counseling for PMD and PPD. The toll-free helpline is available 24 hours a day, seven days a week.

Additional Languages: Language line service available for most languages

Contact Information:

Phone Number: 800-328-3838

Website: <https://nj.gov/health/fhs/maternalchild/mentalhealth/about-disorders/>



Support



Training



Helpline

Name: New Jersey Veterans Helpline (NJ Vet2Vet)

Description: New Jersey Vet2Vet is a 24-hour/7-day-a-week helpline coordinated by Rutgers University Behavioral Health Care. The free, confidential helpline features peer counseling for veterans, members of the Air/Army National Guard, and family members. In addition, services include providing this population access to a support network of mental health professionals. Also offer services via LiveChat and email.



Additional Languages: Spanish

Contact Information:

Phone Number: 866-838-7654

Website: <http://ubhc.rutgers.edu/vet2vet/>

LiveChat: <https://www.njvet2vet.com/live-chat/> (see web page for hours of operation)

Email support: <https://www.njvet2vet.com/email-support/>

Name: PerformCare NJ

Description: PerformCare is a full-service behavioral health managed care company, supporting members in the public sector. Committed to providing superior, innovative solutions in behavioral health, developmental and intellectual disabilities, human services, and integrated health programs. PerformCare New Jersey utilizes significant expertise and integrated technologies to register, authorize, and coordinate services for children, youth, and young adults who are experiencing emotional and behavioral challenges, are impacted by substance use treatment needs, or have an intellectual/developmental disability. PerformCare administers the publicly funded developmental disability service delivery system for children under 21, including application for Developmental Disability Services, which can provide respite care, therapy, recreational activities, and assistive devices, and offers behavioral health care, which includes counseling and mentoring for all children experiencing emotional and behavioral challenges, as well as Mobile Response and stabilization services for urgent and crisis situations.



Additional Languages: Language line service available for most languages

Contact Information:

Address: 300 Horizon Drive, Suite 306, Robbinsville, NJ 08691

Phone Numbers: 877-652-7624

Website: <http://www.performcarenj.org/>



Support



Training



Helpline

Name: Pride Center of New Jersey

Description: The Pride Center of New Jersey provides comprehensive programming which fosters the health and well-being of the lesbian, gay, bisexual, transgender, intersex and questioning (LGBTIQ) community. The Center increases public acceptance and champions social change for the LGBTIQ community through education and outreach. The Pride Center of New Jersey offers a number of support groups.



Additional Languages: The Centers offers a Spanish-speaking social/support group.

Contact Information:

Address: 85 Raritan Avenue, Suite 100 Highland Park, NJ 08904-2701

Phone number: 732-846-2232

Website: <https://www.pridecenter.org>

Website for support groups: <https://www.pridecenter.org/support-groups.html>

Name: Puerto Rican Action Board (PRAB) New Brunswick

Description: The Puerto Rican Action Board, Inc. (PRAB) addresses community needs by coordinating available community resources and administrative programs that improve the quality of life of the low-income community of the central New Jersey area. PRAB hosts the Harmony Family Success Center (FSC), a neighborhood gathering place where any Middlesex County resident can go for support, information, and services. The FSC provides services directly, collaborates with community agencies to provide services on site, and helps arrange access to off-site resources where necessary. The Harmony Family Success Center uses a collaborative approach to service provision where local residents serve as mentors and decision makers, and families use strengths/skills to problem solve. All activities and programs are designed and developed to ensure sensitivity to the values and cultures of the community and the families being served.



Additional Languages: Spanish

Contact Information:

Address: 90 Jersey Avenue, New Brunswick, NJ 08901

Phone Number: 732-828-4510

Website: <https://prab.org>

Name: Robert Wood Johnson University Hospital, RWJBarnabas Health

Description: Self-help and support groups that meet at Robert Wood Johnson University Hospital provide individuals and family members with information, education, and assistance in learning to cope with the emotional and practical aspects of an illness and other health-related conditions. These groups are also a wonderful opportunity to meet others and share information, experiences, strengths, and hopes.



Additional Languages: Interpreters for some languages; language line service available for most languages

Contact Information:

Website: <https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/support-services/>



Support



Training



Helpline

Name: Safe + Sound Somerset

Description: Safe + Sound Somerset (formerly the Resource Center of Somerset) is the Domestic Violence Resource Center for Somerset County. It provides a safe and supportive environment that promotes healing and assists individuals as they engage in their journey from victims to survivors. Services include emergency shelter, legal advocacy, outreach counseling, community education, volunteer Domestic Violence Response Teams, and transitional housing. Services are open to survivors of domestic abuse, including women, men and children, and are confidential, free and available in English and Spanish.

Additional Languages: Spanish

Contact Information:

Address: 427 Homestead Road, Hillsborough, NJ 08844

Phone Number: 24-Hour Toll-Free Hotline: 866-685-1122 (call or text)

Website: <https://www.safe-sound.org>



Name: Saint Peter's University Hospital

Description: Saint Peter's University Hospital (SPUH) sponsors free support groups for those who seek emotional or spiritual comfort in the company of their peers. All programs are open to the public and meet at Saint Peter's University Hospital unless otherwise indicated on the hospital's website. See the SPUH's Events page for more information.

Additional Languages: Interpreters for some languages; language line service available for most languages

Contact Information:

Website: <https://www.saintpetershcs.com/Events>



Name: TeenPEP

Description: The Teen Prevention Education (Teen PEP) is a comprehensive, sexual health program that utilizes peer-to-peer education to increase students' knowledge, attitudes, skills, and behaviors associated with healthy decision-making. Teen PEP is implemented in high schools and in organizations as an after-school program. Locally, this program is hosted by high schools in Franklin, Highland Park, Middlesex, Monroe Township, North Brunswick, Perth Amboy, and South Brunswick.

Additional Languages: Unknown

Contact Information:

Website: <http://www.teenpep.org/index.cfm>



Support



Training



Helpline

Name: Wellspring Center for Prevention

Description: Wellspring Center for Prevention is a nonprofit, community-based health organization providing prevention, education, information, and referral services to county residents, businesses, schools, faith-based organizations, municipal alliances, and social service agencies. In addition, Wellspring offers an ever-expanding array of professional development courses for addiction counselors, prevention specialists, and school faculty and staff. All courses are approved for initial or renewal credits toward multiple state and national credentials. Courses are available in traditional classroom and e-Learning formats.



Additional Languages: Spanish

Contact Information:

Address: 620 Cranbury Road, Suite 105, East Brunswick, NJ 08816

Phone Number: 732-254-3344

Websites:

General services: www.WellspringPrevention.org/

Training courses: www.WellspringPrevention.org/training

Name: Women Aware

Description: Provides emergency shelter for victims of domestic violence and their children, 24-hour crisis intervention and hotline counseling, legal information and advocacy, and support groups for women in two locations throughout the county.



Additional Languages: Spanish

Contact Information:

Address: 250 Livingston Avenue, New Brunswick, NJ 08901

Phone Numbers:

Hotline: 732-249-4504

Office: 732-249-4900

Website: <https://www.womenaware.net/>

Name: Zufall Health Center’s Somerset County Sexual Assault Support Services (SASS)

Description: Zufall’s Sexual Assault Support Services (SASS) program is a free service available to anyone who has been impacted by rape, sexual assault, incest, or any type of sexual violence. The program offers a confidential 24-hour hotline; crisis counseling with trained, licensed clinicians for survivors, families, and loved ones; support groups for adult survivors based on an empowerment model; and survivor accompaniment to the police station, hospital, or court.



Additional Languages: Spanish

Contact Information:

Address: 71 Fourth Street, Somerville, NJ 08876

Phone Numbers:

Sexual assault crisis hotline: 908-526-7444

Main office: 908-526-7444

Website: www.zufallhealth.org/community-programs/sexual-assault-support-services/



Support



Training



Helpline

Mental Health Counseling and Addiction Service Centers

Please note: This section provides a short description of the counseling and addiction services located in Middlesex County and southeastern Somerset County. To learn more detail about these services and about other services, please access the resources outlined in the “Resource Guide” section of this directory. All services are provided in English; additional languages are noted in the entries under “Additional Languages.”

This section provides the following information for each entry:

- Name
- Description
- Additional Languages
- Payment Information
- Contact Information

Glossary of terms:

Access to Recovery (ATR) – a federally funded program that provides clients with access to services that can help them break free from their use of alcohol and other drugs.

CEPP Status – when a patient is ready for discharge but has not left the hospital because the state has not found a suitable community placement for the individual.

New Jersey Hospital Care Payment Assistance Program – Charity Care – free or reduced-charge care that is provided to patients who receive necessary inpatient and outpatient services at acute care hospitals throughout the state of New Jersey.

Payment assistance – they offer sliding scale fee if applicable or another form of payment help

Ryan White HIV/AIDS Program – provides a comprehensive system of care that includes primary medical care and essential support services for people living with HIV who are uninsured or underinsured.

Sliding scale fees – variable prices for behavioral health and medical services, based on one’s ability to pay. Such fees are thereby reduced for those who have lower incomes, or alternatively, less money to spare after their personal expenses, regardless of income.

State Financed Health Insurance – health insurance provided by the state that is not Medicare or Medicaid.

Name: Bay Behavioral Health, Raritan Bay Medical Center

Description: Bay Behavioral Health provides comprehensive assessment, counseling, and, when necessary, medication management. Bay Behavioral Health's physicians, therapists, and staff are trained to work with all age groups. Providers will assess the patient's overall health, lifestyle, and environment to formulate a customized action plan that focuses on complete mental wellness. Raritan Bay Medical Center provides free, confidential services through a crisis hotline staffed with experienced mental health counselors.

Additional Languages: Language line service available for most languages

Payment Information:

Accept Medicaid and Medicare

Private health insurance

Cash or self-payment

Contact Information:

Address: Outpatient services in Perth Amboy and Old Bridge and inpatient care in Perth Amboy

Perth Amboy: 530 New Brunswick Avenue, Perth Amboy, NJ 08861

Old Bridge: One Hospital Plaza, Old Bridge, NJ 08857

Phone Numbers:

Crisis hotline: 732-442-3794

Veteran's Crisis Hotline: 800-273-8255

Perth Amboy: 732-442-3700

Old Bridge: 732-360-1000

Website: <https://www.rbmc.org/behavioral-health-services-inpatient>

Name: Bonnie Brae Community Homes

Description: An extraordinary school, a home, and a safe haven for boys and young men in crisis, ages 8-21. A fully accredited and nationally recognized Residential Treatment Center, a safe haven for boys to heal, to learn and to grow. Bonnie Brae serves 93 boys at its main campus, situated on 100 acres in Liberty Corner, and 21 young men in community-based transitional living homes in New Brunswick, Bound Brook and Bridgewater.

Additional Languages: None

Payment Information:

Accept Medicaid

Private health insurance

Payment assistance available

Contact Information:

Address: 3415 Valley Road, PO Box 825, Liberty Corner, NJ 07938-0825

Phone Number: 908-647-0800

Website: www.bonnie-brae.org/

Name: Breath of Life Counseling Services, LLC

Description: This comprehensive outpatient program treats many aspects of the addictive cycle. Offers adolescent and adult services for both addiction and mental health services. Treatment team consists of addiction, family, and mental health counselors. They provide partial hospitalization/day treatment options for those who enroll.

Additional Languages: Spanish

Payment Information:

Self-payment only

Contact Information:

Address: 107 Cedar Grove Lane, Somerset, NJ 08873

Highland Park office: 24 North Third Ave, Suite 203F, Highland Park, NJ 08904

Phone Number: 732-690-4616

Website: www.breathoflifecounseling.com/index.aspx

Name: Bridgeway Rehabilitation Services

Description: Bridgeway's unique operational philosophy for programming is to deliver comprehensive wellness services through a multi-disciplinary team approach, in which the personal goals and challenges of each individual become the guiding informant for care plans. Bridgeway works in 11 N.J. counties, including Middlesex and Somerset, and has been a leader in keeping people out of institutionalized care, and in their communities, where 24/7 rehabilitative care for mental illness is more successful and ultimately less expensive to deliver.

Additional Languages: None

Payment Information:

Accept Medicaid and Medicare

Private health insurance

Self-pay with financial assistance

Contact Information:

Address: 615 North Broad Street, Elizabeth, NJ 07208

Phone Numbers:

Main office: 908-355-7886

Middlesex County: 732-771-2300

Somerset County: 908-704-8252

Website: <https://www.bridgewayrehab.org/index.html>

Name: Capitol Care

Description: Capitol Care is a leader in servicing the comprehensive behavioral health needs of individuals across New Jersey. It believes in a comprehensive recovery program based upon the beliefs that informed choice, personal empowerment, advocacy of the inclusionary rights of all people, and responsible and flexible supports are essential to care. Services include the provision of services through the case management of each individual, recreational activities, prevocational management, clinically intensive group processes, and psychiatric monitoring and care.

Additional Languages: None

Payment Information:

Self-payment only

Contact Information:

Address: 7 Waterloo Road, Stanhope, NJ 07874

Phone Number: 844-437-3482

Website: https://www.capitol-care.org/new_jersey

Name: Carrier Clinic

Description: Carrier Clinic specializes in psychiatric and substance abuse addiction treatment and provides a complete array of expert care and education for adolescents, adults and older adults on the inpatient and residential levels. Outpatient services are provided for ElectroConvulsive Therapy (ECT) treatment and substance abuse.

Additional Languages: Language line service available for most languages

Payment Information:

Accept Medicaid and Medicare

Private health insurance

Financial assistance through sliding scale fees

Contact Information:

Address: 252 County Road 601, Belle Mead, NJ 08502

Phone Number: 800-933-3579

Website: <https://carrierclinic.org>

Name: Catholic Charities Diocese of Metuchen East Brunswick Family Service Center

Description: Catholic Charities, Diocese of Metuchen, provides quality services with dignity and respect to the poor, vulnerable, and all people in need, and partners with families and communities to improve the quality of life.

Additional Languages: Language line service available for most languages

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Financial assistance through sliding scale fees

Self-payment

Contact Information:

Address: 288 Rues Lane, East Brunswick, NJ 08816

Phone Number: 732-257-6100

Website: www.ccdom.org/

Name: Catholic Charities Diocese of Metuchen Inner City Counseling

Description: A program of Catholic Charities Diocese of Metuchen, Inner City Counseling provides substance rehab and mental health services. The staff at Inner City Counseling provide personalized services designed to meet the needs of every patient and offer the assistance you need while respecting your independence.

Additional Languages: Spanish; language line service available for most languages

Payment Information:

- Private health insurance
- State Financed Health Insurance
- Self-payment

Contact Information:

Address:

East Brunswick Family Service Center, 288 Rues Lane, East Brunswick, NJ 08816

Maple Street Family, Service Center, 319 Maple Street, Perth Amboy, NJ 08861

Phone Number: 732-324-8200

Name: Catholic Charities Diocese of Metuchen Maple Street Family Service Center

Description: Catholic Charities Diocese of Metuchen Maple Street Family Service Center provides mental health treatment services. It is dedicated to service, quality, and outreach for members of the community, especially those who are poor, devalued, and in need of help. Immigration Program available.

Additional Languages: Spanish

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Financial assistance through sliding scale fees
- Self-payment

Contact Information:

Address:

319 Maple Street, Perth Amboy, NJ 08861

Phone Number: 732-324-8200

Website: www.ccdom.org/

Name: Catholic Charities Diocese of Metuchen, Partial Care – Youth and Adolescent, Edison Family Center

Description: The Youth Partial Care (YPC) Program provides group counseling to youth and adolescents ages 9-17 who are experiencing serious emotional, behavioral, and/or psychiatric challenges. The program serves those who are at risk of psychiatric hospitalization and those transitioning back into the community from a hospital or other therapeutic setting. Youth and adolescents learn to improve social skills and enhance coping strategies for managing difficult situations, and are given the opportunity to bond with other youth and adolescents who understand their challenges. Case management, individual and family counseling, psychiatric evaluation, and medication management services are provided. Each participant is required to complete a clinical assessment and a psychiatric evaluation to determine eligibility.

Transportation services are provided to residents of Middlesex County.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted
Private health insurance
Financial assistance through sliding scale fees
Self-payment

Contact Information:

Address: 20 Safran Avenue, Edison, NJ 08837
Phone Number: 732-324-8200; call access center for a screening and intake appointment
Website: <https://www.ccdom.org/middlesex-partial-care-youth-adolescent>

Name: Catholic Charities/Diocese of Metuchen Programs of Assertive Community Treatment (PACT)

Description: Catholic Charities/Diocese of Metuchen, Programs of Assertive Community Treatment (PACT) in East Brunswick provides a mix of mental health and substance abuse services. PACT staff provide Catholic Charities personalized services designed to meet the needs of every patient. The dedicated health professionals offer the assistance you need while respecting your independence.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted
Private health insurance
Payment assistance through sliding scale fees
Self-payment

Contact Information:

Addresses:
East Brunswick Family Service Center, 288 Rues Lane, East Brunswick, NJ 08816; Phone Number: 732-387-1307
Maple Street Family, Service Center, 319 Maple Street, Perth Amboy, NJ 08861; Phone Number: 732-857-3894
St. John of God Family Service Center, 24 Abeel Street, New Brunswick, NJ, 08901; 732-447-2344
Website: <https://www.ccdom.org/middlesex-program-of-assertive-communitytreatment-pact>

Name: Center for Change and Recovery LLC

Description: Center for Change and Recovery LLC offers mental health and substance abuse counseling in Middlesex, New Jersey. The Center utilize's Cognitive Behavioral Therapy with a focus on relapse prevention and offers group therapy, individual counseling sessions, as well as couples and family counseling. In addition, the Center provides treatment for co-occurring disorders.

Additional Languages: None

Payment Information:

Private health insurance
Payment assistance through sliding scale fees
Self-payment

Contact Information:

Address: 1273 Bound Brook Road, Middlesex, NJ 08846
Phone Number: 732-667-5567
Website: www.thecenterforchangeandrecovery.com/

Name: Center for Great Expectations Residential Program

Description: The Center for Great Expectations (CGE) is a nonprofit human service and health care organization that provides residential treatment, outpatient treatment, developmental day care, and supportive housing to pregnant/parenting adult women in substance use recovery, and pregnant/parenting adolescents. CGE is a safe residence for mothers in treatment, their newborns, and older children who have reunited with them. CGE provides trauma-informed care, individualized treatment plans that meet each client's needs, an onsite child development center, and a continuum of care, from residential through outpatient and supportive housing.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted
Payment assistance through sliding scale fees
Self-payment

Contact Information:

Address: 19B Dellwood Lane, Somerset, NJ 08873
Phone Number: 732-247-7003
Website for adolescent program: <https://www.cge-nj.org/programs/adolescent-program/>
Website for adult program: <https://www.cge-nj.org/programs/adult-program/>

Name: Center for Great Expectations Outpatient Services

Description: Roots To Recovery, an outpatient program, provides personalized, impactful care in a safe, dignified environment for adults struggling with substance use and its related trauma so they can work toward lasting success. This program, specializing in treatment based on one's gender identification with substance use and or co-occurring disorders, has a strong emphasis on trauma informed care. The program is uniquely focused on serving underserved populations, providing bilingual treatment as well as a welcoming environment for the LGBTQI community. Additional services provided at Roots To Recovery include: psychiatric care, medication management, family services, parenting education, relapse prevention skills, HIV and Hepatitis C testing, group counseling, and individual therapy.

Additional Languages: None currently; Spanish may be offered in the near future

Payment Information:

- Medicaid and Medicare accepted
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Address: 303 George Street, Suite 104, New Brunswick, NJ 08901
Phone number: 732-993-6403
Website: <https://www.cge-nj.org/programs/roots-to-recovery-outpatient/>

Name: Center for Network Therapy

Description: Offers exclusive, high-quality ambulatory (outpatient) detoxification from alcohol, anesthetics, benzodiazepines, and opiates (heroin, pain pills), while addressing co-occurring psychiatric issues.

Additional Languages: Spanish

Payment Information:

- Private health insurance
- Self-payment

Contact Information:

Address: 333 Cedar Avenue, Building B, Middlesex, NJ 08846
Phone Number: 732-560-1080
Website: www.recoverycnt.com/

Name: Center for Wellness

Description: The Center for Wellness provides substance abuse and mental health services on an intensive outpatient and partial care basis. It utilizes evidence-based treatment in multiple modalities, which are employed in individual, family, and group interventions.

Additional Languages: Spanish, Hindi, Punjabi

Payment Information:

- Private health insurance (see www.centerforwellnessnj.com/services)
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Address: 312 Applegarth Road, Suite 200, Monroe Township, NJ 08831
Phone Number: 732-655-4239
Website: www.centerforwellnessnj.com/

Name: Clarity Treatment Services LLC

Description: Clarity Treatment Services offers counseling and comprehensive treatment plans and programs for alcohol, drug, and gambling addiction in adolescents and adults. Counselors are licensed to treat addiction and co-occurring disorders using proven methods and options for a more holistic approach.

Additional Languages: Spanish, Portuguese

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment plans available
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Address: 262 State Street, Perth Amboy, NJ 08861

Phone Number: 732-442-3535

Website: www.claritytreatmentservices.com/

Name: Community Care Behavioral Health

Description: Community Care Behavioral Health is a psychiatric partial care day program. The program provides a comprehensive array of psychiatric rehabilitation treatment and services that include case management, counseling, group therapy, skills building groups, co-occurring disorders groups, psycho education, psychiatric evaluations and medication monitoring, pre-vocational and work skills groups, and therapeutic recreational and social activities. CCBH provides specialized tracks for individuals, who in addition to having a mental illness also have substance abuse issues or developmental disabilities.

Additional Languages: Spanish

Payment Information:

- Private health insurance
- Self-payment

Contact Information:

Address: 131 Ethel Road West, Piscataway, NJ 08854

Phone Number: 732-572-4666

Website: www.communitycare.us/

Name: Core Health

Description: Core Health offers a state licensed full-service residential treatment program for adults struggling with substance use disorders. Core Health's 74-bed facility is located in South Amboy. It focuses on the disease of addiction including both the biological and psychological symptoms. Core Health's caring and supportive environment helps individuals to learn about their addiction and develop the skills needed for relapse prevention through the use of evidence based practices specific to the individual.

Additional Languages:

Private health insurance
Self payment

Payment Information:

Contact Information:

Address: 540 Bordentown Avenue, South Amboy, NJ 08879
Phone Number: 732-721-1000
Website: <http://www.corehealthnj.com>

Name: Damon House Inc.

Description: Damon House is a private, nonprofit, social service organization dedicated toward the rehabilitation of chemically addicted individuals through outpatient and residential services. Offers two tracks, one being a longer-term track, where individuals progress through phases at a slower pace. This intensive residential track generally lasts six to 10 months. The second track is the Drug Court program, whereby the individual enter with a specific target completion date that has been dictated by the Courts.

Additional Languages: None

Payment Information:

State Financed Health Insurance accepted, but not Medicaid or Medicare
Access to Recovery voucher accepted
Payment assistance through sliding scale fees
Self-payment

Contact Information:

Address: 105 Joyce Kilmer Avenue, New Brunswick, NJ 08901
Phone Number: 732-828-3988 or 732-828-6002
Website: www.damonhouse.org

Name: Diamond Counseling Center

Description: Diamond Counseling Center provides outpatient addiction rehabilitation services and mental health services. Offers outpatient care and partial hospitalization/day treatment.

Additional Languages: None

Payment Information:

Medicaid accepted
Private health insurance (see <https://www.diamondcounselingcenter.net/services>)
Self-payment

Contact Information:

Address: 1 Ethel Road, Building 1, Suite 101B, Edison, NJ 08817
Phone Number: 732-248-1805
Website: www.diamondcounselingcenter.net/

Name: Family and Community Services of Somerset County

Description: Family and Community Services of Somerset County is a nonprofit community agency that provides professional and affordable mental health, family, and addictions counseling services to children, adolescents, adults, and families in need. It provides support services to address each of life's many transitions and problems.

Additional Languages: Spanish

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

- Address: 339 West 2nd Street, Bound Brook, NJ 08805
- Phone Number: 732-356-1082
- Website: fcssomerset.org/

Name: First Step Counseling

Description: First Step Counseling Services provides comprehensive services for children, adolescents, and adults. It offers evaluations and therapy to individuals, families, and couples affected by mental health and substance abuse issues. First Step also offers group therapy.

Additional Languages: None

Payment Information:

- Private health insurance (see <https://www.firststepmetuchen.com/insurance/>)
- Self-payment

Contact Information:

- Address: 15 Calvin Place, Metuchen, NJ 08840
- Phone Number: 732-549-0401
- Website: firststepmetuchen.com/

Name: George J. Otlowski, Sr. Center for Mental Health Care

Description: The George J. Otlowski, Sr. Center for Mental Health Care is a comprehensive mental health community center sponsored by the Middlesex County Board of Chosen Freeholders. It offers treatment for a wide range of emotional disorders, including anxiety, depression, marital, family, and other problems of daily living. The center serves Middlesex County residents of most ages, from 5 years old and up. Its staff members are experienced mental health and substance abuse professionals, including psychiatrists, psychologists, clinical social workers, registered nurses, licensed professional counselors, and rehabilitation counselors.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Payment assistance through sliding scale fee

Referrals from Ryan White HIV/AIDS Program and Post-Partum Depression Grant

Contact Information:

Address: 570 Lee Street, Perth Amboy, NJ 08861

Phone Number: 732-442-1666

Website:

<http://www.middlesexcountynj.gov/Government/Departments/CS/Pages/GOCMH/George-J.-Otlowski,-Sr.-Center-for-Mental-Health-Care.aspx>

Name: Hackensack Meridian Health JFK Medical Center – Center for Behavioral Health

Description: The Center for Behavioral Health, located on the JFK Medical Center campus, provides a wide array of comprehensive outpatient services for individuals with substance use/abuse or mental health problems.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Contact Information:

Address: 65 James Street, Edison, NJ 08820

Phone Number: 732-321-7189

Website: <https://www.jfkmc.org/clinical-services/behavioral-health>

Name: Jewish Family Services of Middlesex County

Description: Jewish Family Services of Middlesex County is a nonprofit organization serving everyone who lives in Middlesex County and the surrounding environs. Jewish Family Services is committed to helping individuals and families realize a fulfilling life experience at home, in the workplace, and in the community by providing effective social services, counseling, and advocacy through responsive, innovative programs. Immigration/Citizenship services available.

Additional Languages: None

Payment Information:

Medicaid or Medicare accepted
Private health insurance
State Financed Health Insurance
Self-payment

Contact Information:

Address: 32 Ford Avenue, Second Floor, Milltown, NJ 08850 and
1600 Perrineville Road, Suite 52, Monroe Township, NJ 08831
Phone Number: 732-777-1940 (Milltown) and 609-395-7979 (Monroe Township)
Website: www.jfsmiddlesex.org/

Name: Journey to Wellness Inc.

Description: Journey to Wellness is a substance abuse and addiction treatment facility specially designed to help people overcome the challenges presented by alcohol and drug addiction, non-substance-related addictive behaviors, or emotional trauma, using conventional and brief therapies, as well as holistic alternative healing approaches.

Additional Languages: Spanish

Payment Information:

Medicaid and Medicare accepted
Private health insurance (see <https://treatmentnj.net/our-services/>)
Self-payment

Contact Information:

Address: 220 Market Street, Perth Amboy, NJ 08861
Phone Number: 732-709-7440
Website: www.treatmentnj.net/

Name: Laszlo Center 4 Hope and Healing

Description: Laszlo Center 4 Hope and Healing offers substance abuse treatment. This facility also includes special programs focused on persons with mental and substance abuse disorders, persons with HIV/AIDS, men, women, seniors/older adults, active duty military, people who have experienced intimate partner violence, domestic violence, or sexual abuse, and veterans.

Additional Languages: Polish

Payment Information:

Private health insurance
Self-payment

Contact Information:

Address: 367 Old Bridge Turnpike, East Brunswick, NJ 08816
Phone Number: 732-794-3629
Website: www.laszlo4therapy.com/

Name: Middlesex County Youth Advocate Programs

Description: Provides outpatient services (currently on Mondays, Tuesdays, and Thursdays) to children and youth in Middlesex County with behavioral health needs.

Additional Languages: Spanish

Payment Information:

Medicaid and self-payment only

Contact Information:

Address: 35 Elizabeth Street, 2nd Floor, New Brunswick, NJ 08901

Phone Number: 732-640-2282

Website: <http://www.yapinc.org/NJ>

Name: New Brunswick Counseling Center

Description: New Brunswick Counseling Center is an outpatient substance abuse and mental health treatment center. The Outpatient Substance Use and Co-Occurring Disorders (COD) programs offer a variety of services for treatment of non-opiate substance use disorders.

Additional Languages: Spanish

Payment Information:

Medicaid accepted

State Financed Health Insurance

Payment assistance through sliding scale fees

Self-payment

No private health insurance

Contact Information:

Address: 320 Suydam Street, New Brunswick, NJ 08901

Phone Number: 732-246-4025

Website: www.newbrunswickcounselingcenter.org/

Name: New Hope Foundation Inc. – Open Door Outpatient Services

Description: New Hope offers a full range of adult and adolescent, outpatient treatment services for substance use, gambling and co-occurring mental health disorders. This includes both day and evening intensive services at it's New Brunswick facility.

Drug screening, assessment and referral, aftercare, individual, group and family counseling, drug-free workplace consultation and prevention, and education services are also available.

Residential services are available at other locations.

Additional Languages: Spanish

Payment Information:

Private health insurance

Payment assistance through sliding scale fees

Grant funded programs (contact 800-705-4673 to learn about availability and eligibility)

Self-payment

Contact Information:

Open Door's Address: 2-4 New and Kirkpatrick Streets, New Brunswick, NJ 08901;

Phone Number: 732-246-4800

Phone Number For Residential services: 732-946-3030

Website: <https://newhopeibhc.org/about/facilities/>

Name: Passion Care Center

Description: Passion Care Center is a bilingual Adult and Adolescent Substance Abuse, Mental Health and Family Treatment Center. It aims to help individuals and their families heal from substance abuse and commonly related behavioral health issues through a holistic approach to recovery that is both efficient and client-directed.

Additional Languages: Spanish

Payment Information:

Medicaid accepted

Payment assistance through sliding scale fees

Self-payment

Contact Information:

Address: 187 Fayette Street, Perth Amboy, NJ 08861

Phone Number: 732-410-7102

Website: www.thepassioncarecenter.com/

Name: Planned Parenthood of Northern, Central and Southern New Jersey

Description: The Planned Parenthood Center in Perth Amboy offers PrEP or pre-exposure prophylaxis, a treatment regimen that can help prevent HIV infections.

Additional Languages:

Payment Information:

Private health insurance (see <https://www.plannedparenthood.org/planned-parenthood-northern-central-southern-new-jersey/patient-resources/accepted-insurance-plans>)

Medicare

Medicaid (see <https://www.plannedparenthood.org/planned-parenthood-northern-central-southern-new-jersey/patient-resources/accepted-insurance-plans>)

Self-payment

Payment assistance through sliding scale fees

Contact Information:

Address: 450 Market Street, Perth Amboy, NJ 08861

Phone Number: 973-647-2128 (PrEP counselor)

Website: www.thepassioncarecenter.com/

Name: Princeton House Behavioral Health – Outpatient Services and Senior Link Program

Description: Princeton House Behavioral Health’s outpatient services include partial hospital programs and intensive outpatient programs, which feature a level of focused care that falls between inpatient and traditional outpatient treatment.

The Senior Link Program is Designed for those ages 65 and older, Senior Link supports older adults who are suffering from anxiety, depression, and other mood disorders while providing a supportive environment. Its structured group setting addresses unique needs and concerns during this stage of life. This approach facilitates camaraderie and helps seniors work through shared concerns.

Additional Languages: Language line service available for most languages

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Self-payment

Contact Information:

- Address: 1460 Livingston Avenue, Building 100, North Brunswick, NJ 08902
- Admissions Phone Number: 888-437-1610
- Phone Numbers: 732-729-3600 or 732-729-3636
- Website: www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health/locations/outpatient--north-brunswick.aspx
- Senior Link website: www.princetonhcs.org/phcs-home/what-we-do/princeton-house-behavioral-health/treatment-programs/older-adults.aspx

Name: RAMAS Counseling Center

Description: RAMAS provides substance abuse treatment to patients through outpatient services.

Additional Languages: Hindi

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

- Address: 1 Woodbridge Center, Suite 722, Woodbridge, NJ 07095
- Phone Number: 732-602-9000

Name: Robert Wood Johnson University Hospital Behavioral Health Services

Description: Treatment at Robert Wood Johnson University Hospital Somerset promotes personal growth and healthy functioning to treat mental health issues. It provides a supportive and safe healing environment where staff helps patients understand their illness, build on existing strengths, and develop new coping skills.

Additional Languages: Interpreter and language line services available

Payment Information:

Medicaid and Medicare accepted

Private health insurance

New Jersey Hospital Care Payment Assistance Program – Charity Care

Contact Information:

Address: 110 Rehill Avenue, Somerville, NJ 08876

Phone Number: 908-685-2859

Website: www.rwjuh.edu/rwjuh/behavioralhealth.aspx

Name: Rutgers University Behavioral Health Care (UBHC)

Description: UBHC offers multiple services related to mental health and substance abuse treatment in multiple locations throughout New Jersey. UBHC provides clinical care and the development of new treatments, and it also trains professionals across the country in the best ways to support people through difficult times.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Grants available for those who are uninsured

Contact Information:

Address: Multiple locations

Access Center Phone Number: 800-969-5300

Website: ubhc.rutgers.edu/

Name: Rutgers UBHC – Acute Psychiatric Services (APS)

Description: APS provides a 24-hour walk-in to serve individuals of all ages who require an emergency level of care. Some individuals who come to APS are currently in treatment at University Behavioral Health Care; others are not. Walk-in patients are seen briefly by a nurse, and then by a mental health clinician who conducts an assessment of a patient's condition and develops an appropriate intervention and disposition plan.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Grants available for those who are uninsured

Contact Information:

Address: 671 Hoes Lane, Piscataway, NJ 08854

Phone Number: 855-515-5700

<https://ubhc.rutgers.edu/services/crisis.html>

Name: Rutgers UBHC – Adult Acute Partial Hospitalization

Description: Acute Partial Hospitalization is an all-day group based program that provides comprehensive recovery oriented treatment and case management services for individuals who are diagnosed with a psychiatric illness which may also include co-occurring substance use. The program provides accessible, person-centered and evidence-based services designed to assist individuals with achieving valued life roles as they actively pursue greater life satisfaction, enhanced functioning and personal goal attainment.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid
Private health insurance

Contact Information:

Piscataway Address: 671 Hoes Lane West, Piscataway, NJ 08855
Phone Number: 732-235-6900
Monmouth Junction Address: 4326 US Highway 1 North, Monmouth Junction, NJ
Phone Number: 732-235-5790
Website: ubhc.rutgers.edu/services/adult/partial_hospital.html

Name: Rutgers UBHC – Challenge Central – Child and Adolescent Partial Hospitalization Program (CAPH)

Description: A day program for youth in need of structured psychiatric treatment services. Serves youth ages 6-17 who are experiencing psychiatric, emotional and behavioral problems which negatively affect the youth's ability to function at home, at school or in the community. Adolescents who are returning to the community after hospitalization or are at risk for hospitalization are typical candidates for admission.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid accepted
Private health insurance

Contact Information:

Address: [671 Hoes Lane West, Piscataway, NJ 08854](http://671HoesLaneWest.com)
Phone Number: 732-235-3479
Website: ubhc.rutgers.edu/index.html

Name: Rutgers UBHC – Comprehensive Services on Aging (COPSA) Community Outreach Program

Description: The COPSA Institute for Alzheimer's Disease and Related Disorders is a statewide program that includes a dementia clinic and a resource center that provides education, information, and support to the families and caregivers of people with dementia.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted
Private health insurance

Contact Information:

Address: 151 Centennial Avenue, Piscataway, NJ 08854
Phone Number: 800-424-2494
Website: <https://ubhc.rutgers.edu/services/geriatric/index.html>

Name: Rutgers UBHC – Coordinated Specialty Care (First Episode Psychosis)

Description: Coordinated Specialty Care is an innovative and evidence-based treatment program for adolescents and young adults who have had unusual thoughts and behaviors (i.e., hearing or seeing things that other don't), difficulties with work, school and/or socializing. The program helps people reduce their symptoms and achieve their goals for school, work, and relationships.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted
Private health insurance

Contact Information:

Address: 100 Metroplex Drive, Suite 200, Edison, NJ 08817

Access Center Phone Number: 732-235-2868

Website:

<https://ubhc.rutgers.edu/services/adult/CoordinatedSpecialtyCareFirstEpisodePsychosisClinic.html>

Name: Rutgers UBHC – Early Intervention Support Services (EISS)

Description: Short-term, comprehensive behavioral health services for adults who are undergoing significant emotional or psychiatric distress and are in need of immediate intervention. Early Intervention and Support Services are an alternative to emergency room treatment when the individual does not meet the criteria for inpatient hospitalization.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted
Private health insurance
Grants available for those who are uninsured

Contact Information:

Address: 667 Hoes Lane West, Piscataway, NJ 08854

Phone Number: 732-235-4422

Website: ubhc.rutgers.edu/index.html

Name: Rutgers UBHC – Inpatient Services (Child and Adolescent Inpatient Services/Adult Inpatient Unit)

Description: Inpatient Services at UBHC consists of Child and Adolescent Inpatient Services (CAIS) which provides treatment to children and adolescents ages 5-17 and the Adult Inpatient Unit which serves adults 18 and over on a voluntary basis. Services are provided to individuals experiencing a mental health crisis which warrants this level of care, and who can benefit from a short term treatment program which utilizes medical, educational, behavioral and psychosocial/psychological interventions in an open setting. Services provided include psychiatric and psychosocial assessment and evaluation, comprehensive nursing services, medical care and laboratory services, individual, group and family therapy, medication management, physical health and dietary assessments, service coordination, discharge planning and referral to community services upon discharge.

Additional Languages: Language line available in most languages

Payment Information:

Medicaid and Medicare accepted
Private health insurance
Self-payment

Contact Information:

Address: [671 Hoes Lane West, Piscataway, NJ 08854](#)
Phone Number: 800-969-5300
Website: https://ubhc.rutgers.edu/services/children_family/adole_inp.html and https://ubhc.rutgers.edu/services/adult/adult_inpatient.html

Name: Rutgers UBHC – Integrated Case Management Services (ICMS)

Description: Assessment, Treatment Planning, Monitoring and Linkage to mental health, medical, addictions and other community based supportive services needed to prevent re-hospitalization and optimize success in community settings.

Population Served: Severely and persistently mentally ill adults (ages 18 and over) residing in Middlesex County who have been discharged from a psychiatric hospital or are at risk of hospitalization.

Referral Source: State or County Psychiatric Hospitals, Short Term Care Facilities (STCF), and Local Mental Health Service providers

Number Served: There is no upper limit of case load capacity

Length of Service: Up to 12 months

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid accepted

Contact Information:

Access Center Phone Number: 800-969-5300
Website: https://ubhc.rutgers.edu/services/adult/case_management.html

Name: Rutgers UBHC – Intensive Family Support Services (IFSS)

Description: Family support, advocacy and education, multi-family groups, educational conferences, referral, and linkage for family members of mentally ill adults (must be 18 years or older) residing in Middlesex County.

Additional Languages: Language line service available in most languages

Payment Information:

Free services to families who reside in Middlesex County and who have an adult family member who may have or has already been diagnosed with a serious mental illness.

Contact Information:

Address: 151 Centennial Avenue, Piscataway, NJ 08854

Phone Number: 732-235-6184

Website: <http://ubhc.rutgers.edu/services/adult/IFSS.html>

Name: Rutgers UBHC – Intensive Outpatient Treatment & Support Services (IOTSS)

Description: IOTSS is a 90 day grant-assisted and community-based ambulatory treatment alternative to hospitalization for adults. Individuals are provided with structured treatment for up to 3 hours per day, and up to 4 times per week. Referrals must be subsequent to treatment from a designated acute or diversionary program, such as a Designated Screening Service, Acute Partial Hospitalization Program, State Hospital, STCF, or other closed inpatient unit.

Payment Information:

Medicaid and Medicare accepted

Horizon Blue Cross and Aetna insurance

Self-Pay

Contact Information:

Address: 303 George Street, New Brunswick, NJ 08901

Access Center Phone Number: 800-969-5300

Website: https://ubhc.rutgers.edu/services/adult/adult_outpatient.html

Name: Rutgers UBHC – Memory Disorders Clinic or Dementia Clinics

Description: The Memory Disorders Clinic offers state-of-the-art diagnostic assessment and treatment services for New Jersey residents with memory loss, Alzheimer’s disease, and other causes of dementia. All patients are evaluated by a multidisciplinary team that includes geriatric psychiatrists and social workers. The clinic provides ongoing medication management and counseling. The entire team provides support, referrals to community services, and help with future planning for patients, their families, and professional caregivers.

Additional Languages: Language line available in most languages

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Self-payment

Contact Information:

Address: 100 Metroplex Plaza, Edison, NJ 08817

Phone Number: 732-235-8400

Website: ubhc.rutgers.edu/services/geriatric/memory_disorders_clinic.html

Name: Rutgers UBHC – Outpatient Services

Description: Rutgers UBHC Outpatient Services provides the following modalities of treatment for children, adolescents, adults and geriatrics:

- Medication Management
- Individual Therapy
- Group Therapy
- Family Therapy
- Case Management Services
- Psychiatric Evaluations (to determine outpatient treatment needs)

Outpatient services are located in Edison and New Brunswick. The multi-disciplinary staff includes licensed psychiatrists, advanced practice nurses, psychologists, social workers, licensed counselors, and case managers trained to work from a person-centered perspective, utilizing evidenced-based treatments.

Payment Information:

Medicaid and Medicare accepted
Horizon Blue Cross and Aetna insurance
Self-Pay

Contact Information:

Address: 303 George Street, New Brunswick, NJ 08901
100 Metroplex Drive, Edison, NJ 08817
Access Center Phone Number: 800-969-5300
Website: https://ubhc.rutgers.edu/services/adult/adult_outpatient.html

Name: Rutgers UBHC – Specialized Addiction Treatment Services (SATS)

Description: SATS is a comprehensive outpatient substance abuse treatment program serving the State of New Jersey. SATS offers individual, group, and family counseling for individuals and their families with substance abuse and co-occurring disorders. Special needs such as co-occurring disorders, developmental and physical disabilities, trauma, fetal alcohol syndrome, and traumatic brain injury are treated within an individualized treatment approach, with case management support where needed

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted
Private health insurance
Grants available for those who are uninsured

Contact Information:

Address: 303 George Street, New Brunswick, NJ 08901
Access Center Phone Number: 732-235-3440
Website: ubhc.rutgers.edu/services/adult/specialized_addiction.html

Name: Rutgers UBHC – Wei Ji Point Ambulatory Withdrawal Management (AWM)

Description: AWM provides a unique, comprehensive, structured, individualized detoxification, within a safe medically-supervised, confidential setting, to qualified individuals that meet ASAM Criteria (Dimension 1 - Withdrawal Management for this level of care.) AWM provides many of the benefits of inpatient Withdrawal Management, but in a less-restrictive environment. Ambulatory Withdrawal Management allows individuals to withdraw safely and comfortably from mood altering substances. After detox, individuals are linked to an appropriate level of care to promote further treatment success.

Additional Languages: Language line service available in most languages

Payment Information:

Medicaid and Medicare accepted

Private health insurance

Contact Information:

Address: 671 Hoes Lane, Piscataway, NJ 08854

Access Center Phone Number: 800-969-5300

Website: https://ubhc.rutgers.edu/services/adult/WeiJiPoint_AWM.html

Name: Rutgers University Psychological Services Clinic

Description: The Psychological Services Clinic at Rutgers, The State University of New Jersey, is a state-of-the-art outpatient-training clinic, providing mental health services for a wide range of populations, disorders, and difficulties. Advanced doctoral students under the supervision of faculty and licensed clinical supervisors provide psychological assessment and therapy. The Psychological Services Clinic provides assessment and treatment services for many behavioral health conditions including: anxiety, OCD and panic disorders; depression and mood disorders; trauma and traumatic stress; identity concerns; low self-esteem; substance abuse; developmental disorders; attention deficit hyperactivity disorder; and parenting problems and child behavior management.

Additional Languages: None

Payment Information:

Self-payment

Private health insurance

Contact Information:

Address: 152 Frelinghuysen Road, Piscataway, NJ 08854

Phone Number: 848-445-6111

Website: <https://gsapp.rutgers.edu/centers-clinical-services/CPS/clinical-services>

Name: Saint Peter's University Hospital – For KEEPS Family Health Care

Description: Saint Peter's University Hospital's For KEEPS program (Kids Embraced and Empowered through Psychological Services) is an acute partial hospitalization program for children between the ages of 5 and 17 years who do not require 24-hour inpatient care, but who cannot be managed by outpatient care alone. Therapeutic services for adolescents are provided apart from services for younger children.

Additional Languages: Interpreters and language line service available

Payment Information:

Medicaid and Medicare accepted
Private health insurance

Contact Information:

Address: 123 How Lane, New Brunswick, NJ 08901
Phone Number: 732-565-5494
Website: <https://www.saintpetershcs.com/Services/For-KEEPS-Program>

Name: SOBA College Recovery LLC

Description: SOBA College Recovery provides individual, one-on-one therapy with therapists who are fully trained in treating the underlying causes and conditions of addiction. SOBA College Recovery therapists and doctors assist by providing the tools needed to manage life and address other issues.

Additional Languages: None

Payment Information:

Private health insurance
Self-payment

Contact Information:

Address: 104 Bayard Street, New Brunswick, NJ 08901
Phone Numbers:
Helpline: 888-487-9605
Office: 732-847-2869
Website: <https://sobanewjersey.com>
Insurance Verification Website: <https://sobanewjersey.com/verify-your-insurance/>

Name: South Amboy Comprehensive Treatment Center

Description: South Amboy Comprehensive Treatment Center is a outpatient care specifically for individuals who are 18 years or older, dependent upon opioids for at least one year, and are not dependent upon alcohol or other narcotics. It is a methadone and suboxone clinic providing medication-assisted therapy and counseling services. South Amboy Comprehensive Treatment Center also offers patients individual counseling and group counseling sessions led by teams of providers that believe that treatment for both the physical and emotional components of addiction must be treated in order for lasting recovery to take place.

Additional Languages: None

Payment Information: please contact the Center for insurance and payment information

Contact Information:

Address: 1 Lower Main St, South Amboy, NJ 08879
Phone Number: 844-829-1073
Website: <https://www.southamboyctc.com>

Name: The Counseling Center

Description: The Counseling Center is an outpatient treatment center offering an Intensive Outpatient treatment to help people recover from substance use and cope with mental illness for adults 18 and above. The Center offers outpatient substance use and mental health services for adolescents 14 to 17 years old. Programs at The Counseling Center provide evidence-based methods plus provide individualized treatment designed to teach the necessary skills to live a clean life. The Center offers onsite medication management, clinical assessments, family counseling, day and evening programs, and family interventions. The Center offers 24-48 hour assessments, and small group sessions.

Additional Languages: None at Monmouth Junction Center; Spanish at Middlesex Center

Payment Information: Private health insurance accepted

Contact Information:

Address: Monmouth Junction Program: 1100 Cornwall Road. Monmouth Junction NJ, 08852 and 127 Union Ave, Suite 1, Middlesex, NJ 08846

Phone Number: 808-683-6337 Stephanie Thomas Outreach Coordinator

Website: www.thecounselingcenter.com

Name: VA New Jersey Health Care System – Piscataway Outpatient Clinic

Description: Primary care services for veterans in New Jersey and the surrounding areas. Behavioral health services, including individual, group, and family counseling.

Additional Languages: Language line service available in most languages

Payment Information:

Medicare accepted

Private health insurance

Contact Information:

Address: 14 Wills Way, Building 5, Piscataway, NJ 08854

Phone Number: 732-981-8193

Website: www.newjersey.va.gov/locations/Piscataway.asp

Physical Health Facilities

A Federally Qualified Health Center (FQHC) is a nonprofit or public community health center that fulfills certain health service criteria and receives specific government reimbursements and funding. Services they provide are:

Comprehensive primary care. FQHCs offer primary care for all age groups, as well as mental, substance abuse, and dental health services. They also partner with other community, health, and social organizations to make sure patients have access to a full range of care.

A sliding fee discount program. Sliding fee programs are based on an individual's income and family size. They allow patients to pay based on their ability to pay, so that a person only pays what they can afford.

Service to a Medically Underserved Area or Population. Medically Underserved Areas and Populations, or MUA/Ps, have limited access to medical care or have higher medical needs than services available to them. In other words, these centers provide health services to the people who need them most.

Services for all. Health care facilities will provide individuals with medical care regardless of the ability to pay and regardless of insurance status. The facilities will work something out, including helping someone get temporary insurance, if the person is eligible.

Name: Eric B. Chandler Health Center

Description: Eric B. Chandler Health Center is a comprehensive, family-oriented community health center, jointly operated by Rutgers Robert Wood Johnson Medical School and Eric B. Chandler Community Board, Inc. Primary care services available at Chandler include: family medicine; internal medicine; infectious disease (HIV counseling, testing, and treatment); pediatrics (including child well-care and Early and Periodic Screening, Diagnostic and Treatment); obstetrics and gynecology; podiatry; family planning; and dentistry (including preventive, restoration, and curative). Other services of the center include social services, oral health care, community outreach, nutrition, and health education. Laboratory services are offered as well.

Services at this federally qualified health center are provided by appointment. The center also offers a sliding fee scale, which is updated annually based upon the federal poverty guidelines. The Eric B. Chandler Health Center provides a telephone on-call rotation of physicians available 24 hours a day.

Additional Languages: Bilingual staff for Spanish; Spanish-speaking medical interpreters; and language line service available in most languages.

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Primary Location

Address: 277 George Street, New Brunswick, NJ 08901

Phone Number: 732-235-6700

Website:

English: <http://rwjms.rutgers.edu/eric-b-chandler-health-center/english/overview>

Spanish: <http://rwjms.rutgers.edu/eric-b-chandler-health-center/spanish/overview>

Church Street Annex

Address: 123 Church Street, New Brunswick, NJ 08901

Phone Number: 732-235-2052

Eric B. Chandler Health Center at New Brunswick High School

Address: 1000 Somerset Street, New Brunswick, NJ 08901

Phone Number: 732-235-7435

Name: JRF Community Health Center

Description: The Jewish Renaissance Foundation (JRF) Community Health Center is a Federally Qualified Health Center that delivers quality, community-based primary care services in a culturally sensitive manner. This center provides education, resources, and support in areas of preventive care, personal health management, and health insurance. Services provided include: preventive primary care, physicals, immunizations, chronic illness treatment and management, referral for specialty care and diagnostic testing, and screenings of blood pressure, cholesterol, and diabetes. Other services of the center include oral health care, community outreach, nutrition, and health education.

Additional Languages: Hindi, Gujarati, and Spanish providers and language line service available in most languages

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Jewish Renaissance Medical Center

Address: 275 Hobart Street, Perth Amboy, NJ 08861

Phone Number: 732-376-9333

Website: jrnc.us/

Jewish Renaissance Foundation Community Health Center

Address: 1931 Oak Tree Road, Lower Level, Edison, NJ 08820

Phone Number: 732-482-9600

Website: www.jrfnj.org/chc/

Name: Saint Peter's Family Health Center

Description: The Family Health Center provides primary and preventive health care for children and adults. Programs offered include:

Adult Medicine at the Family Health Center

Adult Family Health Center patients have access to the wide variety of medical specialty services offered at Saint Peter's, including diabetes management, wound care, surgery, and more.

Dorothy B. Hersh Regional Child Protection Center

A state-designated child protection center, the Dorothy B. Hersh Regional Child Protection Center (CPC) serves seven counties in central New Jersey. The CPC provides crisis intervention, child abuse assessments, and referrals to community resources. It includes a multidisciplinary team of doctors, nurses, psychologists, and clinical social workers trained to recognize and help victims work with children and their families to try and prevent future abuse. In addition, CPC staff provides expert consultation to social agencies, reviews sexual and physical cases for the prosecutor's office, and testifies in court cases of child abuse and neglect.

Louis S. Damiano Pediatric Health Center

The Pediatric Faculty Group practice provides services for children up to the age of 18. Services provided include: well care visits, urgent care visits, follow-up visits, immunizations, nurse visits for catch-up immunization, and seasonal flu vaccinations for established patients.

Additional Languages: Spanish and language line service available in most languages

Payment Information:

Medicaid accepted
Private health insurance
Self-payment

Contact Information:

Adult Medicine at the Family Health Center

Address: 123 How Lane, New Brunswick, NJ 08901

Phone Number: 732-745-6642

Website: <https://www.saintpetershcs.com/Locations/Family-Health-Center>

Dorothy B. Hersh Regional Child Protection Center

Address: 123 How Lane, New Brunswick, NJ 08901

Phone Number: 732-448-1000

Website: <https://www.saintpetershcs.com/Locations/Family-Health-Center>

Louis S. Damiano Pediatric Health Center

Address: 123 How Lane, New Brunswick, NJ 08901

Phone Number: 732-745-8519

Website: <https://www.saintpetershcs.com/Locations/Family-Health-Center>

Name: Zufall Health

Description: Zufall’s physicians and staff provide a full range of services, including annual physical exams, treatment of illness and injury, and prevention and management of chronic illness such as diabetes and hypertension. As a fully licensed Federally Qualified Health Center (FQHC), Zufall provides high-quality, affordable medical and dental care to residents of Morris, Sussex, Hunterdon, and Warren counties. Zufall welcomes all patients regardless of income or insurance status. They promote a comprehensive continuum of care, treating patients from birth through the senior years. They provide check-ups, treatment of illness and injury, management of chronic illness, preventive care, cancer screening, diagnostic services, routine lab tests, vaccinations, HIV testing and counseling, health education, referrals to specialists, and care navigation. They also provide reproductive health services; health care for babies, children and teens; and dental health services. Zufall also provides behavioral health counseling and medication counseling.

Additional Languages: Spanish bilingual staff and providers; language line service available in most other languages

Payment Information:

- Medicaid and Medicare accepted
- Private health insurance
- Payment assistance through sliding scale fees
- Self-payment

Contact Information:

Somerville – Medical

Address: 71 Fourth Street, Somerville, NJ 08875

Phone Number: 908-526-2335

Website: www.zufallhealth.org/

Morristown – Wellness Center

Address: 85 Washington Street, Morristown, NJ 07960

Phone Number: 973-998-7310

Morristown – Medical and Dental

Address: 4 Atno Avenue, Morristown, NJ 07960

Phone Number: 973-267-0002

Housing and Homelessness

Name: Middlesex County Coordinated Assessment System

Description: County Housing Continuum of Care (CoC) Coordinated Assessment is a countywide, coordinated process to address the needs, including permanent housing, of homeless persons. Developed by members of 27 service agencies, Coordinated Assessment (CA) matches homeless persons as quickly as possible with the most appropriate resources, according to a prioritization list based on length of homelessness and vulnerability or severity of needs. This system serves to ensure that people who need the most support can receive it in a timely manner. The CA System also provides additional information about social and health service needs and gaps, to help the community better plan assistance and identify needed resources.

Middlesex County manages the 2-1-1 Homeless Hotline as the single entry point for all homeless households seeking services, regardless of age, race, color, national origin, religion, sex, disability, or household composition. If your client is homeless, call the Middlesex Homeless Hotline at 2-1-1. Your client will be screened for assistance through a two-part process (triage and full assessment). The hotline operator will screen your clients and refer them to the proper agency for assistance.

Additional Languages: Language line service available in most languages

Contact Information:

Phone Number: 211

Name: PATH Services for the Homeless

Description: This service is provided to mentally ill adults (ages 18 and over) who are at risk of homelessness in Middlesex County. Services provided include: outreach, linkage to mental health, and other supportive services that are geared toward the maintenance of housing and acquisition of independent living skills while optimizing success in community settings. Medicaid, Medicare, and private health insurance are accepted; there are grants for those who are uninsured.

Additional Languages: Language line service available in most languages

Contact Information:

Edison Family Service Center
26 Safran Ave
Edison, NJ, 08902
Phone Number: 732-738-1323

Immigration Assistance

According to the American Civil Liberties Union (ACLU):

The United States is in the midst of a major debate over immigrants, and politicians from all sides, at both the national and state levels, are promoting a range of policies that single out immigrants for adverse treatment by the government.

The Bill of Rights does not grant foreigners the right to enter the United States, but once here, immigrants who are not a U.S. citizen or U.S. national (alien) are entitled to certain broad constitutional protections, including: Due Process (the right to be treated fairly, whether in a deportation hearing or a criminal court proceeding), and Equal Protection (prohibits discrimination based on race or national origin). Also an alien's rights to free speech and religious freedom are protected under the First Amendment. And the Refugee Act of 1980 gives certain aliens the right to political asylum in the United States.

If you are assisting a client with immigration issues, here are a few places to access support:

In New Brunswick, New Jersey:

For persons located in New Brunswick, New Jersey, there are two local nonprofit legal service providers: Catholic Charities and PRAB (Boaz Immigration Services). At this point, neither of them are providing representation in detention or deportation cases, but they are good to contact as a first stop for orientation.

Catholic Charities Immigration Services (at Sacred Heart Church)

Additional Languages: Spanish

Contact Information:

Address: 56 Throop Avenue, New Brunswick, NJ 08901

Phone number: 732-324-8200

PRAB (Puerto Rican Action Board) – Boaz Immigration Services

Additional Languages: Spanish

Contact Information:

Address: 90 Jersey Avenue, New Brunswick, NJ 08901

Phone number: 732-828-4510

In Any N.J. Community:

DIRE Emergency Hotline

Description: Provides emergency assistance in case of active immigration raids or a recent U.S. Immigration and Customs Enforcement (ICE) arrest.

Additional Languages: Spanish bilingual staff, and language line available for most languages

Contact:

Phone number: 877-676-8499

Website: www.direteam.org

Immigration Legal Hotline (Legal Services of New Jersey)

Description: Voicemail inbox in which immigrants can describe their legal situation or questions and receive a call back with advice from a qualified attorney in three to five business days.

Additional Languages: Spanish

Contact:

Phone number: 732-572-9100, ext. 8782

There are also two lists of organizations or individuals who provide legal representation.

Department of Justice's List of Pro Bono Legal Service Providers in the Newark and Elizabeth Immigration Courts

Additional Languages: Spanish

Contact:

Website: <https://www.justice.gov/eoir/file/ProBonoNJ/download> (need to copy and paste this URL into a browser)

AILA's Immigration Lawyer Search

The American Immigration Lawyers Association (AILA) provides a search engine to find a private attorney. It is recommended that if someone is retaining a private attorney for an immigration matter, that attorney should be a member of AILA, the main/only professional association for U.S. immigration attorneys.

Additional Languages: Spanish option on website

Contact:

Website: <https://www.ailalawyer.com>

Immigration Equality

Immigration Equality is the nation's leading LGBTQ immigrant rights organization. Immigration Equality represents and advocates for people from around the world fleeing violence, abuse, and persecution because of their sexual orientation, gender identity, or HIV status.

Additional Languages: Spanish option on website

Contact:

Legal Emergency National Hotline: 212-714-2904

Website: <https://www.immigrationequality.org>

Transportation Services

Name: Elijah's Promise

Description: Elijah's Promise's HEART program provides the homeless with transportation to take them where they need to go in order to receive help.

Additional Languages: Spanish

Contact Information:

Address: 211 Livingston Avenue, New Brunswick, NJ 08901

Phone number: 732-545-9002, ext. 119

Name: Medicaid Transportation

Description: LogistiCare provides transportation to and from medical appointments for persons who are covered by Medicaid. LogistiCare provides transportation in non-emergent Mobility Assistance Vehicles (MAVs), ambulances, and cars for Medicaid recipients in all counties.

Additional Languages: Spanish, Russian, Mandarin, Cantonese, and Arabic

Contact Information:

Phone number: 866-527-9933

Brochure in English:

www.state.nj.us/humanservices/dmahs/home/logisticare_english.pdf (need to copy and paste this URL into a browser)

Brochure in Spanish:

www.state.nj.us/humanservices/dmahs/home/logisticare_spanish.pdf (need to copy and paste this URL into a browser)

Name: Middlesex County Area Transit (MCAT)

Description: One-way fare of \$3; round-trip is \$6. You must pre-purchase tickets by calling no earlier than 14 calendar days and no less than three full business days before your appointment. Transportation is provided to senior citizens (age 60+) and persons with disabilities. MCAT also provides shuttle service for the general public who reside in Middlesex County. Transportation is provided within Middlesex County and up to 5 miles outside the County as a shared ride. All transportation is curb-to-curb and shared with other passengers.

Additional Languages: Language line service available in most languages

Contact information:

Hours: Monday – Friday, 8:30 am – 4 pm

Phone number: 732-745-7456

Name: New Brunswick Dial-A-Ride

Description: Dial-A-Ride is a free curb-to-curb transportation service for the elderly (age 60+), disabled, and low-income residents of the city of New Brunswick. It provides transportation to non-emergency medical, mental health, physical therapy appointments, and social service agencies. You must call a minimum of two business days in advance for transportation.

Additional Languages: Spanish

Contact information:

Hours: Monday through Friday from 8 am until 4 pm

Phone number: 732-745-5161

Name: Rutgers Bus System

Description: The Rutgers-New Brunswick/Piscataway inter-campus bus and shuttle (including the BrunsQuick shuttle) is a free service provided for all five campuses of Rutgers, The State University of New Jersey.

See rudots.rutgers.edu/campusbuses.shtml to learn more about schedules and routes.

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