

Mental Health Resources

24/7 Hotlines
Perform Care/Mobile Crisis: 877-652-7624
National Suicide Prevention Lifeline: 1-800-273-TALK (8255) <u>OR</u> 9-8-8
24-hour National Suicide Crisis Hotline: <i>Automatically directs call to crisis center,</i> 1-800-SUICIDE, HTTP://WWW.HOPELINE.COM/
Bergen's Psychiatric Emergency (Screening program PESP): 201-262-HELP (4357)
NJ Addiction Services Hotline: 1-844-276-2777
2nd Floor Hotline-(24/7 talk or text line) 1-800-222-2228 <u>OR</u> www.2ndfloor.org
DCP&P: 1-877-NJABUSE (1-877-543-7864)

Other Hotlines
National Domestic Violence Hotline, 800-799-SAFE (7233), WWW.THEHOTLINE.ORG/
National Sexual Assault Hotline, 800-656-HOPE (4673), WWW.RAINN.ORG/
Childhelp National Child Abuse Hotline, 800-4-A-CHILD (800-422-4453), HTTP://WWW.CHILDHELP.ORG/
National Drug and Alcohol Treatment Hotline: 800-662-HELP (4357), HTTP://WWW.ADDICTIONCAREOPTIONS.COM/
National Clearinghouse Alcohol & Drug Abuse hotline: 800-729-6686, HTTP://WWW.SAMHSA.GOV/
National Center for Posttraumatic Stress Disorder, 802-296-6300, HTTP://WWW.PTSD.VA.GOV/
Boys Town National Hotline-Support for young people and families going through difficulties, 800-448-3000, HTTP://WWW.BOYSTOWN.ORG/HOTLINE
Hopeline: <i>Speak to a trained volunteer,</i> 800-442-HOPE (4673), Hopeline: Teen to teen peer counseling, 877-YOUTHLINE HTTP://WWW.HOPELINE.COM/
National Center for Victims of Crime, 800-FYI-CALL (394-2255), HTTP://WWW.VICTIMSOFCRIME.ORG/
Anti-Hate Line: <i>Discrimination support and resource referral,</i> 800-649-0404
Teen Health Questions: <i>Lucile Packard Children's Hospital Teen Resource Line offers confidential health information,</i> 888-711-TEEN
National Runaway Safeline, 800-RUNAWAY (800-786-2929), HTTP://WWW.1800RUNAWAY.ORG/

Care Plus NJ	
Access Center: 201-986-5000 Care Plus Paramus: 201-265-8200 front desk Care Plus Fair Lawn: 201-797-2660 Front Desk https://careplusnj.org/ Care Plus NJ Emergency psychiatric: 201-262-HELP (4357)	
Care Plus School based contacts: Lorraine Gehrig-Mullins, <i>VP of School Based services</i> , Office: 201-265-8200 x5703 Nivi Bruce, <i>Associate VP of School Based services</i> , Office 201-265-8200 x5208 Heather Brown-Houston, <i>Director of School Based services</i> , Work cell 201-699-7336	
Hackensack Middle School: Lisette Diaz, LCSW	Hackensack High School: Michelle Paulino, LPC, NCC

Outpatient, IOP, Partial Care Programs, and Mental Health directories
High Focus Centers: Intensive Outpatient and Partial Care programs 1-877-942-3411 https://www.highfocuscenters.com/
Rutgers UBHC: Partial Care and Outpatient 1-800-969-5300 https://ubhc.rutgers.edu/
Genpsych: Partial Care and Outpatient (855) 436-7792 https://genpsych.com
NJ Psych Center 973-335-9909 https://www.njpsychcenter.com/
Comprehensive Behavioral Health Care 973-575-2794 https://www.ccbhnj.org/contact-us.html
Jewish Family & Children's Services of Northern NJ 201-837-9090 https://www.jfcsnnj.org/

Intensive Outpatient Programs (Psychiatric)
Balance & Thrive, LLC 666 Godwin Avenue Suite 200, Midland Park, NJ 07432 201-444-8110 https://www.balanceandthrivecounseling.com/
A Center for Counseling & Psychotherapy Services, LLC, 26 US Highway 46, Hackettstown, NJ 07840 908-852-9000 https://acenterforcounseling.net/
New Bridge 230 E. Ridgewood Ave, Paramus, NJ 201-967-4000
Immediate Care Psychiatric Center (ICPC) 140 N State Street Route 17, Suite 317 Paramus, NJ 201-984-9373

Intensive Outpatient Programs (Substance abuse)	
Sunspire Health	160 Chubb Ave, Lyndhurst, NJ (877) 200-4357
High Focus Center	Paramus- 40 Eisenhower Dr., Paramus, NJ (877) 762-0929
CENTER OF REVITALIZING PSYCHIATRY PC 795 Main St, Hackensack, NJ, 201-488-5161 <u>OR</u> Call (888) 303-2026 to get 24/7 help with treatment.	
The Counseling Center at Fair Lawn,	16-01 Broadway, Fair Lawn, NJ, 201-228-3217
Addiction Recovery Program (ARP), 103 Hudson St, Hackensack, NJ 07601, 201-336-3336	

Community Mental Health Services	
West Bergen Mental Health Care Ramsey	201-444-3550 https://westbergen.org/
Bergen's Promise- CMO (Care Management Organization) for Bergen County 201-712-1170	
Specialized Therapy Associates	75 Essex Street, Hackensack, NJ https://www.specializedtherapy.com/
Bergen ResourceNet: www.bergenresourcenet.org	
Vantage Health System	93 W Palisade Ave, Englewood, NJ 07631 201-567-0500 https://vantagenj.org/

Essential Needs & General Services in NJ	
All of the latest information in NJ: https://www.state.nj.us/	
NJ Resources https://www.nj211.org/	
NJ Department of Human Services https://nj.gov/humanservices/clients/family/	
Parent Services in NJ: https://www.nj.gov/njparentlink/	
Food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJ/GA), and health Insurance (NJ FamilyCare/Medicaid). <u>To apply:</u> https://www.njhelps.org/	
Supplemental Nutrition Assistance Program (SNAP) https://www.childcarenj.gov/SocialServices	
WIC (Women Infants and Children) https://www.state.nj.us/health/fhs/wic/	
Bergen County Board of Social Services https://bcbss.com	
*NJ Department of Human Services Resources/ Directory https://nj.gov/humanservices/dds/documents/RD/2021/RD_2020-2021-final-web.pdf	

Employment services	
Finding a Job in New Jersey	https://nj.gov/nj/employ/seekers/
NJ Dept. Of Labor (NJDOL) https://www.nj.gov/labor/workerprotections/earnedsick/covid.shtml	

Parenting and Tutoring resources/Activities	
Million Reasons Non-Profit Organization - <i>This organization is offering free tutoring, after school activities and summer enrichment programs! Here is the Website: https://www.million-reasons.org/</i>	
YMATH Tutoring - <i>This organization is offering free Math tutoring. Here is the Website: https://www.ymathtutoring.com/</i>	
Parent Inc Helpline - This is for parents only to speak to a caring and trained adult 24/7 1-800-843-5437	
Hackensack Johnson Public Library 274 Main Street. Hackensack, NJ 07601 (201) 343-4169 https://johnsonlib.org/	

Statewide Resources	
NJ ABUSE 877-NJ ABUSE (652-2873). https://www.nj.gov/dcf/about/divisions/dcpp/	
NJ Mental Health Cares- <i>Behavioral Health Information and referral Services- includes an emotional support hotline 866-202-HELP(4357) https://www.njmentalhealthcares.org/</i>	
Mom2Mom 1-877-914-MOM2	

National Mental Health Directories	
Substance Abuse and Mental Health Services Administration (SAMHSA) https://www.samhsa.gov/find-treatment	
Mental Health America: <i>Refers mental health services, 800-969-NMHA (6642), HTTP://WWW.MENTALHEALTHAMERICA.NET/</i>	
Depression and Bipolar Support Alliance 800-826-3632, HTTP://WWW.DBSALLIANCE.ORG/	

(NJ & National) Mental Health/Crisis/Support Hotlines	
Suicide Prevention	
NJ Hopeline http://www.njhopeline.com/	1-855-NJ-HOPELINE (654-6735)
Peer Warm Line, NJ	1-877-292-5588

2nd Floor Youth Helpline https://www.2ndfloor.org/	1-888-222-2228
Crisis text line	Text HOME to 741741
National Alliance on Mental Illness (NAMI) HelpLine	1-800-950-NAMI (6264) HTTP://WWW.NAMI.ORG/
Suicide Prevention Lifeline Website: www.suicidepreventionlifeline.org	1-800-273-TALK (8255)
National Hopeline Network, Suicide & Crisis Hotline	1-800-442-HOPE(4673)
Suicide Support	
Survivors after suicide: https://sprc.org/tools/resources-survivors-suicide-loss/	

LGBTQ Support	
Trevor Lifeline- <i>It is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ youth.</i> https://www.thetrevorproject.org/	1-866-488-7386
Gay and Lesbian National Hotline	1-888-843-4564

Additional Resources	
Aids Hotline	1-800-624-2377 1-800-344-7432
National Runaway Switchboard	1-800-RUNAWAY
American Social Health Assoc. (STD Hotline)	1-800-227-8922
Eating Disorders Hotline	1-866-662-1235
Homeless Hotline	2-1-1
Child Care Helpline	1-800-332-9227
National Poison Control	1-800-222-1222

Addictions	
Substance Abuse and Mental Health Services Administration Helpline (SAMHSA)	1-800-662-HELP (4357)
Addictions Hotline of NJ	1-844-732-2465

Addiction help line of Parents Support N.J. Inc.	1-800-561-4299
Narcotics Anonymous of NJ	609-453-2431
Contact We Care	1-908-232-2880
Gambling Addiction	1-800-GAMBLER
NJ MADD (Mothers Against Drunk Driving)	877 275-6233
Tobacco- NJ Quitline	1-800-784-8669
Alcoholics Anonymous	1-800-245-1377 (908) 687-8566
Al-Anon-/Alateen National Hotline	1-888-425-2666
AL-ANON/ALATEEN North NJ Info. Services	1-973-744-8686 1-888-425-2666 (1-888-4AL-ANON) HTTP://WWW.AL-ANON.ALATEEN.ORG/
Care Plus Addiction Services	201-986-5000
Soba NJ https://sobanewjersey.com/	1-888-659-5649
High Focus Centers	1-877-716-7079

Abuse	
National Child Abuse Hotline	1-800-422-4433
JBWS (Jersey Battered Women's Service) 24/7 statewide hotline https://www.jbws.org/	1-877-R-U-abused 1-800-572-SAFE (7233) 973-267-7520
National Domestic Violence Hotline	1-800-799-7233
Rape Crisis Center - Bergen County	201-487-2227
Dream Catchers (Human Trafficking Hotline) - NJ	855-363-6548
Safe Haven Hotline (the New Jersey Safe Haven Infant Protection Act)	1-877-839-2339

Eating Disorders	
National Association of Anorexia Nervosa and Associated Disorders	888-375-7767 HTTP://WWW.ANAD.ORG/
National Eating Disorders Association Information and Referral Helpline: <i>Support for people struggling with eating disorders and their family</i>	866-662-1235 HTTP://WWW.NATIONALEATINGDISORDERS.ORG/

Loss, Grief & Bereavement

- EduHero Call line, 201-296-5076. Mon-Fri: 9am-5pm (For Educator Support)
- Bergen Resource Net. <https://www.bergenresourcenet.org>
- A Toolkit for Children and Families, *For more*, visit: WWW.GOOD-GRIEF.ORG
- The Pandemic Toolkit Parents, *For more*: www.childtrauma.org
- Imagine, NJ, *For more*: imagineNJ.org
- Hearts and Crafts Grief Counseling, Hillsdale, NJ, *For more*: www.heartsandcraftscounseling.org
- Rainbows group in YMCA- Ridgewood, NJ (Free). 201-444-5600
- Echoes Grief Center in Jersey City, NJ. 201-433-2244
- HOPE in Morristown, NJ. 888-920-2201. *For more*: hopesnj.org
- *For more information about Grief*: www.grief.com
- Grief Speaks. 1-800-367-6274. *For more*: www.griefspeaks.com
- The Valley Hospital Ridgewood, NJ - Art/ Grief Therapy Program
- National Alliance for Children's Grief, *For more*: www.childrengrieve.org
- NJ 2-1-1, *For more*: www.NJ211.org

Food Pantries in Bergen County www.foodpantries.org

Name	Address	Contact Info
Bergenfield Borough Hall	198 N. Washington Ave, Bergenfield, NJ	201-387-4055 ext 6
Bogota St. Josephs' church	115 E. Fort Lee Road, Bogota, NJ	201-342-6300
Church of the Epiphany Food Pantry	247 Knox Ave, Cliffside Park, NJ	201-943-7320
Closter borough Hall	295 Closter Dock Road, Closter, NJ	201.784.0600 Ext 429
Healing Hands	349 Hillsdale Ave, Hillsdale	TheHelpingHandFoodPantry@gmail.com
Office of Concern Food Pantry at St. Cecilia	55 West Demarest Ave, Englewood, NJ	201.568.1465
Center For Food Action	Main site-192 W. Demarest Ave, Englewood, NJ Other pantries- 316 First St, Hackensack, NJ 400 Paramus Rd, Paramus, NJ	201.569.1804
Community Food Bank of New Jersey	31 Evans Terminal, Hillside, NJ	908-355-3663

Buddies of New Jersey, Inc.	149 Hudson Street, Hackensack, NJ 07601	201-489-2900
Food Pantries in Bergen County (Continued) www.foodpantries.org		
Name	Address	Contact Info
Church of the Ascension Food Pantry	256 Azalea Drive, New Milford, NJ	201-836-8961
Queen of Peace Church	174 Ridge Rd, North Arlington, NJ	201-997-0700
Paramus Dept Of Human Services	93 N. Fairview Ave, Paramus, NJ	201-265-2100 x6102
Pascack Food Center	65 Pascack Rd, Park Ridge, NJ 07656	201-573-9083
Social Services of Ridgewood	6 Station Plaza, Ridgewood, NJ	201-444-2980
Rutherford Community Food Pantry	176 Park Ave, Rutherford, NJ	201-460-3028
Family Promise	100 Dayton Street, Ridgewood, NJ 07450	201-833-8009
St. Andrew's Church Food Distribution Center	120 Washington Ave, Westwood, NJ	201-666-1100
Faith and Hope Food Pantry	480 Warwick Ave, Teaneck, NJ	201-833-4502
Tri Boro Food Pantry	65 Pascack Rd, Park Ridge, NJ	201-573-9083