

## **COMMUNITY MENTAL HEALTH RESOURCES**

### **Emergency Crisis Services**

(For medical emergencies, go to your nearest hospital emergency room or call 911)

- 1) Rutgers – University Behavioral Healthcare  
Children’s Crisis Intervention Services and Acute Psychiatric Services  
671 Hoes Lane, Piscataway, NJ 08854  
(732) 235-5705 or (732) 235-5700
- 2) Raritan Bay Medical Center – Psychiatric Crisis Unit  
(732) 324-5105
- 3) Carrier Foundation – Belle Mead, NJ  
(800) 933-3579
- 4) Middlesex County Children’s Mobile Response & Stabilization System  
(877) 652-7624

### **Outpatient Mental Health Providers**

If you have health insurance, call the Benefits # on the back of your insurance card, and ask what mental health benefits are available to your child. Also, ask your insurance representative for a list of available therapists, counselors, psychiatrists, psychologists, social workers and/or other institutions which participate with your insurance plan.

If you do not have health insurance, the following agencies offer Charity Care and sliding-scales for payment:

- 1) Catholic Charities – (800) 655-9491 (for indigent and low-income families)
- 2) University Behavioral Health Care – UMDNJ Access Center - (800) 969-5300
- 3) JFK Behavioral Health – (732) 321-7189

### **Hotlines**

- 1) Talkline Covenant House Nine Line – (800) 999-9999 (2:00 PM – Midnight)
- 2) Contact We Care – (908) 232-2880
- 3) New Jersey Self Help Clearinghouse - (800) 367-274 (Self-help groups in NJ)
- 4) Recovery Inc. Support Groups – (201) 823-4545
- 5) 2<sup>nd</sup>Floor Youth Hotline – (888)-222-2228 – 2NDFLOOR.ORG