

COMMUNITY MENTAL HEALTH RESOURCES:

Emergency Crisis Services

In the event of an immediate emergency or crisis situation please go to your nearest emergency room or dial 911 for assistance.

- Rutgers – University Behavioral Health Care (855) 515-5700
Children’s Crisis Intervention/Acute Psychiatric Services
671 Hoes Lane, Piscataway, NJ
- Raritan Bay Medical Center Psychiatric Crisis Unit (732) 324-5105
- PerformCare, Middlesex County Children’s Mobile Response & Stabilization System (877) 652-7624

Hotlines

En Espanol 1877-924-4356

FAMILY HELPLINE 1-800-THE-KIDS (843-5437) 24 hrs, 7 days a wk

2nd Floor Youth Help Line: (888) 222-2228 Text: (908) 280-0235

NJ Hopeline (855) 654-6735 www.njhopeline.com

Child Care Help Line 1-800-332-9227

National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Outpatient Mental Health Providers

****indicates that they have Online Counseling (Telehealth through Zoom)**

Outpatient Mental Health Services is a primary way of connecting with an outside therapist to provide **talk therapy**. This can be done through an individual in a private practice setting or in an agency or therapeutic facility that provides a variety of therapists and services under one facility. Here are some local providers.

****Innerspace Counseling, LLC**

2433 Route 516

Old Bridge, NJ 08857

Cell: 732-307-5673

Office: 732-332-8270 x 207

****Be Well Counseling**

285 Durham Ave #2a

South Plainfield, NJ 07080

(908) 548-8533

www.bewellnj.com

First Step Counseling (will do phone sessions)

15 Calvin Place, Metuchen, NJ

(732) 549-0401 (office #)

(732) 549-4446 (fax #)

www.firststepmetuchen.com

Crossroads Counseling

402 Main Street, Metuchen, NJ

(732) 635-9797

www.crossroadscounselingllc.com

If you have health insurance, call the Member Benefits Phone Number on the back of your insurance card. Ask what mental health benefits are available through your insurance carrier. 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, please contact the following agencies which offer Charity Care and sliding-scales for payment.

Catholic Charities (800) 655-9491

Rutgers - University Behavioral Health Care Access Center (800) 969-5300

Other Resources

The importance of family routines around mealtime and bedtime: [English](#) / [Spanish](#)

Are you in need of food over the summer? <https://www.nokidhungry.org/>

Vaping: [Surgeon General Advisory](#), [Parent Advisory](#)

Domestic Violence Hotline

1-800-572-SAFE (7233)

2-1-1 Information Line