

Counseling Resource List

For Students and Families

Community Mental Health Resource List

<p>Rutgers University Behavioral Healthcare 671 Hoes Lane Piscataway, NJ 08854 FOR EMERGENCY: Acute Psychiatric Services 732-235-5700 Helpline for Parents 1-877-914-6662 FOR OUTPATIENT TREATMENT: New Brunswick, Edison and Monmouth Junction locations 1-800-969-5300</p>	<p>Raritan Bay Medical Center 530 New Brunswick Ave Perth Amboy, NJ 08861 Crisis Stabilization Unit 732-324-5289 24 Hour Emergency Hotline 732-442-3794</p>	<p>Mobile Response and Stabilization Services 24/7 Help for parents with youth experiencing immediate emotional or behavioral crisis. Provides in- home support and services. 1-877-652-7624 www.performcarenj.org</p>
<p>Catholic Charities, Diocese of Metuchen 288 Rues Lane East Brunswick, NJ 08816 732-324-8200 https://www.ccdom.org/</p>	<p>The Center for Therapy and Counseling Services 15 Prospect Street, Suite 2 East Brunswick, NJ 08816 732-254-0600 http://www.centerfortherapy.net/index.html</p>	<p>Positive Reset Mental Health Clinic 6 Cornwall Ct, Suite B East Brunswick, NJ 08816 732-955-4141 http://www.positivereset.com</p>
<p>Portrait Health Centers 465 Cranbury Rd, Suite 203 East Brunswick, NJ 08816 (732) 982-2888 https://www.portraithealthcenters.com/</p>	<p>George J. Otlowski Sr. Center for Mental Health Care 570 Lee Street Perth Amboy, NJ 08861 732-442-1666</p>	<p>Stress Care of NJ 4122 Route 516 Matawan, NJ 07747 732-679-4500 http://www.stresscareclinic.com</p>
<p>Princeton House Behavioral Health 1460 Livingston Ave Building 100 North Brunswick, NJ 08902 732-729-3600 https://www.princetonhcs.org/</p>	<p>Total Family Solutions 1 Woodbridge Center Drive Suite 440 Woodbridge, NJ 07095 856-772-5809 ext. 100 http://www.totalfamilysolutions.com</p>	<p>Innerspace Counseling 2433 Route 516 Old Bridge, NJ 08857 732-332-8270 http://www.innerspacecounseling.com</p>

<p>NJ Suicide Prevention Hotline 855-NJ-Hopeline (654-6735) www.njhopeline.com</p>	<p>2nd Floor Youth Helpline 24/7 Assistance with daily life challenges 1-888-222-2228 www.2ndfloor.org</p>
<p>National Suicide Prevention Lifeline 1-800-273 TALK (8255) Suicidepreventionlifeline.org</p>	<p>Family Helpline 24/7 Support for families 1-800-THE-KIDS (843-5437)</p>

RESOURCE LIST

EMERGENCY SCREENING CENTERS IN MIDDLESEX COUNTY

RARITAN BAY MEDICAL CENTER
530 New Brunswick Ave, Perth Amboy, NJ
08861
Crisis Stabilization Unit: (732) 324-5289
24 Hour Emergency Hotline: (732) 442-3794

OTHER EMERGENCY SERVICES

MOBILE RESPONSE AND STABILIZATION
SERVICES
24/7 Help for parents with youth experiencing
immediate emotional or behavioral crises
1-877-652-7624

AGENCIES/ORGANIZATIONS

PERFORMCARE
"Hub" for access to behavioral/mental health
services for children & adolescents
1-877-652-7624
www.performcarenj.org

STRESS CARE OF NEW JERSEY
Psychiatric evaluations, medication
management, individual and group therapy
4122 County Road 516, Matawan, NJ 07747
(732) 679-4500
www.stresscareclinic.com

NJ SUICIDE PREVENTION HOTLINE
855-NJ-HOPELINE (654-6735)
www.njhopeline.com

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

2nd FLOOR YOUTH HELPLINE
24/7 Assistance with daily life challenges
1-888-222-2228
www.2ndfloor.org

FAMILY HELPLINE
24/7 Support for families
1-800-THE-KIDS (843-5437)

WOMEN HELPING WOMEN
Supports/services for women, young girls and
teens
(732) 549-6000
www.whwnj.com

RESOURCE LIST

EMERGENCY SERVICES

UMDNJ/UNIVERSITY BEHAVIORAL HEALTH CARE
24 Hour Screening: (732)235-5700
Access Center: 1(800)969-5300

RARITAN BAY MENTAL HEALTH CENTER
24 Hour Emergency Hotline
(732)442-1666

AGENCIES/ORGANIZATIONS

SPAN: Statewide Parent Advocacy Network, Inc.
35 Halsey Street, 4th Floor
Newark, NJ 07102
Phone: (973)642-8100
Fax: (973)642-8080
Toll-free: (800)654-7726

CATHOLIC CHARITIES
288 Rues Lane
East Brunswick, NJ 08816
(732)257-6100

CATHOLIC CHARITIES
26 Safran Avenue
Edison, NJ 08837
(732)738-1323

WOMEN HELPING WOMEN
344 Main Street
Metuchen, NJ 08840
(732)549-6000

COSAC: The New Jersey Center for Outreach & Services
for the Autism Community, Inc.
1450 Parkside Avenue, Suite 22
Ewing, NJ 08638
1(800)-4-AUTISM (in NJ) or (609)883-8100
E-mail: information@njcosac
Website: www.njcosac.org

RARITAN BAY MEDICAL CENTER
24 Hour Emergency Room
(732)324-5188

CHADD: Children and Adults with
Attention Deficit/Hyperactivity
Disorder
8181 Professional Place, Suite 201
Landover, MD 20785
(301)306-7070
(800)233-4050 (to request
information packet)
Email: national@chadd.org
Website: www.chadd.org

JOHNSON REHABILITATION
INSTITUTE
2050 Oak Tree Road
Edison, NJ 08818
(732)548-7610

WOMEN AWARE
Hotline/Outreach/Shelter
(732)937-9525

FAMILY AND CHILDREN'S SERVICES
OF CENTRAL NJ
Family Counseling/Child Home
901 Raritan Avenue
Highland Park, NJ
(732)572-0300

Dr. Carlos Martinez, LCSW
(732)316-2391

Donna Pavlik, LCSW
(732)316-5551

Traumatic Loss Coalition (TLC)
MIDDLESEX County

Private Practice and Agency Resources

Frequently, the Middlesex TLC Coordinator is asked to identify community resources for families struggling with grief and recovery from tragic events. If you, or your agency, are specifically trained and skilled in providing recovery therapy, please provide the information below and your information will be shared when requested.

Therapist/Agency Name	Address	Phone	Insurance Y/N
Cindy Kozicki (Private Practice)	24 Northern St. South River, NJ	732-967-9238	N
Kellie Cuzzola Kitchen Table Counseling	In-home	732-259-5970	N
Teresa Reitz Haven Hospice Bereavement	65 James Street JFK Medical Cntr Edison, NJ	732-321-7000 Ext: 62071	Not required
Lisa Athan Grief Speaks	Springfield, NJ	C: 973-985- 4503	N
Claudia Weiss, LCSW Counseling/Social Skills/Children	7 South Main Street Suite B Marlboro, NJ 07746	732-446-4224	N
Stress Care NJ Comm. Mental Health	4122 Route 516 Matawan, NJ 07747	732-679-4500	Y
Be Well Counseling	285 Durham Avenue Suite 2A, So. Plainfield 07080	908-941-0111	Y



Janet R. Chizmadia, MA, LPC, CADC, SAC, LLC
Williamsburg Commons
3 Auer Court Suite F
East Brunswick, New Jersey 08816
Office: 732-742-2719
Fax: 732-545-9544

Janet is a Licensed Professional Counselor, Student Assistance Counselor, and a Certified Alcohol and Drug Counselor. She has had a successful career working as a Teacher of the Handicapped at both Carrier Clinic and a DYFS Diagnostic Center. Her career spans 22 years working with adolescents and their families in both the public school systems and therapeutic milieus such as Carrier Clinic and the University of Medicine and Dentistry of New Jersey - Brief Treatment Services where she also provided out-patient and intensive out-patient treatment services to adults and adolescents. Janet received specialized training in marriage and family therapy (3 year intensive post-graduate program), trauma, grief and loss, addictions, anxiety disorders, and several therapeutic interventions such as Thought Field Therapy and EMDR. She works with individuals ranging in age from 10 to 70.

Janet's expertise includes:

Marriage and family counseling, adolescents, addictions (adults & adolescents), school related issues (with emphasis on the child's lack of success and parenting interventions), domestic violence and women's issues, multi-cultural and gender sensitive issues, anxiety disorders, depression, life goals and coaching.

Offering:

Individual counseling, marriage counseling, family counseling, groups for adults and adolescents, women's groups, parenting groups, multi-family groups, consultation, presenter and trainer on various subjects (parenting, adolescents, addictions, school issues, mental health topics, domestic violence).

Fee:

\$110 per 50 minute session. Group fees vary.
Presently taking out of network coverage. Sliding scale.

.....UP TO THE MINUTE NEWS.....
New Time-Limited Target Groups To Start In January '05
For Children, Adolescents, Parents, Adults

Are you the parent or guardian of an infant, toddler or preschooler?
Are you an early childhood health, development or early learning professional?

NJ Parent Link

The Early Childhood, Parenting
& Professional Resource Center

Your Information Source for:

Health & Wellness
Ages & Stages
Child Care & Preschool
Family Support Services

Parenting & Early Learning
Career & Family Transitions
Advocacy & Leadership
Professional Resources



www.njparentlink.nj.gov

NJ Parent Link:
Linking Parents & Professionals to New Jersey's
Early Childhood Services and Resources

