

Community Resource Guide

Princeton Public Schools



Emergency Mental Health Services

Psychiatric Screening Center

Capital Health Regional Medical Center
750 Brunswick Ave. Trenton, NJ 08638

CLINICAL SERVICES ARE AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK, 365 DAYS A YEAR. TO GET IMMEDIATE HELP, CALL: (609) 396-HELP or (609) 394-6086

The program offers service designed to stabilize a mental health crisis. These include:

- Crisis hotline
- Emergency screening assessments
- Nursing evaluations
- Assistance with voluntary inpatient hospitalizations
- Information and referrals to outpatient mental health services

Mobile Outreach Program:

The program offers mobile screening services to adults who are unable or unwilling to come to the emergency room at CHRMC. Mobile screeners can make assessments and referrals for outpatient treatment from the community. Mobile screeners can ensure that any person in the community experiencing a psychiatric emergency who requires hospitalization will be immediately and safely transported to the screening center.

Trauma and Grief

2NDFLOOR Youth Helpline
888.222.2228

Accredited by the American Association of Suicidology, 2ND Floor confidentially serves youth and young adults (ages 10 to 24). Youth who

call are assisted with their daily life challenges by professional staff and trained volunteers.

All Access Mental Health (AAMH)

Princeton, NJ
609-452-2088

AAMH is a private, nonprofit, community-based mental health center that provides comprehensive behavioral health care serving the Greater Mercer County. Licensed by the State of New Jersey and accredited by The Joint Commission, services include psychiatric day treatment, individual and family psychotherapy and counseling, psychiatric evaluation and consultation, medication management, and integrated holistic health care.

CARES Program

Trenton, NJ
609-599-6430

Offers children ages 3-21 an opportunity to improve their quality of life by identifying severe emotional, behavioral, or psychiatric needs where they exist and addressing them through the best possible treatment options (full-day, acute partial hospitalization, outpatient individual and family therapy).

Carrier Clinic

Belle Meade, NJ
1-800-933-3579

Substance abuse and drug and alcohol addiction treatment and rehabilitation facility.

Catholic Charities: Family Growth

Trenton, NJ
1-800-360-7711

Following an assessment by staff, clients receive counseling and, if appropriate, psychiatric evaluations and medication monitoring. Family Growth offers trauma treatment services for family violence, child abuse, and neglect for children and families under DCPP. In addition, Family Growth accepts children/adolescents and their families with Medicaid.

The Center for Integrative Wellness at TCNJ

Ewing, NJ

609-771-2700

The Center for Integrative Wellness at TCNJ provides low cost counseling, health and wellness, and medical services for couples, families, and individuals.

Corner House

Princeton, NJ
609-924-8018

Comprehensive substance abuse evaluations, individual, group and family treatment services, early intervention program, adolescent treatment program, men's and women's recovery groups.

GenPsych

Princeton, NJ
1-855-436-7792

GenPsych offers psychiatric evaluations, medication protocols, substance abuse treatment, military programs, group therapy, individual therapy, and family therapy. They operate a Partial Care Program (PCP), Intensive Outpatient Program (IOP) and an Ambulatory (Outpatient) Detox Program.

Good Grief

Princeton, NJ
609-498-6674

Free peer grief support groups for children, teens, young adults, and families who have experienced the death of a mom, dad, brother, sister, or guardian.

High Focus Center

Lawrenceville, NJ
1-877-959-3416

For individuals in the Mercer County area, High Focus Centers' Lawrenceville location offers help for addiction and mental health disorders. They offer mental health and rehab services for adults, and psychiatric services for teens and preadolescent

Jewish Family and Children's Services

Princeton, NJ
609-987-8100

JFCS is a 501(c)(3) nonprofit community service agency that strengthens individuals and families by empowering people to care for themselves and others. This is accomplished through a wide range of high-quality social services and programs including therapy, information, referral, support, education, and advocacy.

- Counseling Services
- Food Pantry
- Pandemic Related Resources

NAMI Mercer County

Hamilton, NJ
609-799-8994

Parents and Teachers as Allies

NAMI Mercer is delighted to offer Parents and Teachers as Allies, a new NAMI National education program that focuses on helping school professionals and parents better understand the early warning signs of mental illnesses in children and adolescents and how best to link families to

appropriate services.

New Jersey Hopeline

1-855-654-6735

The Hopeline is New Jersey's dedicated in-state peer support and suicide prevention hotline staffed by mental health professionals and peer support specialists 24 hours a day, seven days a week. The service is available to callers of all ages for confidential telephone support (except when a suicide attempt is in progress), assessment, and referral. Crisis chat is also accessible through the website and the service can be reached by texting njhopeline@ubhc.rutgers.edu.

Perform Care

Robbinsville, NJ
1-877-652-7624

Youth services are provided in the areas of alcohol and substance use, adolescent housing resources, behavioral and mental health.

Princeton House Behavioral Health

Princeton, NJ
1-888-437-1610

- Children's Program offers outpatient treatment services for children ages 6 to 12 with emotional and behavioral problems that interfere with functioning at school and home. The program helps children with impulse control problems, depression, and aggressive or self-destructive behavior.

- Adolescent treatment services geared to teens with emotional and behavioral problems, substance abuse problems, or both.
- The Adolescent Dialectical Behavior Therapy (DBT) program focus on improving the management of emotions and decreasing impulsive behaviors such as self-harm. The program includes a DBT skills group, individual therapy, skills coaching, and family education.
- The [Emotional Eating Track](#) is designed for teens suffering from both disordered eating patterns and mood disorders, this unique program helps them understand the connection between emotion dysregulation and eating behaviors while offering alternative coping

strategies and healthier life skills. The Emotional Eating Track for adolescents is offered in Princeton only.

Rutger's University Behavioral Health Care Access Center

Piscataway, NJ
1-800-969-5300

Rutgers Health: University Behavioral Health Care is dedicated to a mission of excellence that includes, the delivery of evidence-based and compassionate behavioral health and addiction services to individuals and families across New Jersey, advancing the science through programmatic research, and educating the next generation of health care professionals.

Screening and Screening Outreach Programs

Available in each county 24 hours a day, seven days a week to individuals in emotional crisis needing immediate attention. For information visit the DHS Division of Mental Health and Addiction Services' website at www.state.nj.us/humanservices/divisions/dmhas/

Trevor Project

1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13 to 24.

Trinity Counseling Services

Princeton, NJ
609-924-0060

Trinity Counseling Service (TCS) is a private, not-for-profit, 501 community counseling service (adolescent concerns, anxiety, depression, abuse, school issues).

Food, Clothing and Shelter

Arm In Arm (formerly the Crisis Ministry)

Trenton
609-396-9355

Arm In Arm, formerly The Crisis Ministry of Mercer County, helps Mercer County families meet their basic needs to achieve stability with food, housing and work readiness.

Home Front

Lawrenceville, NJ
609-989-9417

HomeFront, its supporters, and a legion of volunteers provide food, clothing, and shelter to Mercer County's families in need.

Mercer Street Friends

Trenton, NJ
609-396-1506

Provides a range of integrated services that build community, nurture self-worth and independence, and offer resources for children, families, and communities to overcome poverty and its lasting effects. Food pantry and meal services throughout Mercer County.

Trenton Area Soup Kitchen (TASK)

Trenton, NJ
609-695-5456

At TASK, the primary mission is to provide meals to all those who are hungry. Everyone is welcomed into the Trenton Area Soup Kitchen. No questions are asked.



Helpful Hotlines

- Child Behavioral Health Services (mobile response): 1-877-652-7624 ● 121 Help: Text '121Help' to 20131, between 3 p.m. and 11 p.m. ● 2nd Floor Hotline: 888222-2228; Text: 908-280-0235 between 3 p.m. and 8 p.m.
- 24-Hour Pregnancy Helpline: 1-800-247-6365
- Addictions Hotlines of NJ: 1-800-238-2333
- BoysTown National Hotline: 1-800-448-3000*
- Contact We Care Hotline: 908-232-2880; Text: CWC to 839863 from 4 p.m. to 10 p.m. on Monday, Wednesday, and Friday
- Crisis Call Center: 775-784-8090; Text: 'Answer' to 839863* ● Crisis Text Line: Text: 'Go,' 'Support,' or 'Start' to 741-741 ● Dating and Domestic Abuse Hotline: 1-866-331-9474; Text: 'loveis' to 22522
- Disaster Distress Hotline: 1-800-985-5990; Text: 'Talkwithus' to 66746
- National Suicide Crisis Hotline: 988
- National Suicide Prevention Hotline: 1-800-273-TALK
- National Sexual Assault Online Hotline: RAINN.org
- NJ Hopeline: 1-855-654-6736; Text: njhopeline@ubhc.rutgers.edu
- The Trevor Project - LGBTQ: 1-866-488-7386

