



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated October 13, 2020

Help/Text Lines	Operational Status	Contact
<p>Alternatives to Domestic Violence (ADV) A Division of Bergen County Dept of Human Services</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week • Crisis Intervention, Counseling, Legal Assistance & Education/Training Available 	<p>201-336-7575</p>
<p>Domestic Violence</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>1-888-843-9262</p>
<p>Sexual Violence</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>1-888-264-RAPE</p>
<p>Addiction</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week to support those with an addiction and their loved ones. 	<p>201-589-2976 <i>[call or text]</i></p>
<p>2NDFLOOR for Youth</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>1-888-222-2228 <i>[call or text]</i></p>
<p>National Suicide Prevention Line</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>1-800-273-8255</p>
<p>Nacional de Prevención del Suicidio</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week -<u>En Español</u> 	<p>1-888-628-9454</p>
<p>Crisis Text Line</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>Text HOME to 741741</p>
<p>Crisis Text Line for Schools</p>	<ul style="list-style-type: none"> • Can be immediately reached 24 hours per day/7 days per week • Use the Crisis Textline Toolkit - to connect students to mental health support 	<p>Anyone can text SCHOOL to 741741</p>
<p>Help During COVID-19</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week in NJ to obtain • General information on how to stay safe, <i>test sites, financial assistance, unemployment, donations, food, and other non-medical needs.</i> 	<p>Dial: 2-1-1</p>
<p>Medical COVID-19 Questions</p>	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	<p>1-800-962-1253</p>



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<p>Emotional Support - NJ Mental Health Cares</p>	<ul style="list-style-type: none"> • New Jerseyans can call for free, confidential support. • 8 a.m. to 8 p.m. seven days a week 	<p align="center">1-866-202-HELP (4357)</p>
<p>HERO line for Bergen County Law Enforcement, First Responders and Healthcare Pros., operated by Care Plus NJ</p>	<ul style="list-style-type: none"> • For those on the frontlines of the COVID-19 crisis, and immediate family members of frontline workers. • Monday – Friday from 9 a.m. to 8 p.m. 	<p align="center">1-551-800-HERO (4376)</p>
<p>Veteran & First Responder Line, Strive Health of Paramus</p>	<ul style="list-style-type: none"> • This service is specifically designed for First Responders and Hospital/Healthcare workers on the front-lines of Covid-19 • 7am-7pm with reroute to call-center after these hours • Provides confidential, trauma- informed, and in-network treatment programs • Services for mental health and substance use issues via telehealth video technology. 	<p align="center">1-800-530-1250 telehealth@vfrhealthcare.com</p>
<p>West Bergen Mental Healthcare Warm Line</p>	<ul style="list-style-type: none"> • For medical staff, first responders and others in need. • 9 am - 5 pm 	<p align="center">201-688-7098</p>

Crisis / Rapid Access for Adults	Operational Status	Contact
<p>Psychiatric Emergency Screening Program (PESP)/ 201-262-HELP Care Plus</p>	<ul style="list-style-type: none"> • Fully operational • Conducting assessments in person and via telehealth, when possible 	<p align="center">201- 262 – HELP [4357] <i>Can be called 24 hours per day, 7 days per week. If all lines are busy and you feel that you or someone is in danger, please hang up and call 9-1-1.</i></p>
<p>Crisis/Wellness and Support Center/ Early Intervention Support Services (EISS) “Mental Health Urgent Care Clinic” CBH Care</p>	<ul style="list-style-type: none"> • Accepting new referrals, call first • Providing telehealth services • Services available for all Bergen County residents including medical staff and first responders 	<p align="center">201-957-1800 <i>Can be called 24 hours per day, 7 days per week.</i></p>



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<p>Crossroads to Wellness/ Intensive Outpatient Treatment and Support Services (IOTSS) Care Plus</p>	<ul style="list-style-type: none"> • Accepting new referrals, call first • Providing telehealth services, when possible • Face to Face in the community for essential services only 	<p align="center">201- 986- 5037 <i>Can be called 24 hours per day, 7 days per week.</i></p>
<p>-Passaic Wellness Respite Services -Essex Wellness Respite Services Collaborative Support Programs of New Jersey</p> <p>https://cspnj.org/wellnessrespites/</p>	<ul style="list-style-type: none"> • Wellness Respite is fully operational and accepting new referrals for in-person services effective June 8 • Respite is a safe alternative to an inpatient psychiatric hospitalization • Wellness House Stay and Intensive Outreach • A peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a behavioral health crisis 	<p align="center">Passaic Wellness Respite Services (Bilingual in Spanish) 862-239-9896</p> <p align="center">Essex Wellness Respite Services 862-229-1401</p> <p align="center">Open 24 hours</p>
<p align="center">Crisis/Rapid Access for Youth and Families</p>	<p align="center">Operational Status <i>[specify ages served]</i></p>	<p align="center">Contact</p>
<p>Children’s Mobile Response and Stabilization Services</p> <p align="center">CarePlus NJ</p> <p>NEW- video and flyer on Children’s Mobile to show families</p>	<ul style="list-style-type: none"> • Fully operational; serves youth up to the age of 21 and their families • Services provided via telehealth, telephone if families prefer, and in person as appropriate. • Intake Telehealth session is offered within 1 hour of the initial call to PerformCare, or may be scheduled within 48 hours. • Case Management is provided for up to 8 weeks via telephone. 	<p><i>Parents/ caregivers must call the NJ Children’s System of Care (PerformCare) to request service and explicitly describe the “crisis.”</i></p> <p>Can be immediately reached 24 hours per day, 7 days per week: 1-877-652-7624</p> <p><i>If a family member reports that they called PerformCare but didn’t get linked to Mobile, please email Jaime@careplusnj.org and Danad@careplusnj.org</i></p>
<p align="center">Bergen County Division of Family Guidance’s Crisis Line</p>	<ul style="list-style-type: none"> • Available 24/7 for youth, families, law enforcement, school personnel and mental health professionals • Assistance is immediate and offered at no cost to families • Services are offered via telehealth/telephone • Services include: Crisis intervention, psychotherapy, psychiatry, residential and prosocial 	<p>For immediate assistance, please contact the Crisis Line at 201-336-7360.</p> <p><i>For any questions about our available services, including referral, you may also contact fgintake@co.bergen.nj.us</i></p>



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Adult Partial Hospitalization (APH)/Partial Care	Operational Status	Contact
Bergen New Bridge Medical Center APH/MICA (<i>mental illness chemical addiction</i>)	<ul style="list-style-type: none"> ● Accepting new referrals ● Fully operational at this time 	800-730- 2762 www.newbridgehealth.org
Adult Comprehensive Behavioral Healthcare (CBH Care)	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing services via telehealth ● Reopened to select residential consumers on 7/14/20 ● Reopening to select existing consumers on 9/28/2020 	201-646-0195
Geriatric Partial Care (CBH Care)	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing services via telehealth and face to face contact in community based on clinical need ● Reopened to select residential consumers on 9/14/2020 	201-646-0195
Care Plus Partial Care	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services 	201-265-8200
High Focus Partial Care/Intensive Outpatient (IOP)	<ul style="list-style-type: none"> ● Accepting new referrals ● Operating on normal schedule via telehealth platform 	201-291-0055
North Jersey Friendship House	<ul style="list-style-type: none"> ● Partial Care ● Accepting New Referrals ● Providing Telehealth Services ● Vocational and Pre-vocational training ● Supported Employment 	201-488-2121 www.njfriendshiphouse.org
Vantage Health System Partial Care	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing services via telehealth ● Opened to select residential consumers ● Reopened to select existing consumers 	201 -567- 0059
Ramapo Ridge Psychiatric Hospital Adult Partial Hospital	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services 	201 -848-5500
West Bergen Mental Healthcare	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services 	201-485-7172



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Youth Partial Hospitalization /Partial Care	Operational Status [specify ages served]	Contact
New Directions, operated by CBH Care	<ul style="list-style-type: none"> • Accepting new referrals; serves youth 12-18 years old • Provides individual and group sessions via telehealth services 	201-646-0333
Adult Partial Hospitalization / IOP	Operational status [specify ages served]	Contact
Strive	<ul style="list-style-type: none"> • Accepting new clients aged 18+. • Provides individual counseling, groups and psychiatry evals via telehealth services. • All commercial and Medicaid insurance accepted. 	201-565-2920
The Counseling Center at FairLawn	<ul style="list-style-type: none"> • Accepting new clients aged 17+ • Provides individual counseling • Access to psychiatric ANP for medication management • All commercial insurance; sliding scale for uninsured or Medicaid/care clients 	201-797-0001 https://fairlawncounselingcenter.com/
Youth Partial Hospitalization / IOP	Operational Status [specify ages served]	Contact
Strive	<ul style="list-style-type: none"> • Accepting new clients aged 12-18. • Provides individual counseling, groups and psychiatry evals via telehealth services. • All commercial and Medicaid insurance accepted. 	201-565-2920
The Counseling Center at FairLawn	<ul style="list-style-type: none"> • Accepting new clients aged 17+ • Provides individual counseling • Access to psychiatric ANP for medication management • All commercial insurance; sliding scale for uninsured or Medicaid/care clients 	201-797-0001 https://fairlawncounselingcenter.com/
Adult Outreach Programs	Operational Status	Contact
Assisted Outpatient Treatment Services (AOTS)/ Involuntary Outpatient Commitment (IOC) Care Plus	<ul style="list-style-type: none"> • Full/at capacity - Accepting new referrals for waiting list • Providing telehealth services, when possible • Face to Face in the community for essential services/expanded based on clinical need • Transportation for clients to essential medical services/urgent matters 	201-478-4183



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<p>Behavioral Health Home (BHH) Care Plus</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services 	<p>201- 265- 8200 ext 5443</p>
<p>Program of Assertive Community Treatment (PACT) Bridgeway Rehabilitation Svcs.</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services, when possible 	<p>201-880-8321</p>
<p>Integrated Case Management Services (ICMS)/ Community Support Services (CSS) Care Plus</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services, when possible ● Face to Face in the community for essential services expanded based on need ● Transportation for clients to essential medical services/urgent matters 	<p>201- 478- 4162</p>
<p>Community Support Services (CBH Care)</p>	<ul style="list-style-type: none"> ● Accepting new referrals, call first ● Providing services via telehealth and face to face in community based on clinical need ● Assisting with urgent matters including medical appointments and medication monitoring ● Onsite pharmacy and medication delivery available 	<p>201-296-6022</p>
<p>Projects for Assistance in Transition from Homelessness (PATH) Comprehensive Behavioral Healthcare (CBH Care)</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing services via telephone ● Continuing to assist consumer with housing placement 	<p>201-296-6008</p>
<p>Transition Services (MH Justice Involved Services/ Jail Diversion) Care Plus</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services, when possible ● F2F in the community for essential services/expanded based on clinical need ● Transportation for clients to essential medical services/urgent matters 	<p>201- 478- 4166</p>



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Youth Outreach/ Care Management Programs	Operational Status <i>[specify ages served]</i>	Contact
<p>Bergen's Promise Care Management Organization http://www.bergenspromise.org</p> <p>An overview video of the NJ Children's System of Care, Bergen's Promise and BergenResourceNet.org</p>	<ul style="list-style-type: none"> ● In full virtual operation serving youth up to the age of 21 and their families. ● Care Managers are in contact with the families and virtual Child and Family team meetings are being held. 	<p>For referral to services, parents/caregivers call the NJ Children's System of Care 24/7 at 1-877-652-7624.</p> <p>For CMO enrolled youth, to contact a youth's Care Manager, call: 201-712-1170 and use the phone directory. Our on-call service is available 24/7</p>
Adult Shelter/ Housing	Operational Status	Contact
Advance Housing	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth and in-person services 	201- 498- 9140
Rapid Re-Housing for Families and Individuals (RRHFI) Care Plus	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services ● Face to face in the community for essential services/expanded based on need ● Transportation for clients to essential medical services/urgent matters 	201- 265- 8200 ext. 5440
Bergen County Housing Health and Human Services Center (BCHHHSC) Shelter	<ul style="list-style-type: none"> ● Not taking in new guests ● Focusing on current housing applications ● Call 211 hotline for additional shelter/housing information 	201- 336 -6480
Youth and Family Shelter/ Housing	Operational Status <i>[specify ages served]</i>	Contact
Bergen County Division of Family Guidance	<ul style="list-style-type: none"> ● Bergen's Place Youth Shelter is fully operational, 24/7. ● Provides emergency shelter and homeless prevention services for at-risk youth (ages 11-17) 	<p>For immediate assistance, please contact the Crisis Line at 201-336-7360.</p> <p><i>For any questions about our available services, including referral, you may also contact fgintake@co.bergen.nj.us</i></p>



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Adult Outpatient [OPD] Mental Health Treatment	Operational Status	Contact
Advance Counseling Center	<ul style="list-style-type: none"> Accepting new referrals with Medicaid and self-pay Providing telehealth therapeutic and psychiatric services. 	201-498-9140, press Option # 2
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> Accepting new referrals Fully operational at this time Providing telehealth services, when possible 	800- 730-2762 www.newbridgehealth.org
Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing face-to-face and/or telehealth individual, family and group therapy, psychiatric evaluations and medication monitoring 	201-986-5000 https://www.careplusnj.org
Maternal and Family Center (MFC) CarePlus- NEW!	<ul style="list-style-type: none"> Accepting new referrals via telehealth Offers mental health services to prenatal, pregnant, and women up to two years postpartum, and their families Includes grief and loss, substance use disorder treatment, and teens who are pregnant or post-partum Provides psychiatry, therapy, and case management services 	201-986-5000 - Ask for the Maternal and Family Center (MFC) https://www.careplusnj.org
Children's Aid & Family Services	<ul style="list-style-type: none"> Accepting new referrals Providing tele-health and therapeutic services Case management and treatment planning 	201-740-7082 www.cafsnj.org
Coordinated Specialty Care Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth psychiatry, therapy (individual, family, group) and case management/supportive services via telehealth Injectable medications offered on-site 	201-986-5010
Korean American Outreach Program (KAOS) Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	201- 265- 8200 Ext 5280
	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services Injectable medication available on site 	201-646-0915



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Comprehensive Behavioral Healthcare [CBH Care]	<ul style="list-style-type: none"> On site pharmacy and medication delivery available 	
Intensive Family Support Services (IFSS) (CBH Care)	<ul style="list-style-type: none"> Accepting new referrals Family Support via Zoom Tuesday evenings from 7-9 pm Limited respite available Providing telephonic services Spouse Support Group via Zoom Thursdays at 2pm Sunday Coffee Talk Support Group via Zoom at 10am 	201-296-6011
Postpartum Mood Disorder Treatment Center (CBH Care)	<ul style="list-style-type: none"> Accepting new referrals of all women in Bergen County who are experiencing postpartum depression Providing telehealth services 	1-800-328-3838 for referral to CBH Care
Hackensack University Medical Center	<ul style="list-style-type: none"> Not accepting new referrals Providing telehealth services 	551- 996 -2000
National Alliance on Mental Illness (NAMI) Greater Bergen	<ul style="list-style-type: none"> Provides family support groups via Zoom on Tuesdays at 12 pm and Wednesdays at 7 pm Providing services via telephone 	201-935-6264 www.naminj.org to register
NJ PROMISE Children at High Risk for Psychosis (CHRP) Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth psychiatry, therapy (individual, family, group) 	201-986-5010
Ramapo Ridge Psychiatric Hospital	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	201- 848-5500
Vantage Health System OPD	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth, psychiatric assessments, face to face services also available after screening Medication management and therapy Injectable medications available on site On site pharmacy services available as well as in home delivery services 	201- 567-0059
West Bergen Mental Healthcare	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	201-485-7172



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Youth and Family Outpatient Mental Health Treatment	Operational Status	Contact
Care Plus	<ul style="list-style-type: none"> • Accepting new referrals • Providing face-to-face and/or telehealth individual, family and group therapy, psychiatric evaluations and medication monitoring 	201-986-5000 https://www.careplusnj.org
Comprehensive Behavioral Healthcare (CBH Care)	<ul style="list-style-type: none"> • Accepting new referrals • Providing individual and family therapy telehealth services as well as psychiatric evaluations and medication monitoring • Onsite pharmacy and medication delivery available 	201-646-0915
West Bergen Mental Healthcare	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth individual, family and group services 	201-485-7172

Hospital / Inpatient Care	Operational Status	Contact
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> • Accepting patients 	800 -730- 2762 www.newbridgehealth.org
Englewood Hospital	<ul style="list-style-type: none"> • Accepting admissions through emergency department only • Maintaining social distancing guidelines 	201- 894- 3000
Ramapo Ridge Psychiatric Hospital – Psychiatric Inpatient	<ul style="list-style-type: none"> • Accepting new patients on a case by case basis 	201- 848- 5500

Peer to Peer Family Support	OPERATIONAL STATUS	Contact
Family Support Organization of Bergen County	Fully operational with in- community workshops Parent2Parent support groups WARM line 9AM -5pm 201-796-6209 x 102	201-796-6209 x107 http://www.fsobergen.org
Food and Daily Needs Resources		

Check the [Community Events Calendar](#) and [BergenResourcenet Facebook](#) **for local food drive announcements**

[Food Insecurity Resources on BergenResourcenet](#)



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Diapers and Formula - Children's Aid & Family Services offers through the Baby Basics program
 Contact Sara Huisking at (201) 740-7009
 or log onto: <https://cafsnj.org/baby-basics/>

COVID-19 Information and Resources for Parents, Individuals, Families and All:
<https://mhanational.org/covid19>

Tutoring - Contact the Director of Special Services in the school district and/or speak to the student's school case manager. Search BergenResourceNet.org by 'Tutor' 'Tutoring' keyword; search the other county ResourceNets as well (you can access them from <http://www.njresourcenet.org>)

Financial and Legal Resources	Operational Status	Contact
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[COVID LEGAL, SOCIAL SERVICE resources on BergenResourceNet](#)

[COVID FINANCIAL, OCCUPATIONAL resources on BergenResourceNet](#)

Lead Hazard Reduction Program-Bergen County- Dept. of Health Service	<ul style="list-style-type: none"> Currently accepting applications for financial assistance for lead abatement in the home. This helps families that may face the struggle of homelessness due to childhood lead poisoning. Lead poisoning affects the development of a child and adversely affects the whole family emotionally Applications available on Bergen County website <p>https://www.co.bergen.nj.us/environmental-health/hud-lead-abatement-grant</p>	Jessica Speer, Coordinator 201 634 2796
Adult Protective Services (APS)	<ul style="list-style-type: none"> Providing telephonic services Conducting limited home visits Coordinating with Law Enforcement to conduct well checks if unable to get in contact 	201- 368- 4300
Bergen County Board of Social Services (BCBSS)	<ul style="list-style-type: none"> Accepting Applications No Face to Face services 	201- 368- 4200
Mental Health Law Project (MHLP)	<ul style="list-style-type: none"> Accepting referrals via telephone Building/courts are closed to public, with exception of emergent actions Postponing upcoming Social Security hearings 	201- 634-2760
Social Security Administration (SSA)	<ul style="list-style-type: none"> Accepting Applications No Face to Face services 	1- 800 -772- 1213



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If you have **exhausted all of the resources** listed herein and beyond, but cannot meet the needs of an individual, family or community group, please email specific needs to:

Michele Hart-Loughlin at mloughlin@co.bergen.nj.us