

# PARENT RESOURCE GUIDE

CRISIS	
<p><b>Children’s Mobile Response</b> (Performcare) <a href="#">Performcare New Jersey</a> <b>877-652-7624</b></p> <ul style="list-style-type: none"> <li>• Crisis stabilization</li> <li>• Case management</li> <li>• Referral to mental health and substance abuse services</li> <li>• Family support services</li> <li>• Parent must call and be at assessment or student over 18 can self-refer</li> </ul>	<p><b>PESS</b> (Psychiatric Emergency Screening Services)</p> <p><b>Raritan Bay Medical Center</b> <i>530 New Brunswick Avenue</i> <i>Perth Amboy NJ</i> <b>732-324-5289</b> <b>732-442-3794</b></p> <p><b>UBHC</b> (Rutgers University Behavioral Health Care) <i>671 Hoes Lane</i> <i>Piscataway NJ</i> <b>(855) 515 - 5700</b> (24/7 services)</p> <p><b>Helpline for Parents</b> <i>877-914-6662</i></p>
<p><b>Urgent Care - Behavioral Health Hackensack Meridian</b></p> <p><i>2040 Route 33</i> <i>Neptune City, NJ 07753</i> <b>732-455-5800</b> <a href="#">Urgent Care Behavioral Health</a></p> <ul style="list-style-type: none"> <li>• 16 years and older</li> <li>• Hours: Mon - Fri 8am - 8pm</li> <li>• Sat - Sun 8am - 4pm</li> </ul>	<p><b>EISS</b> (Early Intervention Support Services) <b>18+ Middlesex County Residents</b> <i>667 Hoes Lane West</i> <i>Piscataway NJ</i> <b>800-969-5300</b></p> <ul style="list-style-type: none"> <li>• Up to 30 days outpatient services</li> <li>• Meet with therapist within 24 hours of referral.</li> <li>• Medication Management with APN</li> <li>• Case management</li> <li>• Individual, family and group therapy</li> <li>• Require immediate treatment to avoid hospitalization</li> <li>• On-call 24 hours a day</li> </ul>
<p><b>DCPP</b> (Department of Child Protection Permanency)</p> <p><b>877-652-2873</b> Child Abuse and Neglect Reporting</p> <ul style="list-style-type: none"> <li>• <b><u>Middlesex Coastal LO</u> - #509</b></li> </ul>	<p><b>Middlesex County Youth Shelter</b> Route 130 North North Brunswick, NJ 08901</p> <p>732-297-8991</p>

<ul style="list-style-type: none"> <li>• 680 Pfeiffer Boulevard</li> <li>• Perth Amboy, NJ 08861</li> <li>• <b>732-376-4700</b></li> <li>• <b>800-531-1261</b></li> <li>• Fax: 732-293-2360</li> <li>• <b>Manager - Victoria Torrado</b></li> </ul>	
	<p><b>Middlesex County Resources</b></p> <ul style="list-style-type: none"> <li>• Resources for Middlesex County children and families</li> <li>• <b>middlesexresourcenet.org</b></li> </ul>
<p><b>INPATIENT MENTAL HEALTH (Short Term Stabilization)</b></p>	
<p><b>Hampton Behavioral Health Center</b>  <i>650 Rancocas Rd.</i>  <i>Westampton NJ</i>  <b>800-603-6767</b>  <a href="#">Hampton Adolescent</a></p> <ul style="list-style-type: none"> <li>• Inpatient, Outpatient, Telehealth, Dual Diagnosis, ECT</li> <li>• Adolescent (12-17), Young Adult (18-26), Adult, Older Adult</li> <li>• Hampton Academy - private day school K-12</li> <li>• Insurances - major commercial, Managed Medicaid for inpatient</li> </ul>	<p><b>Carrier Clinic</b>  <i>252 County Road 601</i>  <i>Belle Mead, NJ</i>  <b>800-933-3579</b>  <a href="#">Carrier Clinic</a></p> <ul style="list-style-type: none"> <li>• Inpatient psychiatric services for adolescents</li> <li>• East Mountain Lodge - residential treatment for 13-18 years olds</li> </ul>
<p><b>Summit Oaks Hospital</b>  <i>19 Prospect Street.</i>  <i>Summit NJ</i>  <b>800-753-5223</b>  <a href="#">Summit Adolescent</a></p> <ul style="list-style-type: none"> <li>• Children and Adolescent Inpatient, Adults Inpatient</li> <li>• Children 5-17 years old</li> </ul>	
<p><b>Residential Inpatient</b></p>	

<p><b>Turnbridge (Connecticut)</b>  <a href="#">Turnbridge</a>  <b>877-581-1793</b></p> <ul style="list-style-type: none"> <li>• Adults, Adolescents 14-17</li> <li>• RTC Program - residential, 6 male, 6 female - 45 days - Blue Cross insurance</li> <li>• Extended Care - 16-17 y.o. 8 male, 8 female, community-driven, private pay</li> <li>• Young Adult programs</li> </ul> <p><b>Contact is Rudy Novak or Matt Rubin</b>  New program: 36 beds, 14-17 years old.  Waitlist about 1 week currently. 30-60 day stay.  BCBS in network and commercial.  Primary can be SUD, MH or co-occurring.  Detox would need to occur first.  Extended care and young adult program, usually out of pocket.</p>	<p><b>Newport Academy</b></p> <p><i>Sites in CT, VA, CA, WA</i>  <b>877-929-5105</b>  Newportacademy.com</p> <ul style="list-style-type: none"> <li>• Inpatient Residential</li> <li>• Treatment for Mental Health, Substance Abuse, Eating Disorders</li> <li>• Trauma-informed care,</li> <li>• Major insurance accepted</li> <li>• Average stay 30-90 days</li> </ul>
<p align="center"><b>COUNSELING AGENCIES</b></p> <p><b>Mental Health</b>  <b>Substance Abuse</b></p>	
<p><b>Integrated Care Concepts</b></p> <p><i>Offices in Jackson, Middletown, Eatontown</i>  <b>732-858-5432</b></p> <ul style="list-style-type: none"> <li>• <i>Kathleen Mahoney, LCSW, LCADC  Clinical Consultant  kmahoney@integratedcareconcepts.com</i></li> </ul> <p><b>732-389-0697 x 81</b>  <a href="#">Integrated Care Concepts</a></p> <ul style="list-style-type: none"> <li>• Individual, Couples, Family, Group Counseling, Divorce and Co-Parenting, Psychological Assessments, Medication Management, Mindfulness-based therapies and Mind-Body Services, Brainspotting, EMDR, Career Coaching and empowerment,</li> <li>• Specialize in Depression, Anxiety, Addiction, Trauma, Anger, LGBT, Play and Sand Therapy, Yoga Therapy</li> </ul>	<p><b>High Focus Centers</b></p> <p><i>6 Paragon Way  Freehold NJ  (Multiple Sites)</i>  <b>732-303-9900</b>  <a href="#">High Focus Centers</a></p> <p><i>Middle School, Teens, Adults</i></p> <p><b>Middle School Program:</b></p> <ul style="list-style-type: none"> <li>• (10-13) Partial Care and Intensive Outpatient</li> </ul> <p><b>Psychiatric:</b> (Intensive Outpatient and Partial Care)</p> <ul style="list-style-type: none"> <li>• includes weekly psychiatric appointments, medication monitoring</li> </ul> <p><b>Co-Occurring Disorders:</b> (Intensive Outpatient)</p> <ul style="list-style-type: none"> <li>• includes individual and group counseling, psycho-education, relapse</li> </ul>

<ul style="list-style-type: none"> <li>• <b>Major insurances accepted</b></li> </ul>	<p>prevention, psychiatric appointments and medication monitoring and drug screens</p>
<p><b>CPC Behavioral Healthcare</b></p> <p><i>22 Court Street, Freehold NJ</i>  <i>Offices in Howell, Red Bank, Eatontown</i>  <b>732-780-7387</b>  <a href="#">CPC Behavioral</a></p> <p>Contact person: Ken Pecoraro</p> <ul style="list-style-type: none"> <li>• Individual, Group and Family Therapy</li> <li>• Psychiatric Evaluation and Medication Management</li> <li>• <b>Accepts Medicaid, Medicare and most major insurances</b></li> </ul>	<p><b>Stress Care Clinic of NJ</b></p> <p><i>500 Park Avenue, Manalapan NJ</i>  <i>4122 Route 516, Matawan NJ</i>  <b>732-679-4500</b>  <a href="#">Stress Care</a></p> <ul style="list-style-type: none"> <li>• Individual and Couples and Family Counseling, IOP, Adolescent IOP (13-17 years old), Partial Hospitalization</li> <li>• Psychiatric Evaluation, Medication Management, Mental Health and Substance Abuse, Grief, Family Group</li> <li>• Transportation options</li> <li>• <b>Accepts Medicaid and major insurances</b></li> </ul>
<p><b>Portrait Health Centers</b></p> <p>465 Cranbury Rd, Suite 203  East Brunswick NJ  732-982-2888  Portraithealthcenters.com</p>	<p><b>Princeton House</b></p> <p>Children, Adolescents, Young Adults, Adults Admissions <b>888-437-1610</b>  <b>732-729-3600</b>  <a href="http://princetonhcs.org">princetonhcs.org</a>  Community Liaison: Andrew Dean  609-712-0732  <a href="mailto:andrew.dean@pennmedicine.edu">andrew.dean@pennmedicine.edu</a>  1460 Livingston Avenue,  Building 100  North Brunswick, NJ  <i>(Princeton, Hamilton, Eatontown and other sites)</i></p> <ul style="list-style-type: none"> <li>• Children and Adolescents - Partial Hospitalization (930am-330pm), Intensive Outpatient Programs (3 hours a day, 3 days a week)</li> <li>• Psychiatric, Co-occurring, Emotional Eating, DBT,</li> <li>• <b>Most major insurances accepted</b></li> <li>• <b>Accepts Medicaid</b></li> </ul>
<p><b>Center for Wellness</b></p>	<p><b>The Counseling Center</b></p>

<p>312 Applegarth Rd.  Monroe NJ  732-655-4239  <a href="#">Center for Wellness</a>  Dr. Singh, Psychiatrist</p> <ul style="list-style-type: none"> <li>• Initial Comprehensive Assessment, Individual and Group Therapy, Family Support and Education,</li> <li>• Linkages/Coordination of Care</li> <li>• Mental Health Partial Care and IOP, Substance IOP to return shortly*</li> <li>• Psychiatric Evaluation</li> <li>• Medication Management</li> <li>• <b>Major insurances accepted</b></li> </ul>	<p>4345 Hwy 9  Freehold, NJ  732-431-5300  <a href="#">The Counseling Center</a></p> <p>14+ Youth - Adults</p> <ul style="list-style-type: none"> <li>• Individual Counseling, Family Counseling, Family Support Meetings</li> <li>• Mental Health and Substance Abuse</li> <li>• <b>Major insurances accepted</b></li> </ul>
<p><b>Center for Network Therapy</b></p> <p>20 Gibson Place, Suite 103  Freehold NJ  732-431-5800  Recoverycnt.com</p> <p>Detox</p>	<p><b>The Samaritan Center at the Jersey Shore</b></p> <p>36 South St  Manasquan NJ  732-223-HOPE (4673)  <a href="#">NJ Samaritan Center</a></p> <ul style="list-style-type: none"> <li>• Addiction, Anger, Depression, Anxiety, Spiritual guidance, Grief, Trauma, Job loss, Marital and family issues</li> <li>• Children, Adolescents,</li> <li>• Alateen meetings, Mindfulness Meditation workshop</li> </ul>
<p><b>MRM Psychological Testing and Clinical Services</b></p> <p>Wemrock Professional Building  495 Iron Bridge Road  Unit 12  Freehold, NJ  732-683-2322  <a href="#">MRM Psychological</a></p> <ul style="list-style-type: none"> <li>• Services: Neuropsychological Testing, Bariatric pre-surgical assessment, Learning evaluation - differential diagnosis, ADHD evaluation, forensic evaluation, fitness for duty evaluation,</li> </ul>	<p><b>Community YMCA Counseling and Social Services</b></p> <p>166 Main St  Matawan, NJ  732-290-9040</p> <ul style="list-style-type: none"> <li>• Services for 3-18 years old</li> <li>• Individual and Family counseling, play therapy, parent/guardian support, filial therapy</li> <li>• Long Branch, Matawan, Union Beach, Wall Locations</li> </ul>

<p>assessment for individuals involved in immigrant proceedings, workers compensation, auto injury</p> <ul style="list-style-type: none"> <li>• Clinical treatment for children and adults, Anxiety, Grief/bereavement, school-related difficulties, Depression, Mood Disorders, Adjustment, Reiki Sessions, Yoga Therapy, Addictions</li> <li>• Spanish-speaking</li> <li>• Major commercial insurances, Medicare, Worker’s compensation insurance</li> </ul>	<ul style="list-style-type: none"> <li>• Contact person: Brie Niciewski <a href="#">YMCA Outpatient Services</a></li> <li>• Providing contracted outpatient counseling to students in the school environment.</li> <li>• Currently providing telehealth and on-site counseling.</li> </ul>
<p><b>Catholic Charities</b> 288 Rues Lane East Brunswick NJ 732-324-8200 PHP, Outpatient Counseling Accepts Medicaid ccdom.org</p>	<p><b>The Center for Therapy and Counseling Services</b> 15 Prospect St, Suite 2 East Brunswick NJ 732-254-0600 centerfortherapy.net/index.html</p>
<p><b>Positive Reset Mental Health Clinic</b> 6 Cornwall Court, Suite B East Brunswick NJ 732-955-4141 Positivereset.com</p>	<p><b>Total Family Solutions</b> 1 Woodbridge Center Drive, Suite 440 Woodbridge NJ 856-772-5809 x 100 totalfamilysolutions.com</p>
<p><b>Innerspace Counseling</b> 2433 Route 516 Old Bridge NJ 732-332-8270 innerspacecounseling.com</p>	<p><b>Rutgers University Behavioral HealthCare Outpatient Services</b> New Brunswick, Edison, Monmouth Junction 800-969-5300</p>
<p><b>OUT OF DISTRICT PLACEMENTS</b></p>	
<p><b>Milton Hershey School</b> <a href="#">Milton Hersey website</a> Admissions Criteria:</p> <ul style="list-style-type: none"> <li>• 4-15 years old</li> <li>• Low income family</li> <li>• Ability to learn</li> <li>• No behavioral problems</li> </ul> <p><b>800-322-3248</b></p>	<p><b>Collier Middle and High School</b> Needs IEP</p>

<p><b>KEYS Academy</b> Recovery High School</p>	<p><b>East Mountain School at Carrier Clinic</b></p> <p>Special Education School 7-12th grade 908-281-1445 Belle Mead, NJ <a href="#">EMS Overview</a></p>
<p><b>Rutgers Day School Program</b></p> <p>13-21 years old 1 year commitment (long term care) CST referral <a href="#">Rutgers program overview</a></p>	<p><b>Oakwood School</b></p> <p>Private School for Disabled IEP and Behavioral Program Tinton Falls, NJ 732-747-8746 <a href="#">Oakwood School Website</a></p>
<p><b>CHILD PSYCHIATRISTS AND NURSE PRACTITIONERS</b></p>	
<p><b>Freehold Child Diagnostic Center</b></p> <p>Dr. Zaidi, Child Psychiatrist</p> <p><i>501 Iron Bridge Road Suite 6, Freehold, NJ</i> 732-479-7241 <a href="#">Dr. Zaidi</a></p> <ul style="list-style-type: none"> <li>• Telehealth Available</li> </ul>	<p><b>Beech Tree Psychiatric Services</b></p> <p>Dr. Christine Tintorer, Child Psychiatrist <i>22 S. Holmdel Road, Suite 5, Holmdel, NJ</i> 732-444-1330 <a href="mailto:schedule.beechtree@gmail.com">schedule.beechtree@gmail.com</a> Beechtreepsychiatry.com</p> <ul style="list-style-type: none"> <li>• Child and Adolescent Psychiatry</li> <li>• Psychiatric Medication Management, School Evaluations, Consultations, Pet therapy, Psychotherapy, Group Therapy, Buprenorphine treatment</li> <li>• Emergency School Clearance</li> <li>• Telepsychiatry available</li> <li>• Out of network benefits or self pay only.</li> </ul>
<p><b>Carol A Dobrzynski MD</b></p> <p><i>2240 Church Rd.</i></p>	<p><b>Dr. Singh, Psychiatrist Center for Wellness</b></p>

<p><i>Toms River, NJ</i>  <b>732-864-2240</b>  <a href="#">Carol Dobrzynski</a></p> <ul style="list-style-type: none"> <li>• Fee for service</li> </ul>	<p><i>312 Applegarth Rd.</i>  <i>Monroe NJ</i>  <b>732-655-4239</b>  <a href="https://centerforwellnessnj.com/">https://centerforwellnessnj.com/</a></p>
<p><b>Krystin Prasad, APN</b></p> <p><i>664 Commons Way, Building 1</i>  <i>Toms River, NJ</i>  <b>848-210-7151</b></p> <ul style="list-style-type: none"> <li>• Adolescents and Adults</li> </ul>	<p><b>Paula Taylor NP-C</b>  <b>Psychiatric Nurse Practitioner</b></p> <p>Adolescent/Adult/ Geriatric  <b>848-207-8073</b></p> <ul style="list-style-type: none"> <li>• Telehealth only right now</li> <li>• Suboxone Certified</li> <li>• Medicaid and all major insurances</li> </ul>
<p><b>Keyes to Wellness Family Psychiatry</b></p> <p>Sheron Keyes, Psychiatric NP  <i>620 Lacey Rd.</i>  <i>Forked River, NJ</i>  <b>609-618-8500</b></p>	
<p><b>GRIEF</b></p>	
<p><b>Common Ground Grief Center</b></p> <p><i>67 Taylor Avenue,</i>  <i>Manasquan NJ</i>  <b>732-606-7477</b>  <a href="http://Commongroundgriefcenter.org">Commongroundgriefcenter.org</a></p> <ul style="list-style-type: none"> <li>• Support groups for children (ages 6-18)</li> <li>• Adults (19-30)</li> <li>• Parent group meetings concurrently</li> <li>• Not for profit, no fee for services</li> </ul> <p>Contact: Lynn Snyder  <a href="mailto:lynn@commongroundgrief.org">lynn@commongroundgrief.org</a>  for more information</p>	<p><b>Compassionate Friends</b></p> <p><i>Ocean County Chapter: 1674 Old Freehold Rd,</i>  <i>Toms River NJ</i>  <a href="http://Compassionatefriends.org">Compassionatefriends.org</a></p> <ul style="list-style-type: none"> <li>• Grief support for family and friends who have lost a child</li> </ul>
<p><b>Monmouth Rainbows</b></p> <p>Free Support Group for youth 5-18 years old  Parent Support Group concurrent with Youth</p>	<p><b>American Foundation for Suicide Prevention</b>  <a href="https://afsp.org/find-a-support-group/?radius=100&amp;zip=07730">https://afsp.org/find-a-support-group/?radius=100&amp;zip=07730</a></p>



<b>monmouthrainbows.org</b>	Suicide Bereavement Support Groups
<b>Alliance for Hope</b> - for Suicide Loss Survivors <a href="https://allianceofhope.org/find-support/fin-d-a-support-group/">https://allianceofhope.org/find-support/fin-d-a-support-group/</a>	
<b>INPATIENT  SUBSTANCE ABUSE  FOR ADOLESCENTS</b>	
<b>New Hope Foundation</b>  <i>80 Conover Road,  Marlboro NJ</i> <b>800-705-4673</b> newhopeibhc.org  <ul style="list-style-type: none"> <li>• Detox, Inpatient Residential</li> <li>• 13-19 year olds Detox; 13-18 year olds residential</li> <li>• CSOC Funding (No cost to families)</li> <li>• Co-Occurring Disorders</li> <li>• Allied Therapies</li> <li>• Family Education and Therapy</li> <li>• For the Access Center: 732-946-3030 option 3</li> <li>• For Adolescent Inpatient: 732-946-3030 option 5</li> </ul>	
<b>ADULTS  DETOX, INPATIENT, OUTPATIENT</b>	
<b>Seabrook House</b> <i>133 Polk Lane, Bridgeton NJ</i> <b>888-206-3208</b> Seabrook.org  <ul style="list-style-type: none"> <li>• 28 - 35 day residential inpatient (Bridgeton)</li> <li>• Outpatient Sites - Shrewsbury, Cherry Hill, Morristown, Bridgeton</li> </ul>	<b>Discovery Institute</b>  <i>80 Conover Road  Marlboro NJ</i> <b>844-795-5384</b> Discoverynj.org  <ul style="list-style-type: none"> <li>• Detox, Residential, Intensive Outpatient, Sober Living</li> <li>• Adults, Young Adults, Seniors</li> <li>• Individual and family counseling, group therapy, holistic treatment,</li> </ul>

<ul style="list-style-type: none"> <li>• Withdrawal Management, Family Matrix program, MAT, holistic therapies, young adult track, specialty track for nurses, christian track, adult track</li> <li>• Major insurances accepted</li> </ul>	<p>co-occurring disorders, first responders, vocational services</p> <ul style="list-style-type: none"> <li>• Major insurances accepted</li> </ul>
<p><b>Pollak Clinic</b> <b>At Monmouth Medical Center</b></p> <p><i>300 Second Avenue</i> <i>Long Branch NJ</i> <b>732-923-6500</b></p> <ul style="list-style-type: none"> <li>• Provides individual and group therapy, medication management and treatment for adults.</li> </ul>	<p><b>Sunrise Detox</b></p> <p><i>16 Whitesville Rd.</i> <i>Suite A</i> <i>Toms River NJ</i> <b>732-797-2505</b> <b>888-443-3869</b> sunrisedetoxtomriver.com</p> <ul style="list-style-type: none"> <li>• Medically supported detox</li> <li>• Adults only</li> <li>• 24 hour nursing staff</li> <li>• Insurance: BCBS, Aetna, Cigna, Amerihealth, APS, and other</li> </ul>
<p><b>Private Practice</b> <b>Outpatient Counseling</b></p>	
<p><b>Lindsay Thein</b> Clinical Social Work/Therapist, LCSW, LCADC</p> <p><b>48 Reckless Place</b> <b>Red Bank, NJ 07701</b> <b>(848) 229-9137</b> <b>Erin Barnes LCSW</b></p> <ul style="list-style-type: none"> <li>• Accepted Insurance Plans</li> <li>• BlueCross and BlueShield</li> <li>• Cigna</li> <li>• Medicare</li> <li>• Out of Network</li> <li>• Sliding scale</li> </ul>	<p><b>Joe Zdeb LCSW</b> 48 Reckless Place Red Bank, NJ 07701 (908) 287-1025</p>
<p><b>Serenity Counseling Center</b> Jillian Kessler</p> <p><i>70 Schank Rd.</i> <i>Freehold, Suite E</i> <b>732-577-7930</b></p>	<p><b>Brighter Living in Red Bank</b></p> <p>Recommend: Ashley Adams, Marion Richardson and Tony F.</p> <p>47 Reckless Pl, Red Bank, NJ 07701</p>

<p>serenitycounselingcenternj.org</p> <ul style="list-style-type: none"> <li>• Addiction, PTSD, Relationships, Depression, Anxiety,</li> <li>• Commercial Insurance accepted</li> <li>• In person &amp; telehealth</li> </ul>	<p><b>732-219-9002</b>  <a href="#">Therapy Red Bank</a></p>
<p><b>Exceptional Wellness Counseling</b>  <a href="#">Exceptional Wellness</a>  <i>Shrewsbury, NJ</i>  <i>Manalapan, NJ</i>  <b>908-415-2042</b></p>	<p><b>The Therapy Institute in Shrewsbury</b>  <i>149 Avenue at the Common Suite 4,</i>  <i>Shrewsbury, NJ 07702</i>  609-388-8701  <a href="#">Therapy Institute</a></p>
<p><b>Tree of Life Counseling, LLC</b>   <i>2 Market Yard, Floor 2,</i>  <i>Freehold NJ</i>  <b>732-393-8391</b>  <a href="#">Tree of Life Counseling</a></p> <ul style="list-style-type: none"> <li>• Individual counseling</li> <li>• Grief, Anxiety, Self-esteem, Trauma, End of life counseling, Depression, Peer relationships</li> <li>• LGBT friendly</li> </ul>	<p><b>Marin Integrative Therapy, LLC</b>  Beth Kane, MWS, LCSW, DBTC   <i>2200 River Road, Suite C</i>  <i>Point Pleasant NJ</i>  <b>732-267-0860</b>  Mitcounseling.com</p> <ul style="list-style-type: none"> <li>• Depression, Anxiety, Grief and loss, DBT</li> <li>• Aetna &amp; out of network</li> </ul>
<p><b>Evers Psychological Associates</b>   <i>2421 Atlantic Avenue</i>  <i>Suite 102, Manasquan NJ</i>  <b>732-528-5334</b>  <i>Everspsych.com</i></p> <ul style="list-style-type: none"> <li>• Services: Psychotherapy, Psychological Evaluation, Individual, Family and Group, Children, Adolescents and Adults, Substance Abuse Treatment, Group Therapy, Marital Therapy, Play Therapy</li> <li>• Phobias, OCD, PTSD, Forensic Evaluations, VA Disability Evaluations, Vocational Accommodations, Mood, Depression</li> <li>• Accepts Medicare and OON Benefits</li> </ul>	<p><b>Main Street Counseling</b>  Sites in Point Pleasant, Allentown, Pennington, Hamilton   <b>609-208-3053</b>  Mainstreetcounselingnj.com</p> <ul style="list-style-type: none"> <li>• Depression, Anxiety, Substance Abuse and Addiction, ADHD, ODD, Mood Disorders, Anger, Grief, Eating Disorders, Self Harm</li> <li>• Insurance - Horizon BCBS, Out of network benefits</li> <li>• Telehealth</li> <li>• Parenting groups</li> </ul>

<p><b>Denise Wirth</b> <i>800 Riverview Dr. Brielle NJ #108 848-222-3611</i></p> <ul style="list-style-type: none"> <li>• Trauma, abuse, EMDR, HAT (Heart Assisted Therapy), Depression, Grief, Anxiety, Anger,</li> <li>• Youth and Adults</li> <li>• Fee for service</li> </ul>	<p><b>Exhale Healing Arts, LLC</b> Phyllis Alongi, NCC,LPC, ACS <i>800 Riverview Dr. Suite 104, Brielle NJ 732-823-4073</i></p> <ul style="list-style-type: none"> <li>• Depression, Anxiety, PTSD, Trauma, Grief, Parenting Skills, Sandplay therapy, Reiki,</li> </ul>
<p><b>Counseling for a Stronger Tomorrow, LLC</b> Danielle Pfeiffer MA LPC LCADC, ACS, SAC, DRCC <i>232 Norwood Ave, Building #2, West Long Branch NJ 732-443-4609</i></p> <ul style="list-style-type: none"> <li>• Telehealth</li> <li>• Individual, Couples, Family Counseling</li> <li>• Children, Adolescents and Adults</li> <li>• Anxiety, Depression, Grief, Stress, Anger, Parenting</li> <li>• Out of network benefits</li> </ul>	<p><b>Stephanie Englander LPC LCADC</b> <i>281 Rt 34 Colts Neck, NJ 732-858-1474</i> Call or Text <a href="mailto:se.lpc.lcadc@gmail.com">se.lpc.lcadc@gmail.com</a></p> <ul style="list-style-type: none"> <li>• Accepts Out of Network Benefits</li> <li>• Provides telehealth</li> <li>• Substance Abuse Counseling</li> </ul>
<p><b>KMS Counseling Service</b> Keryn Shane MA LPC ACS <i>516 Bay Avenue, Suite 3 Point Pleasant NJ 732-575-2317</i> <a href="mailto:kshane.fcc@gmail.com">kshane.fcc@gmail.com</a></p> <ul style="list-style-type: none"> <li>• Trauma-focused CBT</li> <li>• Telehealth and in-person</li> <li>• Adolescents and Teens</li> <li>• Insurances: Aetna, Cigna, and Horizon</li> </ul>	<p><b>Creative Life Strategies, LLC</b> <b>Christine Leotta Selby LPC, LCADC</b> <i>625 Route 9 Beachwood, NJ 732-580-6619</i></p> <ul style="list-style-type: none"> <li>• Adolescents, Adults, Family, Couples</li> <li>• Substance Abuse/ Evaluations</li> <li>• Mood disorders</li> <li>• Anxiety</li> <li>• trauma</li> <li>• LGBTQ+</li> <li>• School related issues</li> <li>• All major insurance/ Horizon Family care/ EAP</li> </ul>
<p><b>River Therapeutics, LLC</b> Stacey Clayton, LCSW</p>	<p><b>Swan Therapy Group</b> Joann Fella</p>

<p>252 Washington Street. Suite B2 Toms River, NJ 848-212-8156</p> <ul style="list-style-type: none"> <li>• Cost per Session: \$130 - \$160</li> <li>• Sliding Scale: Yes</li> <li>• Pay By: Cash, Check</li> <li>• Accepted Insurance Plans: Aetna, Horizon Blue Cross and Blue Shield, Medicare</li> </ul>	<p>252 Washington Street, Suite A1, Toms River, NJ 732-573-6968 swantherapygroup.com</p> <ul style="list-style-type: none"> <li>• Accept major insurances</li> <li>• Telehealth available</li> </ul>
<p><b>Richard Lill, LCSW</b> 2154 Hwy 35, Building C, Sea Girt, NJ 802 Main Street, Suite 1A, Toms River, NJ 732-240-0509</p> <p>Email: <a href="mailto:richardlill.lcsw@gmail.com">richardlill.lcsw@gmail.com</a> Richardlill.com</p> <ul style="list-style-type: none"> <li>• Neurofeedback, Counseling, Parenting Services</li> </ul>	<p><b>Nina Rettino LCSW, LCADC</b> 302 Hawthorne Ave, Suite #1 Point Pleasant Beach, NJ 848-448-3299</p> <ul style="list-style-type: none"> <li>• EMDR certified</li> </ul>
<p><b>Mended Minds, LLC</b> Sarah Tuzenue, LCSW 625 Route 9 Beachwood, NJ 609-361-4263 <a href="http://www.mendedmindscounseling.com">www.mendedmindscounseling.com</a></p> <ul style="list-style-type: none"> <li>• In person /Telehealth</li> <li>• Anxiety/OCD</li> <li>• Depression</li> <li>• Addiction</li> <li>• High conflict/high stress</li> <li>• Accepts major insurance</li> </ul>	<p><b>Bridge Mental Health</b> Helen Demetriades Psy.D</p> <p>1617 Beaver Dam Road Point Pleasant NJ 732-701-8400 Bridgementalhealth.com</p>
<p><b>Amanda Lonny LCSW LCADC</b> Hazlet, NJ 07730 (732) 538-8628</p>	<p><b>Jennifer Carlone LCSW</b> Strength In Sharing, LLC 48 Reckless Place Red Bank, NJ 07701 (732) 587-5055</p>

<b>EATING DISORDERS</b>	
<p><b>Begin Within Center Nutrition Therapy, LLC</b></p> <p><i>272 Broad St. Red Bank, NJ 732-747-3663 Beginwithincenter.com</i></p> <ul style="list-style-type: none"> <li>• Individual therapy, individual nutrition therapy, body image, meal training, family therapy,</li> <li>• Eating Disorders, Anxiety Depression, Body image,</li> <li>• Groups: bi-monthly support, Adult women's, Teens, Family Support</li> </ul>	<p><b>Renfrew</b></p> <p><i>475 Spring Lane Philadelphia, PA 1-800-RENFREW Renfrewcenter.com</i></p> <ul style="list-style-type: none"> <li>• Residential treatment for adolescents and adults</li> <li>• Education consultant, Nutrition, support groups, family work and therapy, experiential therapies, integration with adult community</li> <li>• Treatment tracks - substance abuse and trauma, specialized programming - adolescent, midlife, diabetes, binge eating, Jewish, Christian</li> <li>• Major insurances accepted</li> </ul>
<p><b>Inner Wisdom Nutrition Therapy, LLC</b> Hilary Turett, Dietitian <i>Manalapan, NJ 732-580-8074</i></p> <ul style="list-style-type: none"> <li>• Children, Adolescent, Adult</li> <li>• LGBTQ</li> <li>• Individual therapy, meal plan, intuitive eating, mindfulness, nutrition, Dietetics, CBT</li> </ul>	<p><b>Monmouth Psychological Associates</b> Dr. Donald Erwin, PhD</p> <p><i>620 Shrewsbury Ave, Suite D Tinton Falls, NJ 732-530-9029 <a href="http://monmouthpsych.com/">http://monmouthpsych.com/</a></i></p> <ul style="list-style-type: none"> <li>• Evaluation, Individual Psychotherapy, Nutritional Counseling, Medical Management and Medication, Family education</li> <li>• Not in network with any private insurance, Medicaid under 19 years old.</li> </ul>
<p><b>Center for Discovery</b></p> <p><i>745 Route 206, Suite 103, Bridgewater NJ 844-943-3496 Centerfordiscovery.com</i></p>	<p><b>Leslie Richmand, LCSW, CEDS</b> <i>666 Plainsboro Rd. Suite 1214 Plainsboro, NJ 609-799-2000 leslierichmand.com</i></p>

<ul style="list-style-type: none"> <li>• Partial hospitalization, intensive outpatient, All ages and genders</li> <li>• CBT, Exposure and Response Prevention, DBT, Support groups, Neurofeedback, trauma, EMDR</li> <li>• Treat Anorexia Nervosa, Bulimia, Binge Eating, Avoidant/Restrictive Food Intake, Orthorexia, Specified Feeding or Eating disorder, co-occurring disorders</li> <li>• Major insurances accepted</li> </ul>	<ul style="list-style-type: none"> <li>• Individual therapy, family, couples, support groups for patients and caregivers</li> <li>• trauma, self harm, eating disorders, chronic pain, divorce, ODD, personality disorders, adolescents</li> <li>• Medicare, Out of Network Benefits</li> <li>• Telehealth</li> </ul>
<p><b>National Eating Disorders (NEDA)</b>  Nationaleatingdisorders.org  <b>800-931-2237</b></p> <ul style="list-style-type: none"> <li>• Screening tools, treatment resources, hotline, education</li> <li>• Chat option on website Mon - Thurs 9am - 9pm, Fri 9am-5pm</li> <li>• Text 800-931-2237 Mon - Thurs 3-6pm</li> </ul>	<p><b>Eating Disorders Anonymous</b>  eatingdisordersanonymous.org</p> <ul style="list-style-type: none"> <li>• 12 step fellowship meetings</li> <li>• online and in-person meetings</li> </ul>
<p><b>Neurologists</b></p>	
<p><b>Neurological Associates of Ocean County</b>  Dr. Barry Zimmerman  Dr. Bruce Monastersky</p> <p><i>40 Bey Lea Rd. Ste C 103  Toms River NJ  732-367-8280</i></p>	
<p><b>Neuropsychological Testing</b></p>	
<p><b>Comprehensive Psychology and Wellness Center</b>  Lisa Granato  Clinical Psychologist</p> <p><i>424 Main St.  Forked River, NJ</i></p>	<p><b>Steven Greco PhD</b></p> <p><i>1255 Hwy 70,  Lakewood NJ  2100 Route 33,  Neptune NJ  732-961-9701</i></p>

<p><b>609-693-4343</b></p>	
<p><b>South Jersey Psychology</b>  Dr. William Coffey</p> <p><i>776 Commons Way  Toms River NJ  732-286-2186</i></p>	
<p><b>Neuropsychology and Counseling Associates LLC</b>  <i>4 Paragon Way, Suite 350  Freehold NJ  732-294-5588  1683 Rt 88 W  Brick NJ  732-840-5266  Neuronj.com</i></p> <ul style="list-style-type: none"> <li>• Telehealth</li> <li>• Accept most commercial insurances</li> <li>• Speech Therapy, Autism and Dyslexia Diagnostic Assessment, Memory Loss, Forensic Neuropsychology, Dementia and Alzheimer's Screening, Comprehensive Evaluations, Services for Senior Adults, Post-Concussion Syndrome, Pain Management, Depression/Anxiety, Biofeedback, Cognitive Rehabilitation and Memory Training, Child/Adolescent Behavioral and Academic issues, individual, marital and family therapy, Neuropsychological and Psychological Testing</li> </ul>	<p><b>Pathways Neuropsychology Associates</b></p> <p><i>388 Lakehurst Rd. #2A  Toms River, NJ  732-930-2242</i></p> <ul style="list-style-type: none"> <li>• Telehealth</li> </ul>
<p><b>CNNH-The Center For Neurological and Neurodevelopmental Health</b></p> <p><i>1451 NJ-34 #201  Farmingdale, NJ  856-346-0005</i></p>	<p><b>Dr. Tommasina Papa-Rugino, MD</b></p> <p><i>53 Nautilus Drive, Suite 201,  Manahawkin NJ  609-978-8870</i>  <a href="https://www.vitals.com/doctors/Dr_Tommasina_Papa_Rugino.html">https://www.vitals.com/doctors/Dr_Tommasina_Papa_Rugino.html</a></p>



<b>MEDICAL - CLINIC</b>	
<p><b>VNA (Visiting Nurse Association Health and Hospice)</b>  <a href="#"><u>VNA</u></a></p> <ul style="list-style-type: none"> <li>• Cancer Education and Early Detection</li> <li>• Pediatric Home Care Services</li> <li>• Community Health Centers</li> <li>• Prevention Resource Network</li> <li>• Project R.E.A.L.</li> <li>• Early Intervention</li> <li>• Public Health Nursing</li> <li>• Healthy Families America</li> </ul>	
<b>SPANISH SPEAKING SERVICES</b>	<ul style="list-style-type: none"> <li>• Performcare - In-Home Counseling 877-652-7624</li> <li>• Monmouth Family Health Center, Long Branch - 732-923-7100</li> <li>• Seek and Find Counseling, Ocean Twp - 848-456-4601</li> <li>• Integrated Care Concepts, Eatontown - 732-858-5432</li> <li>• Rosbel Puello (Peace and Clarity counseling) - 732-646-6716 (currently not accepting new clients)</li> <li>• Stress Care - Matawan - 732-679-4500</li> <li>• Monmouth Cares(CMO) - Nicole Bilyk</li> <li>• 180NJ - Shore Regional Outreach (domestic/ sexual violence) <a href="https://180nj.org/get-help/180-program-s-services/counseling/">https://180nj.org/get-help/180-program-s-services/counseling/</a></li> <li>• MRM Psychological- Dr. Ramirez. Dr. Rivera-Marano. 732-683-2322</li> <li>• Marisol Mondaca LPC, LCADC 732-778-9609 <a href="mailto:marychile@aol.com">marychile@aol.com</a></li> </ul>
<b>COMMUNITY RESOURCES</b>	
<b>National Alliance on Mental Illness (NAMI)</b>	<b>Mental Health Association of Monmouth County</b>

<ul style="list-style-type: none"> <li>• NAMI.org</li> <li>• HelpLine Mon - Fri, 10 am-6 pm, ET. <b>1-800-950-NAMI (6264)</b> <b>or <a href="mailto:info@nami.org">info@nami.org</a></b></li> <li>• NAMI Ocean County, Inc.</li> <li>• PO Box 1436</li> <li>• Toms River, NJ 08754</li> </ul> <p><b>(732) 244-4401</b></p>	<p><b>732-542-6422</b> <i>mentalhealthmonmouth.org</i></p>
<p><b>Hope Sheds Light</b> <a href="http://hopeshedslight.org">hopeshedslight.org</a></p>	<p><b>New Jersey Youth Challenge Academy</b> <i>State of New Jersey Dept. of Military &amp; Veteran Affairs</i> Cynthia Carlucci - Recruiting and Marketing Specialist <b>609-556-6088</b> <a href="mailto:cynthia.carlucci@dmava.nj.gov">cynthia.carlucci@dmava.nj.gov</a> <a href="http://nj.gov/military/challenge">nj.gov/military/challenge</a></p>
<p><b>Youth Advocate Programs, Inc.</b> Sylvester J. Artis Program Coordinator Re-Entry Program <b>856-546-3701</b> <a href="mailto:sartis@yapinc.org">sartis@yapinc.org</a> <a href="https://www.yapinc.org/">https://www.yapinc.org/</a></p> <ul style="list-style-type: none"> <li>• Community-based alternatives to out of home placements</li> <li>• Behavioral Health - prevention groupwork held at school</li> </ul>	
<p><b>LGBT SUPPORT</b></p>	<p><b>Dr. Russell Healy, DSW, LCSW</b> <i>4 East Cliff St.</i> <i>Somerville, NJ</i> <b>908-349-1179</b></p> <ul style="list-style-type: none"> <li>• Telehealth</li> <li>• Gender Specialist</li> <li>• Individual, Family and Couples Counseling</li> </ul>

	<ul style="list-style-type: none"> <li>• Depression, Anxiety, Sexual addiction, internet addiction, infidelity, Gender Identity, Sexual identity, personality disorders, grief, chronic pain,</li> <li>• Works with transitioning youth and adults</li> <li>• Out of network benefits</li> </ul>
<p><b>Rutgers Center for Transgender Health</b></p> <ul style="list-style-type: none"> <li>• Psychiatric Care</li> <li>• Surgical Care</li> <li>• Plastic Surgery</li> <li>• Pediatrics</li> <li>• Resources</li> </ul> <p><a href="http://njms.rutgers.edu/centers_institutes/trans_health/index.php">http://njms.rutgers.edu/centers_institutes/trans_health/index.php</a></p>	<p><b>PFLAG</b> (Parents and Friends of Lesbians and Gays) <i>Collingswood, Jersey Shore, Philly Chapters</i> Jersey Shore Chapter - <a href="http://Pflagjerseyshore.org">Pflagjerseyshore.org</a> <a href="http://PFLAG.org">PFLAG.org</a></p> <ul style="list-style-type: none"> <li>• Transgender Support Group</li> <li>• Support Group for Families (monthly groups - Shrewsbury, Toms River)</li> </ul>
<p><b>Human Rights Campaign (HRC)</b> <a href="http://HRC.org">HRC.org</a></p>	<p><b>The Mazzoni Center</b> <a href="http://Mazzonicenter.org">Mazzonicenter.org</a> Philadelphia, PA</p>
<p><b>Attic Youth Center</b> <i>Philadelphia, PA</i> <a href="http://Atticyouthcenter.org">Atticyouthcenter.org</a></p>	<p><b>Gender and Sexuality Development Clinic at Children’s Hospital of Philadelphia</b></p> <p><a href="https://www.chop.edu/centers-programs/gender-and-sexuality-development-clinic">https://www.chop.edu/centers-programs/gender-and-sexuality-development-clinic</a> Philadelphia, PA</p>
<p><b>LGBT National Help Center</b></p> <p><a href="http://Glnh.org">Glnh.org</a> Resources, Helpline, Peer Chat, Youth Talkline 800-246-7743 Mon - Fri 4pm - 12am EST, Sat 12pm - 5pm EST</p>	<p><b>VNACJ Community Health Center of Asbury Park - Asbury Park Community Health Center</b></p> <p><i>1301 Main St Asbury Park NJ</i> <b>732-774-6333</b> <a href="https://vnachc.org/">https://vnachc.org/</a></p> <p>Clinic Details:</p> <ul style="list-style-type: none"> <li>• Make VNACJ Community Health Center (CHC) your medical home. We offer comprehensive primary care and</li> </ul>

	<p>wellness services for New Jersey residents of all ages at four convenient locations.</p> <p>Services:</p> <ul style="list-style-type: none"> <li>• Primary Care for the Entire Family; Prenatal Care; Ryan White Program; Behavioral Health; Nutritional Counseling &amp; Diabetes Education; Dental Care; Podiatry (Foot Care); Chiropractic</li> <li>• Transgender services reassignment psych evals</li> </ul>
<p><b>Q Spot</b>  <b>LGBT Community Center</b>  Asbury Park, NJ  <a href="http://qspot.org/">http://qspot.org/</a></p> <ul style="list-style-type: none"> <li>• Counseling, Support Groups, Trainings, Resources for At-risk, Homeless LGBT Youth, Clubs/Groups, 12 Step Recovery Meetings, Special Events</li> </ul>	
<p><b>HOTLINES</b></p>	<p><b>Second Floor Youth Helpline</b>  <b>888-222-2228</b></p> <ul style="list-style-type: none"> <li>• 24/7 youth helpline</li> <li>• Call/Text/chat online</li> <li>• 2ndfloor.org</li> <li>• Spanish speaking</li> </ul>
<p><b>SAMHSA</b>  (Substance Abuse and Mental Health Services Administration)  <b>1-800-622-HELP</b>  Samhsa.gov</p> <ul style="list-style-type: none"> <li>• Behavioral Health Treatment</li> </ul>	<p><b>Suicide Prevention Lifeline</b>  <b>800-273-8255</b>  <b>Text/ Call 988</b>  <b>24 hours/ 7 days a week</b>  suicidepreventionlifeline.org</p>

<p><b>With You Here</b> Suicide Prevention website For black youth <i>withyouhere.org</i></p>	
<p><b>Crisis Text Line</b> Text 'HOME' to 741-741 24/7 crisis support Crisistextline.org</p>	<p><b>NAMI</b> <b>National Alliance Mental Health</b> 800-950-NAMI</p>
<p><b>NJ HopeLine</b> (New Jersey Suicide Prevention Hopeline)  <b>855-654-6735</b></p> <ul style="list-style-type: none"> <li>• Call, Text, Email, Chat</li> <li>• Access 24/7</li> </ul>	<p><b>National Teen Dating Abuse Helpline</b> Thehotline.org Loveisrespect.org <b>1-800-799-SAFE (7233)</b></p> <ul style="list-style-type: none"> <li>• 24/7 Hotline for teens experiencing dating violence</li> <li>• Chat option as well</li> </ul>
<p><b>LGBT HOTLINES</b></p>	
<p><b>Trans Lifeline</b> <b>877-565-8860</b> Translifeline.org</p> <ul style="list-style-type: none"> <li>• Peer support hotline is run by and for trans people</li> </ul>	<p><b>Trevor Project</b> <b>866-488-7386</b> Trevorproject.org</p> <ul style="list-style-type: none"> <li>• Hotline 24/7, Texting and Chat available for LGBTQ Young People</li> <li>• TrevorText (Text START to 678-678)</li> </ul>

<p><b>SUPPORT GROUPS</b></p>	<p><i>Grief/Loss/Bereavement</i></p> <p>Contact: Lynn Snyder 732-606-7477 lynn@commongroundgrief.org for more information</p> <p>Common Ground Grief Center, 67 Taylor Avenue, Manasquan NJ Children</p> <p>6-12 years old, Teens 13-18,</p>
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	Young Adults 19-30, Parent Group meetings concurrently
<b><i>NJGROUPS.org</i></b> to search for specific groupwork/counties	<i>Hope Sheds Light Family Meetings</i> Tuesday at 6 p.m (virtual) <a href="http://hopeshedslight.org">hopeshedslight.org</a>
<b>SUPPORT FOR SUBSTANCE ABUSE</b>	<b><i>Alcoholics Anonymous Meetings</i></b>  (For people struggling with alcohol addiction) <a href="http://www.aa.org">www.aa.org</a>
<b>Narcotics Anonymous</b>  <i>For people struggling with drug addiction</i> <a href="http://www.na.org">www.na.org</a>	<i>Central Jersey Area of Narcotics Anonymous</i>  www.cjasc.org
<b>Al-Anon Meetings</b> <i>For adults affected by a loved one's drinking or drug use</i>  <i>All meeting information taken from <a href="http://www.alanon.org">www.alanon.org</a> website, please see for more details</i>  <i>njаланон.org</i>	<b><u>Serenity Now AFG</u></b>  Wednesday 6:30 PM  Gethsemane Lutheran Church 60 Maple Pl, Keyport, NJ, 07735, USA
<b><i>New Beginnings AFG</i></b> <b><i>Sunday 10:00 AM</i></b> <b><i>Bayshore Community Hospital</i></b> <b><i>727 N Beers St, Holmdel, NJ, 07733, USA</i></b>	<b><u>Keep It Simple AFG</u></b>  Saturday 9:30 AM  New Monmouth Baptist Church 6 Cherry Tree Farm Road, Middletown, NJ, 07748, USA
<b>SMART RECOVERY MEETINGS</b>	<b>Meetings in the following towns:</b>

<p><i>Alternative support group for people who wish to live a sober lifestyle</i>  <i>See website for meeting sites and more information</i>  <b>smartrecovery.org</b></p>	<p>422 Morris Avenue, Long Branch - Tuesdays 7pm  260 Casino Drive, Farmingdale - Tuesdays 7pm, Thursdays 7pm, Saturdays 11am  Asbury Park (online) - Saturday 11am  67 Taylor Avenue, Manasquan -Friday 7pm</p>
<p><b>ALATEEN MEETINGS</b>  <i>For young people affected by a loved one's drinking or drug use</i></p>	<p><b>Toms River Alateen</b>  Monday 7:30 PM  Pinelands Reformed Church  898 Route 37 W, Toms River, NJ, 08755, USA  Age range 11-17.</p>
<p><b>Together We Can Make It Wed Night Alateen</b>  Wednesday 7:30 PM  First Presbyterian Church of Iselin  1295 Oak Tree Rd, Iselin, NJ, 08830, USA  Teenagers; for details call 888-425-2666.  Parking lot off middlesex ave</p>	<p><b>South Brunswick Alateen</b>  Wednesday 8:00 PM  St. Barnabas Episcopal Church  142 Sand Hills Road,  Monmouth Junction, NJ, 08852, USA  Teenagers; for details call 888-425-2666.</p>
<p><b>GAMBLING</b></p>	<p><b>Council of Compulsive Gambling of New Jersey</b>  <b>800-GAMBLER</b>  800gambler.org</p> <ul style="list-style-type: none"> <li>• Help problem and compulsive gamblers and those affected by gambling</li> </ul>

<p><b>SMOKING CESSATION AND EDUCATION</b></p>	<p><b>SmokeFree.gov</b></p> <p>Teen.smokefree.gov  24/7 Text messaging program  Advice and encouragement to quit  Text <b>QUIT</b> to <b>47848</b></p>
<p><b>The Real Cost Campaign</b>  therealcost.betobaccofree.hhs.gov</p>	<p><b>NJ Quitline</b>  <b>1-866-657-8677</b>  NJquitline.org</p>
<p><b>Great American Smokeout</b>  Treatment, Support, Education  cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html</p>	<p><b>Becomeanex.org</b></p> <p>Customized Quit Plan through text message  -Interactive Guide and Tools</p>
<p><b>Truthinitiative.org</b></p> <p>-E-Cig Quit Program  -Text <b>DITCHJUUL</b> to <b>88709</b></p>	<p><b>QuitSTART</b>  Free App  -Tips, Inspiration and Challenges</p>
<p><b>DRUG AND ALCOHOL EDUCATION/AWARENESS</b></p>	<p><b>Partnership for Drug-Free Kids</b></p> <p>drugfree.org</p> <p><i>Click on Get Help and Support Tab</i>  Look for warning signs, Is it just experimenting?  Prepare to take action, Start Talking, Set limits and monitor, Changing Behavior</p>
<p><b>National Institute on Drug Abuse</b></p> <p>drugabuse.gov  <i>Click on Parents Tab</i>  Preventing Teen Drug Use, Drugs: Basic Facts, Drug Treatment</p>	<p><b>Drug Free World</b></p> <p>drugfreeworld.org  Facts about Drugs, Videos  free pamphlets</p>
<p><b>Partnership for a Drug-Free New Jersey</b></p> <p>drugfreenj.org  Education, Videos, Media</p>	<p><b>REACHNJ</b></p> <p>reachnj.gov  Resources, Treatment Options, Hotline</p>



**CVS**

*Purchase Narcan without a prescription*

[cvs.com/content/prescription-drug-abuse/save-a-life](https://www.cvs.com/content/prescription-drug-abuse/save-a-life)