

Mental Health Resources

CRISIS SITUATIONS

Children's Mobile through Perform Care - 1-877-652-7624

- Parents - Call if you are in a crisis situation, Mobile Crisis will respond to your home
- Crisis de-escalation, care coordination and linkage to mental health services and other service needs.
- Telehealth and telephonic services, available 24/7 [Click here for flyer](#) and [here for quick facts about Children's System of Care](#)

COUNSELING SERVICES

Perform Care <https://www.performcarenj.org/>

- 1-877-652-7624
- Free county counseling services

West Bergen Mental Health

www.westbergen.org

- counseling and specialized services for individuals, families, and groups.
- 3 locations in Bergen County
- depression, anxiety, loss, trauma, social skill development, or dealing with the stress of everyday life

CarePlus - 201-797-2660 www.careplusnj.org

- Counseling for children, adolescents, and adults available
- Fair Lawn, Paramus, Bloomfield, Hasbrouck Heights, Hackensack

Comprehensive Behavioral Healthcare

www.cbhc.com

- Counseling for children, adolescents, and adults available
- Same day appointments 201-646-0195
- 24/7 for Urgent Care & Early Intervention (201) 957-1800
- Lyndhurst, Hackensack, Westwood locations

Thriving Minds Counseling

www.thrivingmindscounseling.com

- Entire practice is **Spanish speaking**
- Hackensack, NJ 201-205-1131
- Individual, family, counseling available

A Beautiful Journey Counseling

www.beautifuljc.com

- Mahwah, 551-319-2029
- Telehealth and in-person counseling
- Takes insurance

Arlene Rodriguez, MA, LAC

- Lyndhurst, 848-204-0726
- Telehealth counseling
- Takes insurance

On Your Mark Teen

- Montclair, 973-746-2500
- In-person counseling
- Takes insurance

Evolve Psychological Services

www.nicolegarciaaphd.com

- Montclair, 917-464-5272
- Telehealth and in-person counseling
- Does not take insurance

INTENSIVE OUTPATIENT PROGRAMS (not individual therapy)

GenPsych - Intensive Outpatient Programs [GenPsych](#)

- Wayne 855-436-7792
 - Adult Care
 - Adolescent Care 13+

Immediate Care Children's Psychiatric Center www.njpsychcenter.com

- Parsippany and Paramus - 201-984-9373
- Partial Hospitalization, Intensive Outpatient, Afterschool Intensive Outpatient Programs

New Bridges [Hope and Resiliency Center for Youth](#)

- Paramus, 800-730-2762 extension 2
- Adolescents ages 13 to 17 with a DSM-V diagnosis or behavioral problems interfering with their ability to function optimally in family, school, or community settings are eligible
- Call the Access Center at 800.730.2762 extension 2 for more information or assistance with a referral. Referrals can be made by, but are not limited to, primary care providers, case managers, school personnel, and community agencies

ADOLESCENT ADDICTIONS PROGRAMS

TEEN T.H.R.I.V.E. [Teen THRIVE](#)

- Contact our Intake Department to make an appointment and complete a screening at 201.967.4188 or 201.967.4000 extension 26345 or 25975

High Focus [High Focus](#)

- Paramus, 877-721-4436
- Intensive Outpatient and Partial Hospitalization
- Co-occurring disorders treatment

GRIEF RESOURCES

[Grief Resources/Support in NJ](#)

Bergen County Chapter of American Foundation for Suicide Prevention

- Wendy Sefcik 908-227-8481 wendy@sefcikprod.com
- Healing Conversations which provides personal support for loss survivors <https://afsp.org/healing-conversations>
- AFSP listing of support groups: <https://afsp.org/find-a-support-group/>
- Local Support Groups
 - [Teen and Young Adult Who Lost a Sibling Support Groups](#)
 - [Survivors After Suicide Loss Support Groups](#)
 - [Parents of Suicide Loss Support Groups](#)
- [Information for Counselors](#)

Bergen County Mental Health and Community Support Resources - [Click here](#)

Online Resources and Links - Information about mental health and strategies for students [Click Here](#)

Free and Reduced Lunch information - [Click here](#)

GED AND ALTERNATIVE OPTIONS

DOL GED Programs Offered through Bergen County Technical Institute (Hackensack)

- **Bergen Community College GED Program offered through Bergen County**
 - Phil Beamer - Connections Program, Bergen Community College
 - [Connections Program Flyer](#)
 - Bergen County residents 16 through 21 years old who are no longer enrolled in high school. We encourage students to sign out of school only after they have been accepted at Connections
 - (201) 937-7236 for more information and to set up an appointment
- **DOL GED Programs Offered through Bergen County Technical Institute (Hackensack)**
 - Ghazala Nomani - Bergen County Technical Schools, Program Manager - Adult ESL/HSE Programs 201-343-6000 ext. 4638 ghanom@bergen.org
 - [High School Equivalency - Free Bergen County Program](#)
 - [Bergen County Technical Schools FREE ESL PM Program](#)
 - [Bergen County Technical Schools FREE ESL AM Program](#)
- **New Jersey Youth Challenge Academy**
 - Alternative academic program for students 16-18 years of age that are not doing well in school, needing to catch up on credits or have dropped out of school. We are a 5.5 month residential program that is funded by the state and federal government and tuition free for the students.
 - [Program Information](#)
 - [Program Brochure](#)