

Parent Resource Guide for Mental Health, Substance Abuse & Support Group Services

Crisis Intervention Resources

Call 911 For Any Emergency Situation

<p>Division of Child Protection & Permanency (DCP&P) Cape May County Office (Crisis Intervention) 3150 Route 9 South Rio Grande, NJ 08242 609-463-9652 800-531-1259</p>	<p>Cape Regional Urgent Care 406 W. Rio Grande Avenue Wildwood, NJ 08260 609-465-6364</p>
<p>Cape Regional Medical Center 2 Stone Harbor Boulevard Cape May Court House, NJ 08210 609-465-5999</p>	<p>Perform Care 24 Hours a Day, Seven Days a Week 1-877-652-7624 1-866-896-6975 (for hearing impaired) http://www.performcare.org</p>
<p>Homeless Services (PATH) Acenda, Inc. 1129 Route 9 South Cape May Court House, NJ 08210 609-886-6200</p>	<p>Intensive Family Support Services Acenda 1129 Route 9 South Cape May Court House, NJ 08210</p>

Mental Health and Substance Abuse Resources

<p>Nancy Crafts Counseling Service 223 S. Main Street Cape May Court House, NJ 08210 609-465-7788 Hours: M-F 8:30 am - 9:00 pm Sat. & Sun. 10:00 am - 4:00 pm</p> <p>Children, adolescents, adults, mental health and substance abuse services, substance abuse program Includes 1 group & 2 individual meeting per week</p>	<p>Cape/Atlantic Integrated Network for Kids (INK) Behavioral Health Services 1413 Cantillion Blvd. Mays Landing, NJ 08330 609-829-2038 info@capeatlanticink.org</p> <p>Help with solutions for youth/young adults and their families in partnership with the community to change their lives and live and thrive in their community.</p>
<p>Eating Disorder Therapists in Cape May County https://www.psychologytoday.com/us/therapists/nj/cape-may-county?category=eating-disorders</p>	<p>Mental Health Facilities in Cape May County https://www.mentalhealthcenters.net/clinics/new-jersey/cape-may-county.html</p> <p>A full listing of mental health facilities in Cape May County, NJ</p>
<p>Families Matter, LLC 899 Bayshore Road, Villas, NJ 609-886-8666</p>	<p>Jewish Family Services 1046-B Route 47, Rio Grande, NJ 609-822-1108</p>

<p>Acenda Integrated Health 128 Crest Haven Road, Cape May Court House, NJ</p> <p>Child & Family Services, On-Site Pharmacy, Intensive Outpatient Services, Partial Care Programs, Recovery & IDRC Services</p> <p>Phone: 844-4-ACENDA www.acendahealth.org</p>	<p>Ride the Wave Counseling (formerly Center for ADHD) 6 Shore Road, Linwood, NJ 08221 609-798-1565 www.adhdnj.com</p> <p>Social Skills programs for boys, Individual Social Thinking Instruction, Executive Function Treatment, Therapy for self-regulation skills and social anxiety</p>
<p>Recovery Centers of America at Lighthouse 5034 Atlantic Avenue, Mays Landing, NJ 08330 888-981-3217</p> <p>Services: Adult in-patient, Outpatient, Medically supervised detox and rehab services</p>	<p>Enlightened Solutions 600 Odessa Avenue, Egg Harbor City, NJ 08215 609-270-5050 833-801-5483 (Admissions)</p> <p>Treatment: Mental Disorders, Addictions & Holistic Services: Individual Therapy, Family Therapy, Partial Care, Intensive & Regular Outpatient Programs</p>
<p>Alcoholics Anonymous Group 1-866-256-1378 609-641-8855 www.capeatlanticaa.org</p> <p>12 step fellowship of men and women who share their experience, strength and hope with each other to recover from alcoholism.</p>	<p>Narcotics Anonymous Group 1-800-992-0401 or 732-933-0462 www.nanj.org</p> <p>12 step fellowship of men and women seeking recovery from drug addiction. The only requirement for membership is the desire to stop using drugs.</p>

Support Groups

<p>Al-Anon Family Group Information Services 973-744-8686 Spanish speaking 973-268-1260 www.southjerseyal-anon.org</p> <p>12 step program for families and friends of alcoholics. Offers comfort, hope and friendship through shared experiences. Includes groups for children and adults</p>	<p>Grief Support Group Cape Regional Medical Center 2 Stone Harbor Blvd., Cape May Court House, NJ 609-463-4043</p> <p>This group provides support for those who have lost a loved one. Meets 1st and 3rd Wed. of the month. 3:00-5:00 PM</p>
<p>Nar-Anon Family Group Call Nar-Anon Answering Services 609-587-7215 www.naranonofnj.org</p> <p>12 step program provides help for family members and friends of drug abusers offering comfort, hope and friendship through shared experiences.</p>	<p>Families F.I.R.S.T. Support Group Family Success Center of Cape May County 1046 Route 47, Rio Grande, NJ 609-778-6226</p> <p>Professionally run group. Mutual support for individuals with a mental illness. Families welcome. Meets 1st Thursday of the month 1:00-2:30 PM</p>

Grandparents Raising Grandchildren
Family Success Center of Cape May County
1046 Route 47, Rio Grande, NJ
609-778-6226
Cape May County Veterans Bureau
3801 Route 9, Rio Grande, NJ
609-886-2762

Professionally run group. Support and education for
grandparents raising grandchildren. Group meets the
2nd and 4th Thursday of the month 10 am-12 pm.
Child care is available

Community Based Peer Support Groups
Parents Anonymous
800-THE-KIDS

www.parentsanonymous.org/network/new-jersey/

Alateen Group
Information 856-547-0855 or 973-744-8686
Spanish speaking 973-268-1260
For youth ages 9-19 who have been affected by
someone else's drinking.

Visit the site below for the Cape May County Public Health Community Resource Directory
for information on more community health and welfare services.

<https://capemaycountynj.gov/DocumentCenter/View/5138/Cape-May-County-Public-Health-Community-Resource-Guide->