

## LOCAL RESOURCES:

### Mental Health Services

#### Atlantic Behavioral Health

The Atlantic behavioral health team features highly-trained psychiatrists, psychologists, social workers and licensed clinicians. They provide a variety of mental health services on an inpatient and outpatient basis, including intensive outpatient programs. Intakes for regular behavioral health can be scheduled through the **AHS Access Line (888-247-1400)**. The **Atlantic Behavioral Health Crisis Line** will also be available (973-540-0100) for other mental health issues.

#### Family Intervention Services

Family Intervention Services, A Division of Center For Family Services, Inc., provides support for children and families in the northern region of New Jersey. FIS promotes positive growth, development and well-being of children, youth, families and communities through supportive services, advocacy, and community collaboration. FIS Staff is trained in family systems theory with specialization in adoption, trauma-informed treatment, infant/early childhood mental health, substance use and alcohol recovery, parenting/life skills and child development, family stabilization and non-traditional therapeutic arts. Call the **Access Line at 877.922.2377**. The Access Line is available during the hours of Monday-Thursday 9am to 7pm or Friday 9am to 4pm or email [access@centerffs.org](mailto:access@centerffs.org).

#### GenPsych

GenPsych provides outpatient treatment programs for drug and alcohol addiction, mental health and eating disorders. GenPsych offers psychiatric evaluations, medication protocols, substance abuse treatment, military programs, group therapy, individual therapy, and family therapy.

**1 (855) 436-7792**

#### High Focus

High Focus Centers provides outpatient treatment programs for drug and alcohol addiction, mental health, and eating disorders. At High Focus Centers, no two treatment plans are alike. Their clinicians create individualized treatment plans designed to meet your unique recovery needs. You can reach High Focus by calling **877-716-7079** between 8:00 am and 9:00 pm Monday through Friday and 8:00 am and 5:00 pm Saturday and Sunday.

### **Morris County Behavioral Health Resource List:**

This website is a free website providing a wide range of information about support, resources and services for families in Morris and Sussex Counties.

### **NewBridge Services**

NewBridge offers an array of counseling programs designed for children and adolescents that are often provided in conjunction with family counseling. Clinicians work with children ranging from preschool-aged to young adults to improve their emotional wellbeing and help them build skills to enhance their development. Our team consists of child and adolescent psychiatrists, licensed clinical social workers, licensed professional counselors, clinical alcohol and drug counselors, and family therapists. New Bridge Services can be contacted at **(888) 746-9333**, or at [services@newbridge.org](mailto:services@newbridge.org).

### **St. Clare's Counseling Services**

Saint Clare's Behavioral Health provides a comprehensive range of emergency, inpatient, outpatient, and community-based services. Our programs incorporate a blend of proven therapeutic methods – including medication, education, counseling, and support – designed to help individuals overcome challenges related to stress, mood, psychiatric, and addiction disorders. They are accepting new intakes: 1-888-626-2111

### **Tri-County Behavioral Health**

Tri- County Behavioral Care is a comprehensive mental healthcare provider dedicated to caring for the needs of individuals, adolescents and families through our specialized areas of outpatient services: Intensive In-Community (IIC), Psychotherapy, School Related Services and Substance Use Evaluation & Treatment. They have offices in Denville, Sparta, and Hackettstown. Call **973-691-3030** to make an appointment.

## **Helplines/Hotlines**

### **2nd Floor Youth Helpline**

A toll free, confidential, anonymous helpline for New Jersey's youth ages 10-24. Operates 27/7 to help young people deal with any issues they may be facing. Call 1-888-222-2228

### **Crisis Text Line**

Text HOME to 741741 to connect with a Crisis Counselor

### **Mom 2 Mom**

A confidential peer support helpline, online live chat, support groups, and resiliency events for mothers of children with special needs. 1-877-914-MOM2

### **NAMI HelpLine**

The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET.  
1-800-950-NAMI (6264)

### **NJ Hopeline**

New Jersey's 24/7 Peer Support and Suicide Prevention Hotline. Call 1-855-NJ-HOPELINE (654-6735)

### **NJ Mental Health Cares**

The Mental Health Association in New Jersey's NJMentalHealthCares Helpline offers free, anonymous online mental health screenings in cooperation with Mental Health America.  
1-866-202-HELP (4357)

### **NJ Substance Abuse/Addiction Hotline 24 Hour Helpline**

1-844-276-2777

### **National Suicidal Prevention Helpline**

Call 1-800-273-TALK (8255); you'll be connected with a skilled, trained counselor at a crisis center in your area, anytime 24/7.

### **Trevor Lifeline**

Trained counselors are available to provide support 24/7. If a young person is in crisis, feeling suicidal, or in need of a safe and judgement free place to talk, call the trevorlifeline at 1-866-488-7386

## **LGBTQ Resources**

### **Edge Pride Center**

Edge Pride Center provides LGBTQ supportive services as well as provides a safe space where the LGBTQ+ community along with their parents/caregivers & allies can gather together and be

unapologetically authentic. Here, all genders are valid, love is love, and you are perfect just the way you are!

### **PFLAG**

Parents, Families, and Friends of Lesbians & Gays; celebrates diversity and envisions a society that embraces everyone, including those of diverse sexual orientations and gender identities.

### **Trevor Project**

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

## **Grief/Loss**

### **Good Grief**

Good Grief provides unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister, or brother through peer support programs, education, and advocacy. Their programs address the needs of the whole child: breaking down isolation and stigmas, equipping families with coping strategies and communication skills, and promoting good mental and physical health.

## **Child Protection and Permanency**

### **Child Protection and Permanency (CP&P)**

Child Protection and Permanency is New Jersey's child protection and child welfare agency within the New Jersey Department of Children and Families. Its mission is to assist all New Jersey residents to be safe, healthy and connected. CP&P is responsible for investigating allegations of child abuse and neglect and, if necessary, arranging for the child's protection and the family's treatment. The Child Abuse Hotline (State Central Registry) receives reports of child abuse and neglect 24-hours a day, 7-days a week. Reports requiring a field response are forwarded to the CP&P Local Office who investigates. HOTLINE: 877-NJ ABUSE

# Children's System of Care

## Family Partners of Morris and Sussex (Family Support Organization)

The FSO Provide support, education & advocacy for families with children with mental health, emotional or behavioral challenges. The FSO can be reached at **973-940-3194** or [rhelt@familypartnersms.org](mailto:rhelt@familypartnersms.org)

## Morris/Sussex Mobile Response.

Children's Mobile Response and Stabilization Services are available 24 hours a day, seven days a week, to help children and youth who are experiencing emotional or behavioral crisis. The services are designed to defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situation (such as a foster home, treatment home or group home) in the community. They are available 24/7, 365 days a week. Please contact Performacare at **1-877-652-7624**.

## PerformCare

Perform Care is the single point of entry for the New Jersey Children's System of Care (CSOC). Help is available for children, adolescents and young adults (up to age 21) seeking behavioral health, intellectual/developmental disability, or certain substance use treatment services. Available 24/7  
**1-877-652-7624**

# Essential Needs/Services

## Interfaith Food Pantry

They have changed the way they are distributing food. They are now offering drive-by service at both of their pantries. They continue to deliver food to their Mobile Network partners with proper precautions.

## JBWS

JBWS is a private, confidential service welcoming ALL survivors of dating, domestic, or partner abuse (and their family members) regardless of severity of the abuse, marital status, income, gender identity, sexual orientation, religion, or ethnicity. Their helpline is still available 24/7 at 1-877-R-U-ABUSED. The statewide hotline is also available at 1-800-572-SAFE (7233), and can help direct survivors to the resources closest to them.

### **Morris County Human Services**

Their website provides latest updates on County related services.

### **Morris County Organization for Hispanic Affairs**

The Morris County Organization for Hispanic Affairs works to improve the lives of Morris County's Hispanic and low-income residents every year, by providing direct social and legal services, and client advocacy.

### **State of New Jersey COVID-19 Jobs and Hiring Portal**

The State of New Jersey has developed a centralized resource to match talent with opportunities in industries on the frontlines of serving New Jerseyans during the outbreak.

### **Supplemental Nutrition Assistance Program (SNAP) Updates**

### **WIC (Women Infants and Children)**

Here is a list of items that recipients can substitute if they are unable to find approved items.

### **Zufall Health Centers**

Provide essential health care services to their patients and community. To schedule an appointment at a Zufall location nearest you, visit <https://www.zufallhealth.org/for-patients/locations/> for hours of operation and contact information.