



Middlesex County Behavioral Health Resource Guide

A Message from the Middlesex County Office of Human Services

We are all experiencing an unprecedented public health crisis due to the COVID-19 virus. It is important to remember that even in these times, ***you are not alone***. Support continues to be available even when it is not face-to-face. There is an entire community of call centers, text support and online support groups ready to help you and your loved ones whenever you need it.

For those who are having difficulty coping with the COVID19 crisis, please call **New Jersey Mental Health Cares**, Mental Health Association in New Jersey, Inc. at **(877) 294-HELP (4357)** or text **NJHOPE to 51684** between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.

Additional resources for mental health, addiction recovery, peer support, bereavement and general information about COVID-19 may be found below.

Support for older adults, caregivers, persons with disabilities, legal services, employment services, reentry services and domestic violence helplines are also included in the guide.

Telephone Support		
Name	Phone Number	Type of Support
For Psychiatric Crisis/Emergency		
Rutgers Acute Psychiatric Services / Screening (APS) (24/7)	1-855-515-5700	Psychiatric Crisis or Emergency
For Mental Health Urgent Care/Crisis Diversion		
Early Intervention Support Services (EISS)	732-235-4422 or 1-800-969-5300	Offers crisis intervention and stabilization services

Wellness Respite Services	732-354-4403	Peer delivered respite, outreach and support services
Addiction Recovery Referral Services		
ReachNJ NJ IME Addictions Access Center (24/7)	1-844-ReachNJ 1-844-276-2777	Assistance and referral to treatment for substance use disorder (SUD)
Wellspring Center for Prevention (Mon-Fri 8 AM to 4 PM)	1-732-254-3344 https://www.wellspringprevention.org/help-tool	Provide treatment and/or referral for SUD via the Help Tool link or phone number
Suicide Prevention/Supports		
New Jersey Hopeline	1-855-654-6735	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Suicide Prevention Lifeline (24/7)	1-800-273-8255 with a specialized Crisis Line for Veterans (press 1)	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Call Center/Hotlines		
NJ Mental Health Cares	1-866-202-4357 Text NJHOPE to 51684	Free, confidential mental health information and referral
New Jersey Peer Recovery (Mon – Fri 8 AM – 10 PM)	1-833-422-2765	Peer-to-peer support intended for those struggling with substance use but is open to everyone
Blue Cares (24/7)	732-596-4199	Free hotline for anyone struggling with substance use issues. Services include immediate access to a Certified Peer Recovery

		Specialist or Peer Recovery Coach, who can help navigate treatment options
Vets4Warriors (24/7)	1-855-838-8255	Peer-to-Peer support for military members and veterans
Vet to Vet (24/7)	1-866-838-7654	Peer-to-Peer support mental health helpline for veterans
Mom2Mom (24/7)	1-877-914-6662	Peer support for mothers caring for children with special needs
Care2Caregiver (24/7)	1-800-424-2494	Free peer helpline for those caring for someone with memory issues
Cop2Cop (24/7)	1-866-267-2267	Helpline for law enforcement officers dealing with personal or job-related stress
Worker2Worker (24/7)	1-855-327-7482	Helpline for social workers dealing with personal or job-related stress
Aid NJEA (24/7)	1-866-243-6532	Free, confidential, and effective support for NJEA member and their families
The Trevor Project for Youth (24/7 call or text)	TrevorLifeline: 1-866-488-7386 TrevorText: Text 678678	Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk
Peer to Peer Warmline	877-292-5588	Peer-run service providing ongoing telephone support to individuals as they work towards recovery
NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)	Helpline: 1-800-950-NAMI (6264)	Provide support and local resources
Harm Reduction Resources		

NJ Harm Reduction Coalition	877-4NARCAN (877-462-7226) https://njharmreduction.org/	Free harm reduction support via mail to receive free naloxone and fentanyl strips
Other Family/Peer Supports		
Family Helpline (24/7)	1-800-843-5437	Free support and resources for parents who are facing difficulties
New Jersey Connect for Recovery	855-652-3737	Family peer support and information regarding substance use disorder treatment
Intensive Family Support Services (IFSS)	732-235-6184	Information and support for families caring for a loved one with mental illness
NAMI New Jersey	732-940-0991 http://www.naminj.org/online-support-groups/ info@naminj.org	Support, education, advocacy for family, caregivers and individuals with lived experience of mental illness Online weekly support groups
NAMI Middlesex County	732-745-0709 www.namiofmiddlesex.org namiofmiddlesex@gmail.com	Local support and phone referral Social groups for young adult and adult peers
AACT-NOW (African American Community Together NOW)	732-940-0991 ext. 117 https://www.naminj.org/programs/multicultural/aactnow/ aactnow@naminj.org	Online support groups & phone support for the African American communities across the state
CAMHOP (Chinese American Mental Health Outreach Program)	732-940-0991 ext. 114 https://www.naminj.org/programs/multicultural/camhop/ camhop@naminj.org	Online support groups & phone supports in Chinese (Mandarin & Cantonese)
NAMI NJ in Spanish	732-940-0991 ext. 113 https://www.naminj.org/programs/multicultural/nami-nj-en-espanol/	Online support groups & phone support in Spanish

	enespanol@naminj.org	
SAMHAJ (South Asian Mental Health Awareness in Jersey)	732-940-0991 ext. 112 https://www.naminj.org/programs/multicultural/samhaj/ samhaj@naminj.org	Online support groups & phone support for South Asian families of Asian Indian and Pakistani origin, as well as those from Bangladesh, Sri Lanka, Nepal, Bhutan and the Maldives
SAMHIN (South Asian Mental Health Initiative & Network)	https://samhin.org/programs/	Online support groups for South Asians, including Alcoholics Anonymous and Suicide Loss/Survivor

Online Recovery Supports

Name	Website	Type of Support
Alcoholics Anonymous	http://aaphonemeetings.org/ http://www.aa-intergroup.org/directory.php https://www.aaspeaker.com/	Online 12-Step Resources and Meetings
Narcotics Anonymous	http://www.nabyphone.com/ http://www.na-recovery.org/	Online 12-Step Resources and Meetings
Narcotics Anonymous Online Meeting Directory	https://tinyurl.com/ul34pet	
The Addiction Recovery Guide	https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings	Guide to various online/chat meetings for AA, NA, etc.
Online Group AA Meetings	https://www.onlinegroupaa.org/	Group AA meetings
In the Rooms: A Global Recovery Community	https://www.intherooms.com/home/live-meetings/	Online support live video meetings calendar
Sprout Health Group	https://zoom.us/j/6768320638 Meeting ID: 676 832 0638	Virtual meetings for first responders struggling with

		substance use every Tuesday @ 7 PM
NJ Department of Human Services	https://nj.gov/humanservices/coronavirus.html	COVID-19 Webpage with information for all NJDHS Departments
NJ Department of Health	https://www.nj.gov/health/cd/topics/ncov.shtml	Communicable Disease Service Webpage
Centers for Disease Control and Prevention	https://www.cdc.gov/coronavirus/2019-nCoV/index.html	CDC Coronavirus main webpage
In the Rooms	https://www.intherooms.com/home/	Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, discussion groups, and all the other tools
LifeRing	https://www.lifering.org/online-meetings	Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people
The Phoenix	https://tinyurl.com/sxyl642	Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis
Recorded Speakers (from a variety of 12-step fellowships)	https://www.xa-speakers.org/	
Refuge Recovery	https://tinyurl.com/wysjufy	Grounded in the belief that Buddhist principles and practices create a strong

		foundation for a path to freedom from addiction
SMART Recovery USA	https://www.smartrecovery.org/community/	Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board
Sober Grid	Download the App via Google Play , iTunes or https://www.sobergrid.com/	Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.

Legal Services		
Central Jersey Legal Services	732-249-7600	Provides free civil legal assistance to low income residents of central New Jersey
National Center for Disaster Fraud Hotline	866-720-5721 disaster@leo.gov	For victims of a scam or attempted fraud involving COVID-19
Community Health Law Project	973-275-1175 www.chlp.org	Provides legal representation and advocacy services to low-income people with disabilities throughout NJ
Employment Services		
RESET (Mon-Fri 8:30 AM – 4:30 PM)	732-855-0600 ext. 5020	Free services for those affected by the opioid epidemic. Community partnerships, support services and short-term training programs meant to assist persons affected directly or indirectly by opioids

Reentry Services		
American Reentry Initiative	732-646-7072 americanreentry.org	Provides services to help individuals transition from incarceration to their community
Neighbor Corps Re-Entry Services	732-675-1452 neighborcorpsreentry.org	Includes services to assist individuals who are in (or who have been in) Middlesex County Jail successfully re-enter their communities
New Jersey Reentry Corporation	732-509-9304 njreentry.org	Provides services to help individuals transition from incarceration to their community and remove barriers to employment
Domestic/Sexual Violence Helplines		
Domestic Violence Hotline (24/7)	1-800-572-7233	Provides confidential access to domestic violence information/services, including crisis intervention, referral, and advocacy
Child Abuse Hotline (24/7)	1-877-652-2873 (1-877NJABUSE)	Provides services for those reporting child abuse and neglect
Women Aware (24/7)	https://womenaware.net/ Emergency Shelter: 732-249-4504 Hotline: 833-249-4504	Provides safety planning, crisis intervention and resources for victims of abuse
Middlesex County Center for Empowerment (24/7)	Hotline: 1-877-665-7273 http://www.middlesexcountynj.gov/Government/Departments/PSH/Pages/Center-for-Empowerment.aspx	Provides crisis intervention, information, and referral regarding sexual violence, including sexual assault, sexual harassment, sexual abuse, and stalking
Resources for Persons with Disabilities		

Alliance Center for Independence	732-738-4388 https://www.adacil.org/ Coronavirus Peer Support Group Meeting – Mondays at 1:00 PM Meeting ID: 919-1614-4439 Join URL: zoom.us/j/91916144439?pwd=dDAzaEJyYkdDdmErQVIzVStVOGwzd09 Password: Email cdodge@adacil.org for password Join Phone: 929-205-6099 Coronavirus Peer Recreation Meeting - Thursdays at 1:00 PM Meeting ID: 982-0431-8294 Join URL: zoom.us/j/98204318294?pwd=RWZCNmJWZDExWVFPVzJTMW5iajBSUT09 Password: Email cdodge@adacil.org for password Join Phone: 929-205-6099	Provides information and referral service and develops educational programs for people with disabilities
Middlesex County Office of Aging and Disabled Services	732-745-3295	Provides information, referral, and assistance to seniors, the disabled, their caregivers, provider agencies and the public
Disability Rights New Jersey	800-922-7233 advocate@drnj.org	Staff is available to advise and assist person with disabilities and family members
Brain Injury Alliance of NJ (M-F 9 AM to 5 PM)	732-783-6172 info@bianj.org	Free hotline with BIANJ specialists who provide support, resources, and information
Resources for the Deaf/Hard of Hearing		
Helpline (M-F 9 AM to 5 PM)	973-870-0677 VP	A videophone helpline for the deaf and hard of hearing to access emotional support
Resources for Older Adults/Caregivers		

Comprehensive Services on Aging (COPSA)	800-424-2494 caregiver@ubhc.rutgers.edu	Free peer helpline for those caring for someone with memory issues
Alzheimer's Association Hotline (24/7)	800-272-3900 https://www.alz.org/help-support/resources/online-tools	Provides services, resources and continued support for caregivers and people living with Alzheimer's
NJ Division of Aging Services	1-800-792-8820	Provides services and resources for older adults/caregivers
Middlesex County Office of Aging and Disabled Services	732-745-3295	Provides information, referral, and assistance to seniors, the disabled, their caregivers, provider agencies and the public
AARP Community Connections	1-888-281-0145	Free helpline for those feeling socially isolated
AARP Fraud Watch Network	1-877-908-3360	For victims of a scam or attempted fraud
AARP Caregiving Resource Center	1-877-333-5885	For family members or loved ones. Call for a free Prepare to Care Guide
Grief and Bereavement Resources		
Good Grief	908-521-1999 https://good-grief.org/	Provides free, unlimited, and accessible support and advocacy to grieving children and teens
Imagine	908-264-3100 https://www.imagenenj.org/	Provides free grief support for families, children, and communities
COVID-19 Call Center/Hotlines		
NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	Hotline for COVID-19 questions

Middlesex County Office of Health Services (M-F 8:30 AM-6 PM & Sat-Sun 9AM- 3 PM)	732-745-3100, press 1 for call center	Local COVID-19 Hotline for Middlesex County residents
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