

Links to Community Mental Health Resources:

COMMUNITY MENTAL HEALTH RESOURCES

Emergency Crisis Services

In the event of an immediate emergency or crisis situation please go to your nearest emergency room or dial **911** for assistance.

Rutgers – University Behavioral Health Care Children’s Crisis Intervention Services and Acute Psychiatric Services

671 Hoes Lane
Piscataway, NJ 08854
(732) 235-5705 or (732) 235-5700

Raritan Bay Medical Center Psychiatric Crisis Unit

(732) 324-5105

Carrier Foundation

Belle Mead, NJ
1-800-933-3579

PerformCare

Middlesex County Children’s Mobile Response & Stabilization System
1-877-652-7624

Outpatient Mental Health Providers

Outpatient Mental Health Services is a primary way of connecting with an outside therapist to provide talk therapy. This can be done through an individual in a private practice setting or in an agency or therapeutic facility that provides a variety of therapists and services under one facility.

If you have health insurance, call the Member Benefits Phone Number on the back of your insurance card. Ask what mental health benefits are available through your insurance carrier. Also, ask your insurance representative for a list of available therapists, counselors, psychiatrists, psychologists, social workers and/or other institutions which participate with your insurance plan.

If you do not have health insurance, please contact the following agencies which offer Charity Care and sliding-scales for payment.

Catholic Charities

(800) 655-9491

Rutgers - University Behavioral Health Care Access Center

(800) 969-5300

JFK Behavioral Health
(732) 321-7189

Hotlines

2nd Floor Youth Help Line
(888) 222-2228

Contact We Care
(908) 232-2880

New Jersey Self Help Clearinghouse
(800) 367-274 (Self-help groups in NJ)

Recovery Inc. Support Groups
(201) 823-4545

Domestic Violence Hotline
1-800-572-SAFE
(1-800-572-7233)

2-1-1 Information Line
www.nj211.org