



LOCAL COUNTY HELPLINES IN NEW JERSEY

Your local county helplines provide information on local social and health services, as well as government services. Most "Contact" helplines also provide "listening services" for those wanting simply to just talk over any type of problem that they are facing.

See the reverse side for additional State & national toll-free specialty helplines. For even more information on the toll-free self-help group helplines (too many to include here), or on any local, state, national, international, model or online support group, just call our **NJ Self-Help Group Clearinghouse** from within NJ at **1-800-367-6274**. Or for 24/7 access to details & contacts for all the MENTAL HEALTH and ADDICTION support groups in NJ, go to www.NJgroups.org and click on "Find a Group."

ATLANTIC - Intergenerational Services 1-888-426-9243 (Mon.-Fri., 8am-5pm) Information & referral * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

BERGEN - Community Resource Council * 201-343-4900 (Mon.-Fri., 9am-5pm) Information & referral, crisis * **Contact We Care** * 908-232-2880 * Crisis, listening, information & referrals * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

BURLINGTON - Contact of Burlington County 856-234-8888 (24 hr) Crisis intervention, sexual assault, and reassurance calls; Teen Line: 856-234-0634 * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referrals.

CAMDEN - Contact Community Helplines 1-877-266-8222 (24 hr crisis): 856-795-4980 (reassurance calls to elderly, hearing impaired, shut-ins (M-F., 9am-4:30pm) Info, referrals & listening service * "2-1-1"(Bilingual) Dial 211; 1-800-331-7272 (24 hr) or 856-663-2255 (8am-4:30pm) Info & referrals,

CAPE MAY - "2-1-1"(Bil.) dial 211 or 1-877-652-1148 (24 hr) Info & referrals.

CUMBERLAND - Contact Community Helplines 1-877-266-8222 (24 hr crisis helpline) Listening, information & referrals * "2-1-1" (Bilingual)* Dial 211 or 1-877-652-1148 (24 hr) Information & referral

ESSEX - Contact We Care * 908-232-2880 * Crisis, listening, info & referrals * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referrals

GLOUCESTER - Gloucester County - First Call For Help * 1-800-648-0132 (Mon-Fri, 4pm-8am; Sat. & Sun., 24 hr) Information, referrals, listening, crisis, & referrals for homeless * **Contact Community Helpline** 1-877-266-8222 (24 hr crisis); 856-795-4980 (reassurance calls Mon.-Fri., 9am-4:30pm) Information, referrals & listening services. "2-1-1" (Bilingual)" Dial 211 I&R.

HUDSON - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

HUNTERDON - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral * **Hunterdon Helpline** 1-800-272-4630 (24 hr.) Information & referrals, friendly visits & reassurance calls to elderly, suicide, assistance for the homeless & hungry. Links callers with Transport Service.

MERCER - Contact of Mercer County * 609-896-2120 or 609-585-2244 (24 hr) * Crisis, listening, and information & referrals. Kids Line: 609-896-4434 * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral.

MIDDLESEX - Info Line of Central Jersey * 1-888-908-4636 (24 hr) Info & referrals * **Contact We Care** * 908-232-2880 * Crisis, listening, info & referral * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr.) Info & referrals.

MONMOUTH - "2-1-1"(Bil) dial 211 or 1-877-652-1148 (24 hr) Info & referrals

MORRIS - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral for local services & agencies * **Contact We Care** 908-232-2880 Crisis helpline, listening service, information & referrals * **Peer-to-Peer Support Line** 1-877-760-4987 (5-10pm) Non-crisis peer counseling, support, information & resources for mental health consumers.

OCEAN - "2-1-1" (Bilingual) * Dial 211 or 1-877-652-1148 (24 hr) Information & referral for local services & agencies.

PASSAIC - **Contact We Care** * 908-232-2880 * Crisis, listening, Info & referral * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referral.

SALEM - Contact Community Helplines 1-877-266-8222 (24 hr. crisis) Information, referrals & listening * "2-1-1"(Bilingual) or 1-877-652-1148 (24 hr) Information & referrals.

SOMERSET - Contact We Care * 908-232-2880 Crisis, listening, information & referrals * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

SUSSEX - NORWESCAP First Call For Help * 1-877-661-4357 (M-F, 8am-4pm) Information, referrals, and help with basic needs, emergency, utilities, medical, housing and transportation assistance * "2-1-1" (Bilingual) Dial 211 (24 hr) Information and referrals.

UNION - Contact We Care * 908-232-2880 Crisis helpline, listening, information & referrals * "2-1-1" (Bilingual) or 1-877-652-1148 (24 hr) Information & referral to local services & agencies.

WARREN - "2-1-1"(Bilingual) Dial 211 (24 hr) * **NORWESCAP First Call for Help** * 1-877-661-4357 (Mon.-Fri., 8am-4pm) Information & referrals. Distributes basic needs, emergency, utility, medical, housing & transportation assistance. Information on short-term housing for persons with AIDS.

LOCAL PSYCHIATRIC EMERGENCY HOTLINES

Psychiatric Emergency Services provide professional crisis intervention for psychiatric or emotional emergencies. They are all accessible 24 hours a day. For other emergencies, dial 9-1-1.

- ATLANTIC** *AtlantiCare Regional Medical Center* 609-344-1118
- BERGEN** *Psychiatric Emergency Screening Program* 201-262-4357
- BURLINGTON** *Screening Crisis Intervention Program* 609-835-6180
- CAMDEN** *Steininger Center* 856-428-4357
- CAPE MAY** *Cape Regional Medical Center* 609-465-5999
- CUMBERLAND** *Cumberland County Guidance Center* 856-455-5555
- ESSEX** *East Orange General Hospital* 973-672-9685
Newark Beth Israel Hospital 973-926-7416
UMDNJ 973-623-2323
- GLOUCESTER** *New Point Behavioral Health CMHC* 856-845-9100
- HUDSON** *Jersey City Medical Center* 201-915-2210
Bayonne Hospital 201-858-5286
- HUNTERDON** *Hunterdon Medical Center Crisis Line* 908-788-6400
- MERCER** *Helene Fuld Medical Center* * 609-394-6086
- MIDDLESEX** *UMDNJ* 732-235-5700
- MONMOUTH** *Jersey Shore Medical Center* 732-776-4555
Red Bank Medical Center 732-219-5325
Monmouth Medical Center 732-923-6999
CentraState Medical Center 732-780-6023
- MORRIS** *Saint Clare's Health Services.* 973-625-0280
Morristown Memorial Hospital 973-540-0100
- OCEAN** *Kimball Medical Center* 732-886-4474
- PASSAIC** *St. Joseph's Hospital* 973-754-2230
- SALEM** *Salem County Healthcare Common* 856-299-3001
- SOMERSET** *Somerset County Dept. of Human Services* 908-526-4100
- SUSSEX** *Newton Memorial Hospital* 973-383-0973
- UNION** *Trinitas Hospital* 908-994-7131 or 908-668-2599
- WARREN** *Family Guidance Center* 908-454-5141

COMPLAINT LINES

The **NJ State Division of Consumer Affairs** at 1-800-242-5846 takes complaints against businesses * The **Long-Term Care Systems** complaint helpline at 1-800-792-9770 takes complaints against hospitals, nursing homes and residential facilities * The **DYFS Action Line** 1-800-331-3937 takes complaints against the State Division of Youth & Family Services.



To contact our **N.J. Self-Help Group Clearinghouse**, in NJ just phone **1-800-367-6274** or remember it easier as **1-800-FOR-M.A.S.H.** (Mutual Aid Self-Help) or 973-989-1122. Website: www.selfhelpgroups.org

Our Clearinghouse helps people to both find and form any type of needed support group (and we link callers with those striving to start needed new local groups throughout NJ). Each June, we also publish an annual Directory of all local NJ, national, online and model mutual help support groups. Our services are made possible by funding from the NJ State Division of Mental Health Services, and our Clearinghouse is sponsored by Saint Clare's Health System, Denville, NJ.

