



Mental Health Resources for Somerset County Residents

How to find help

Mental Health Snapshot

- 1/4 adults live with a diagnosable mental health and/or substance use disorder
 - About 86k Somerset County residents
- Only 50% of those who would benefit from mental health services will access them
 - Even less seek treatment for addiction
- There is an average 10-year delay in seeking treatment

National Institute on
Mental Health, 2019

Barriers to Care

- Stigma
 - Can still be seen as a moral failing or personal deficit
- Lack of knowledge
 - Mental health and addiction education
 - Available resources
- Lack of availability
 - Waiting lists
 - Specialized providers (ex: child psychiatrists who prescribe medication)
- Cost of care
 - Many providers do not take health insurance benefits

Where to begin?

- This continuum of care can be incredibly difficult to navigate
- By the time you are ready to reach out and access services, the process itself may overwhelm you
- Services available may differ by location, income eligibility/insurance, and demographics served

How to enter the system

- County crisis services
- Statewide support hotlines
 - PerformCare
- Community providers
- Private practices
- Support Groups
- Education and Training
- County Department of Human Services



County Crisis Services

Bridgeway Psychiatric Emergency Screening Services: 24/7 mobile outreach crisis intervention for residents of all ages in Somerset County. Services exist to prevent further trauma for residents who are a danger to themselves or others
282 East Main St, Somerville, NJ 08876 908-526-4100



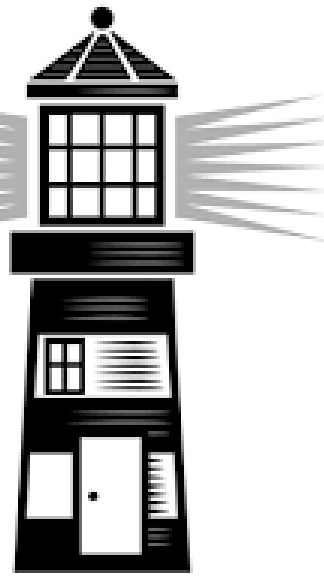
Safe + Sound Somerset: 24/7 text and phone hotline for residents in Somerset County experiencing interpersonal physical, emotional, or sexual violence for emergency shelter, counseling, safety planning, and legal advocacy 866-685-1222

Statewide hotlines

- [NJ Suicide Prevention Hopeline](#) 24/7, all ages
- [PerformCare](#) 24/7, ages 0-21 to access behavioral health services
- [2nd Floor Youth Helpline](#): 24/7, youth and young adults
- [Mental Health Cares](#) M-F 8am-8pm
- [Reach NJ](#) 24/7, all ages to access substance use disorder treatment
- [COVID Connect](#) M-F 9am-5pm ages 18+

**NEW JERSEY
SUICIDE
PREVENTION
HOPELINE**

855-NJHopeline
855-654-6735
www.njihopeline.com



PerformCARE[®]

1-877-652-7624
24 hours a day, 7 days a week



New  Jersey
MentalHealthCares

1-866-202-HELP (4357)

Who cares? We do. Call or click for help.



NEW JERSEY

**REACH
NJ**
YOU ARE NOT ALONE

CALL 1-844-REACH NJ OR VISIT REACHNJ.GOV

Introducing...



RUTGERS
University Behavioral Health Care

COVID CONNECT

A Helpline for Mental Health & Addiction resources related to Covid-19

(833) 223-0011

Community Agencies

- **Community agencies**
 - Provide individual, group, and family counseling, psychiatric medications, and inpatient treatment
 - Offer ancillary services such as peer/family supports, psychoeducation, case management
 - Many have sliding scale fees and receive funding to serve low income and medically indigent residents
- Find a list of community providers here:

[Somerset County Human Services Resource Guide](#)

Definitions

- **Outpatient:** Individual, group, family therapy to address treatment and recovery, coping skills, emotional regulation and support provided by a licensed mental health professional/drug and alcohol counselor
- **Medication Monitoring:** Prescribed psychoactive medications and Medication Assisted Treatment (ex; methadone and suboxone) under the managed care of a psychiatrist or advanced practice nurse
- **Intensive Outpatient:** Higher level program (approx. 9 hrs/wk) of individual and group sessions, medication, and illness management. Can be step down from Partial Care
- **Partial Care/ Partial Hospitalization:** Higher level program (approx. 22 hrs/wk) of individual and group sessions, medication, and illness management. Can be step down from residential inpatient care
- **Inpatient mental health care:** Voluntary or involuntary stay to support residents who may be able to care for themselves, or are danger to themselves or others, as per the NJ screening law.
- **Withdrawal Management:** Medically monitored substance detoxification. Usually necessary step before inpatient rehabilitation. As per ASAM criteria
- **Short term residential:** Inpatient stay to address the psychological aspects of substance use and addiction (ASAM criteria)
- **Case Management:** Wraparound services supporting a client's goals for quality of life and level of functioning (mental, medical, social, intellectual, legal, occupational, etc.)

Education & Training

- **Mental Health First Aid** : Educates on mental health, the most common conditions, and how to interact with someone with respect and dignity
- **NarCan training** : Instructs on how to use the naloxone drug to perform a opioid reversal. Comes with a free dosage.
- **Question, Persuade, Refer**: Training on how to interact with someone in crisis to prevent suicide
- **Adverse Childhood Experiences**: Examines the link between traumatic and abusive experiences on health outcomes across the lifespan
- **NAMI In Our Own Voice**: First hand experience of someone living with a mental health condition and how they cope and thrive

Support Groups

- **Community in Crisis**
- **Depression and Bipolar Support Alliance**
- **Family Support Organization**
- **NAMI Somerset / NAMI NJ**
- **Prevention Resources, Inc.**
- **Richard Hall Community Health and Wellness Center**
- **Robert Wood Johnson University Hospital Somerset**

Private Practices

- Private practices include independent mental health professionals and prescribers (psychiatrists/APNs) who are not attached to a larger agency/hospital
- To access these services, contact your insurance company to learn your benefit coverage
 - Out of network benefits
 - List of providers that take your insurance plans
- Research and contact those providers to find someone who works for you, i.e. [psychologytoday.com](https://www.psychologytoday.com)

Richard Hall Community Health and Wellness Center

500 N Bridge St Bridgewater

908-725-2800

- Richard Hall Community Health and Wellness Center is a fully integrated outpatient center serving the whole person, through mental health, substance use, and primary care services for residents of all ages.
- Somerset is one of 2 county governments in New Jersey that has its own dedicated mental health center.
- Services include individual and group counseling; intensive programming for adults with co-occurring (mental health/substance use) disorders; medication monitoring; holistic services; and recovery support services

County Department of Human Services

Navigating the system can be confusing, expensive, and lengthy--especially to those in crisis.

This is where we come in and serve as advocates and community points of contact.

Contact for information, referral, and guidance:

908-704-6300

humanservices@co.somerset.nj.us

