

Where do I begin?

- 1 in 4 people live with a diagnosable mental health condition or substance use disorder.
- Mental health affects all kinds of people, regardless of age, gender, race, religion, sexuality, income bracket, or life experience.
- Less than half seek help due to:
 - Stigma
 - Lack of knowledge
 - Cost
 - Availability
- Use this guide as a starting point for your own research and reference.
- Resources in this guide include:
 - Crisis Hotlines
 - Community Providers
 - Support Groups
 - Education and Training
- Review these services and contact your insurance company to determine your benefits, deductible, and copay.

Navigating the mental health system can be confusing and overwhelming, we are here to help it make sense, without judgment.

Where can I learn more?

Contact the **Somerset County Department of Human Services** for more information, referral to services, and navigation.

humanservices@co.somerset.nj.us

(908) 704-6300

YOU ARE NOT ALONE.

SCAN THE QR CODE TO FIND:

- Community Resources
- Mental Health Board Meetings
- Stigma Free Initiative
- Department Newsletter
- Community Events and Trainings

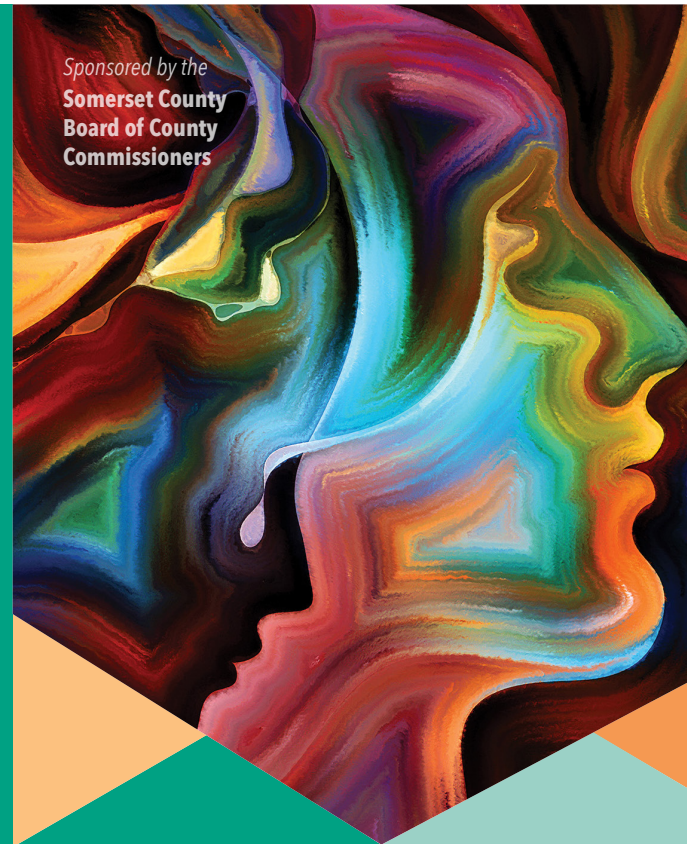


#breakthestigma

Division of Operations and Planning

27 Warren Street
PO Box 3000
Somerville, NJ 08876

Sponsored by the
Somerset County Board of County Commissioners



A GUIDE TO

Mental Health Services

SOMERSET COUNTY DEPARTMENT OF HUMAN SERVICES

Office of Operations and Planning
27 Warren Street
Somerville, NJ 08876
(908) 704-6300

MINDFULNESS

24/7 CRISIS HOTLINES/SERVICES

National Suicide Prevention Hotline	Dial 9-8-8
Bridgeway PESS Psychiatric Emergency Screening Services	(908) 526-4100
<i>Mental Health Crisis, All Ages</i>	
Safe + Sound Somerset (Call/Text)	(866) 685-1122
<i>Domestic Violence, Sexual Assault</i>	
Performcare	(877) 652-7624
<i>Behavioral Health Services up to Age 21</i>	

SHORT-TERM STABILIZATION SERVICES

Early Intervention Support Services	(848) 334-0501
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COMMUNITY PROVIDERS: COUNSELING (Youth & Adult)

Catholic Charities*	(908) 722-1881
Family and Community Services of Somerset County*	(732) 356-1082
Jewish Family Service	(908) 725-7799
Richard Hall Community Health and Wellness Center*	(908) 725-2800
Zufall Health Center	(908) 526-2335
* = Offers Medication Monitoring	

SUBSTANCE USE-FOCUSED COUNSELING (Adult)

Center for Great Expectations"	(732) 993-6403
Somerset Treatment Services	(908) 722-1232

HIGHER LEVELS OF CARE (Adult)

Higher level programs 9 or 22 hr/wk. of individual and group therapy, medication, and case management services.

Catholic Charities SPIRIT	(908) 722-1881
Richard Hall Community Health and Wellness Center	(908) 725-2800
Robert Wood Johnson UH	(800) 300-0628
Stress Care of NJ	(732) 679-4500
Rutgers Early Intervention Support Services	(848) 344-0501

CASE MANAGEMENT (Adult)

Non-clinical support service focusing on quality-of-life goals (mental, medical, social, occupational, etc.)

Alternatives, Inc.	(908) 685-1444
Catholic Charities	(908) 722-1881
Community Hope	(973) 463-9600
Easterseals NJ	(908) 722-4300

MENTORING (Youth)

Big Brothers Big Sisters	(908) 544-2224
Middle Earth	(908) 725-7223
Visions and Pathways	(908) 526-6605

INPATIENT TREATMENT FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (Youth and Adult)

Hackensack Meridian Carrier Clinic	(800) 933-3579
New Hope Integrated Behavioral Health Care^"	(732) 946-3030
Princeton House"	(888) 437-1610
Recovery Centers of America	973) 722-4720
<i>Adults only ^"</i>	
Robert Wood Johnson University Hospital	(908) 685-2200
Summit Oaks Hospital"	(908) 522-7000

RESIDENTIAL/HOUSING PROGRAMS (Adult)

Alternatives, Inc.	(908) 685-1444
Community Hope	(973) 463-9600
Easterseals NJ	(908) 722-4300

INDIVIDUAL AND FAMILY SUPPORT GROUPS AND SERVICES

CSPNJ Freedom Trail Self-Help Center	(908) 722-5778
<i>Peer Center for Adults with Mental Health</i>	
Community in Crisis Recovery Supports	(973) 434-0911



Depression Bipolar Support Alliance-Somerset	(732) 763-4136
Intensive Family Support Services	(908) 722-1881
<i>Families of Adults with Mental Health</i>	
NAMI Somerset	(908) 296-3732
Operation Helping Hand	(908) 393-8888
<i>Mobile Outreach</i>	
Pioneer Family Success Center	(908) 722-4400
Prevention Resources Family Support Center	(908) 842-0176
Richard Hall Community Health and Wellness Center	
Reach4Recovery	(908) 253-3119
Project Outreach	(908) 253-3165
<i>Homeless Adults with Mental Health</i>	

TRAINING AND EDUCATION

Mental Health First Aid	(908) 722-4900
<i>EmPoWER Somerset</i>	
Narcan Training:	
Rutgers Robert Wood Johnson Medical School	
PreventOverdose@rwjms.rutgers.edu	(732) 235-4341
Community in Crisis	(973) 434-0911
Stigma Free Presentations	Contact County (908) 704-6300
Adverse Childhood Experiences	(908) 689-5515
<i>Resilient Youth of Somerset County</i>	
NAMI In Our Own Voice	(609) 642-6959
Question, Persuade, Refer	
<i>Division of Mental Health and Addiction Services</i>	
Megan.Sullivan@dhs.nj.gov	

OTHER RESOURCES

Board of Social Services	(908) 526-8800
Legal Services of NW Jersey	(908) 231-0840
Central Jersey Housing Resource Center	(908) 446-0036

- * Offers medication monitoring
- ^ Substance Use Disorder Services Only
- " Located Outside Somerset County

