

Mental Health Resources

To learn more about mental health conditions, treatment, research, and warning signs, you can visit the [NAMI site](#).

If you're experiencing unusual distress, sadness, anxiety or other difficult symptoms, we encourage you to arrange an appointment with your physician, clinical psychologist or psychiatrist.

For help finding a mental health professional, you can visit [NAMI resources page](#), and/or email info@nami.org for more specific or personal concerns.

PSYCHIATRIC EMERGENCY SERVICES - New Jersey

Rutgers University Behavioral Health Care

671 Hoes Ln W, Piscataway, NJ 08854

Acute Psychiatric Services (APS)

To make an appointment, call (800) 969-5300

24/7 access to emergency evaluations for individuals of all ages at imminent risk of harm to self or others due to a mental health condition.

24/7 availability for outreach evaluations in community settings including consumer home location.

Referral and linkage to appropriate aftercare including outpatient treatment, partial hospitalization, substance abuse treatment, voluntary hospitalization, and involuntary hospitalization.

Linkage to case management and family support as appropriate.

MENTAL HEALTH SERVICES - New Jersey

New Jersey Suicide Prevention Hotline



(855)654-6735

www.njhopeline.com

UHBC Early Intervention Support Services (EISS) & Mental Health Centers

UBHC has offices located in Edison, Monmouth Junction, New Brunswick, and Newark. We are a Certified Community Behavioral Health Clinic (CCBHC). As a CCBHC, they provide comprehensive and integrated care, with an emphasis on coordination and linkage to medical and community resources.

UBHC EISS & Mental Health Program Services:

- Walk-in access to meet with a clinician during operating hours.
- Face-to-face meeting with clinician offered within 24 hours of referral or telephone contact.
- Medication management by Advanced Practice Nurse
- Case management to link to needed services.
- Individual, family and group therapy
- 30 day intensive outpatient treatment
- Referral to aftercare
- Services are available to all residents of the respective counties.

Designated Screening Services – Middlesex and Essex Counties



Middlesex #: 1-855-515-5700
Essex#: 973-623-2323

Hours of Operation:

Monday through Friday: 8 am to 5 pm
Saturdays and Sundays: 8 am to 4 pm

Closed New Year's Day, Memorial Day, the Fourth of July, Labor Day, Thanksgiving and Christmas Day.



For appointments, call (800) 969-5300

All Locations

NEW BRUNSWICK, PISCATAWAY
671 Hoes Ln W, Piscataway, NJ
NEWARK 183 S Orange Ave, Newark, NJ 07103

57 Haddonfield Rd, Cherry Hill, NJ 08002

CHERRY HILL
100 Metroplex Dr Suite 100, Edison, NJ 08817
EDISON
MONMOUTH JUNCTION
4326 US-1, Monmouth Junction, NJ 08852

RUTGERS STUDENTS - MENTAL HEALTH SERVICES

Uwill - Free, Immediate Access to Telehealth Clinicians

Register at <https://app.uwill.com/>

Crisis Intervention Counselors

17 Senior Street on the College Ave Campus
848-932-7884

A CAPS on-call counselor is available for crisis intervention/emergencies every day during regular business hours (Monday – Friday, 8:30am–4:30pm, except university holidays). Students can access the on-call counselor by visiting 17 Senior Street on the College Ave Campus or calling 848-932-7884.

Counseling and Group Therapy

The first step in joining a group is to schedule a phone screening at **848-932-7884** to discuss what group may be right for you.

View Groups Here: <http://health.rutgers.edu/medical-counseling-services/counseling/therapy/>

Holmes Lab Suicide Risk Protocol

DOMESTIC VIOLENCE - NJ

WomenAware - Middlesex County

<https://womenaware.net/>

250 Livingston Avenue

New Brunswick, NJ 08901



To schedule an appointment, call 732-249-4900

Services:

- Housing, shelter, and rental assistance
- Basic needs – hygiene, clothing, and food items
- 24-hour hotline and emergency response
- Victim advocacy (financial, housing, medical, employment, education, immigration, etc.)
- Individual or group counseling



Crisis Helpline: 732-249-4504

Women Aware's hotline is a 24-hour helpline for crisis counseling and referrals. Our hotline staff is available to provide assistance and referrals in a multitude of languages, including Spanish. To access our hotline, please call **732-249-4504**.

DV Resources in Other NJ Counties: <https://www.nj.gov/dcf/women/domestic/>

NATIONAL HELPLINES

DOMESTIC VIOLENCE

National Domestic Violence Hotline

Hours: 24/7. Languages: English, Spanish and 200+ through interpretation service



800-799-7233

PARENTING STRESS

National Parent Helpline®

<http://www.nationalparenthelpline.org>

Hours of operation: 10am-7pm, Monday through Friday



1 (855) 4A PARENT [1 (855) 427-2736]

- Open to parents and caregivers of children and youth of all ages
- Call to get emotional support from a trained Advocate and become empowered and a stronger parent
- A trained Advocate is ready to listen to you, offer emotional support, help you problem-solve, support you in creating your own solutions, encourage you to take care of yourself, work with you to get connected to local services, explore new resources for your family, and help you build on your own strengths and continue to be a great parent

SURVIVORS OF SEXUAL ASSAULT

National Sexual Assault Hotline :



Available 24 hours

1-800-656-4673

LGBTQ

The Trevor Project

<http://www.thetrevorproject.org/>



24 Hour Hotline: 1 (866) 488-7386

- Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24
- Offers Trevor Chat online chat service 7 days a week between 3pm – 9pm EST
- Offers TrevorText text service Wednesdays through Fridays 3pm – 9pm EST

GENERAL SUPPORT AND CRISIS LINES

National Suicide Prevention Lifeline



24 Hour Hotline: 1 (800) 273-TALK [8255]

- Toll-free hotline available to anyone in crisis or emotional distress

Crisis Text Line



24 Hour TEXTLine: 741-741

- Text-based counseling service available anywhere in the US for people in any type of crisis or emotional distress

Lifeline Crisis Chat

24 Hour Chatline:



<http://chat.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

- Chat online with a trained counselor who can provide emotional support, crisis intervention, and suicide prevention services

In an emergency, always call 911 or go to your nearest emergency room