

## **Holmes Lab Suicide Risk Protocol**

### **PSYCHIATRIC EMERGENCY SERVICES - NJ**

#### **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.

#### **New Jersey Suicide Prevention Hotline**

**(855)654-6735**

[www.njhopeline.com](http://www.njhopeline.com)

### **MENTAL HEALTH SERVICES**

#### **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.

##### **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

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### **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**

### **Locations**

NEW BRUNSWICK, PISCATAWAY  
671 Hoes Ln W, Piscataway, NJ  
NEWARK

183 S Orange Ave, Newark, NJ 07103

CHERRY HILL  
57 Haddonfield Rd, Cherry Hill, NJ 08002

EDISON  
100 Metroplex Dr Suite 100, Edison, NJ  
08817

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/>

### **Rutgers Police (RUPD)**

(848) 932-7211

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### **DOMESTIC VIOLENCE - NJ**

#### **WomenAware - Middlesex County**

<https://womenaware.net/>  
250 Livingston Avenue  
New Brunswick, NJ 08901  
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

#### *Helpline*

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

Hours: Available 24 hours Learn more

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

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

## IN CRISIS

### *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

## FIND A THERAPIST

Association for Behavioral and Cognitive Therapies' therapist locator: [www.abctcentral.org/xFAT/](http://www.abctcentral.org/xFAT/)