



Church-Based Mental Health Services

Professional, compassionate mental health care and education in a setting where you feel safe asking for help.



Services for Individuals & Communities

CBMHS provides individual counseling, support groups, resources and training for community leaders, and referrals to community mental health services.

[View Services](#)

Our History

The how, why, and who behind Church-Based Mental Health Services' mission to help individuals and communities overcome financial and social barriers that prevent them from accessing compassionate, appropriate mental health counseling and education.

[About Us](#)

Contact Us

We are here to help.

[Contact Us](#)



Who We Serve

Church-Based Mental Health Services provides compassionate mental health assessments to adolescents and adults from all walks of life, regardless of religious affiliation. We believe that lack of insurance, insufficient insurance or acute financial stress should not be barriers to timely, professional mental health support.



[All Church Locations](#) ❤

Brief History

Church-Based Mental Health Services was started by Dr. Carol Turner, who saw a gap in services for low-income clients, and wanted to find a way to fill it while giving back during her retirement. In 2015, Carol and intern, Bonnie Gordic, conducted a community needs assessment and built the CBMHS program to address the needs identified by pastors and their communities, while seeing clients on a sliding scale at the Reformed Church of Highland Park.

In January 2016, CBMHS hired licensed counselor, April Humes, and began seeing clients at five additional church sites: Middlebush Reformed Church, The Church in Brielle, The Community Church of Keyport, South River Reformed Church, and Colts Neck Reformed Church. In 2017, CMBHS expanded to Ocean Community Church, and hired a second counselor, Lorrie McGough.

Our Why

Churches can play an important role in fighting the stigma associated with seeking treatment for mental health concerns. CBMHS allows those who would delay or go without important treatment due to lack of funds or misinformation about available resources to receive professional, compassionate care and education in a setting where they feel comfortable asking for help.



Carol J. Turner

Doctor of Education & Psychologist

Dr. Carol Turner is an Elder of the Reformed Church of Highland Park and a member of the Board of Trustees of Churches Improving Communities. Recently retired from a full-time private practice, Dr. Turner was a founding member of Church-Based Mental Health Services at RCHP with the Rev. Seth Kaper-Dale and Dr. Bonnie Gordic. Dr. Turner continues to volunteer as Consulting Psychologist to the program.



April Humes

Clinical Director

April Humes is a Licensed Professional Counselor in the state of New Jersey whose clinical interests include managing anxiety and depression, coping with trauma and loss, and building healthy relationships. Her decision to pursue a career in mental health was fueled by her fascination with the mind-body connection, and a desire to unite her faith and vocation.



Lorrie McGough

Licensed Professional Counselor

Lorrie McGough is a Licensed Professional Counselor and a Licensed Certified Alcohol and Drug Counselor. Her experience includes working with individuals and families with situational mental health issues, co-occurring issues, and substance abuse addictions. Lorrie is compassionate and committed, and believes in the power of hope and rebuilding lives through therapy.

Church-Based Mental Health Services is a program of Churches Improving Communities (CIC), a non-profit community development corporation that supports service and advocacy programs through churches in central New Jersey, such as emergency food assistance, community mental health services, ESL classes, disaster relief, and programs to assist seniors and youth. All CIC projects are non-discriminatory and are open to the public. Learn more at ImprovingNJ.org.

Feeling down?

Psychotherapy can help with:

- Depression
- Anxiety
- Relationship & family issues
- Work & life stress
- Loss & trauma

CBMHS can also support recovery from addiction for those currently sober and actively involved in AA or NA.

No one is turned away for lack of funds.

Services are provided by licensed professional counselors.

This service is not appropriate for anyone in crisis. If you are experiencing a crisis or are in need of immediate assistance, please call 911 or go to your local emergency room.

Need to speak with someone immediately? Call NJ Hopeline: 1-855-654-6735.

This program is designed to assess strengths and needs, identify appropriate referrals, and when appropriate, provide short-term individual psychotherapy.

Community Education Resources

[Click Here](#)**Free Resources on:**

- Healthy Relationships
- Violence against Women
- LGBTQ Issues
- Mental Illness Support
- Caregivers
- Chronic Pain

Leadership Education Portal

[Enter](#)**Resources for Community Leaders & People in Helping Professions:**

- Compassionate Boundaries
- Recognizing Mental Issues in People We Care For

Please call 732-867-8647 to speak with a staff member for an access code.

Online Support Group

[Enter](#)**A secure meeting space for Caregiver and Chronic Pain Virtual Support Group members.**

Secure log-in required.

To participate, please call 732-867-8647 for a confidential phone screening.

Don't wait any longer.

Take the first step towards feeling better or empowering your community. We can help.

[Contact Us !\[\]\(0aaea5eb29549a0c507a518cbdd818a0_img.jpg\)](#)

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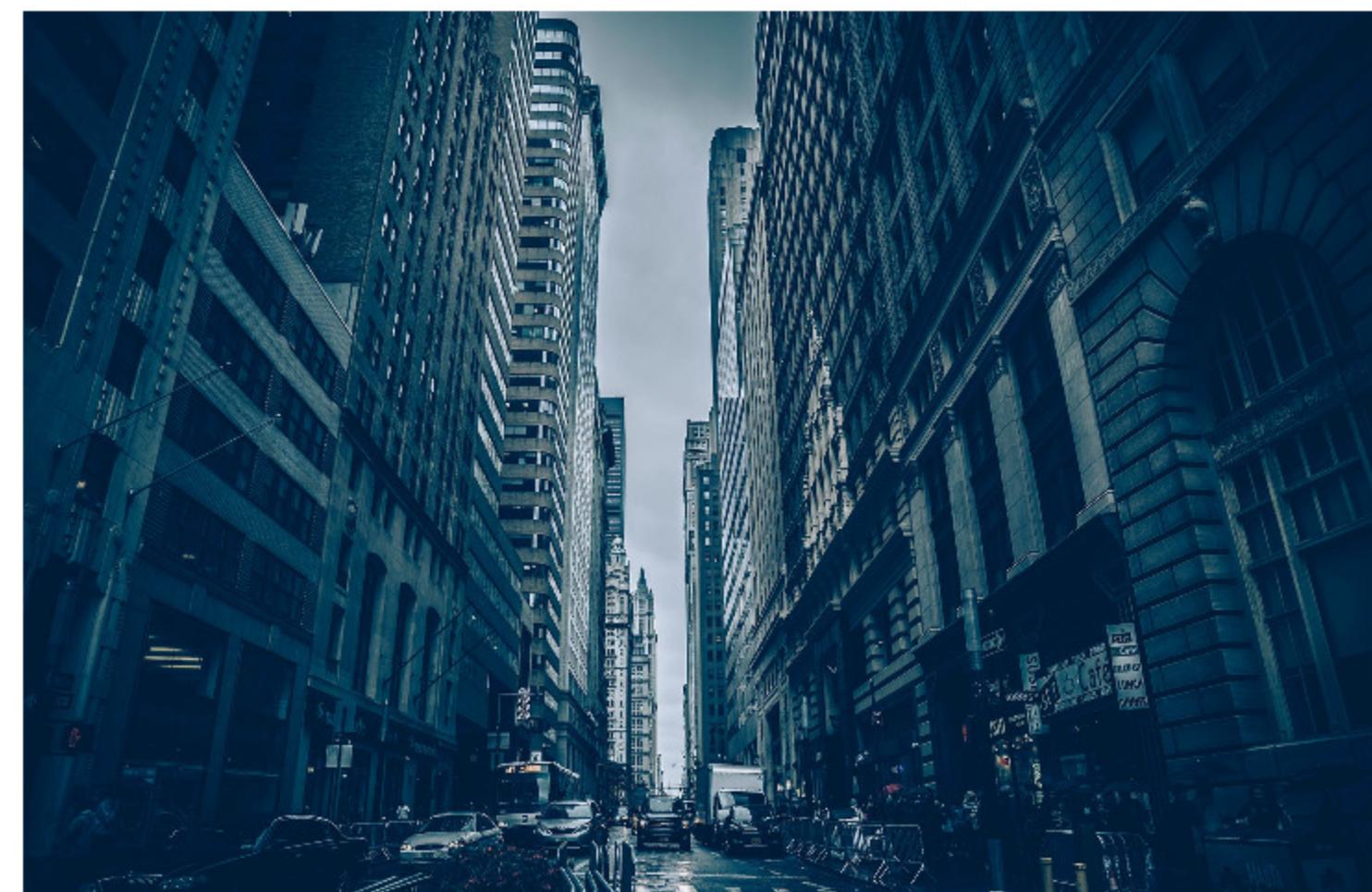
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BLUEGRASS for GOOD

 [January 22, 2018](#)  [cicwebdev](#)  [No comments exist](#)

Bluegrass for Good – A Benefit for Church Based Mental Health Services Come out January 26th for a rockin' evening of bluegrass and fun to help CBMHS provide free and low-cost mental health counseling and community support to individuals in seven central NJ churches in Middlesex, Monmouth, Somerset, and Ocean Counties. All proceeds go directly...

[Read More](#)



Blog Post Title

 [March 30, 2017](#)  [cicwebdev](#)  [1 comment](#)

What goes into a blog post? Helpful, industry-specific content that: 1) gives readers a useful takeaway, and 2) shows you're an industry expert. Use your company's blog posts to opine on current industry topics, [humanize](#) your company, and show how your products and services can help people.

[Read More](#)



Support CBMHS

Support us as we support our communities!

Volunteer Opportunities

Are you a mental health professional interested in:

- Providing education?
- Running a support or psycho-educational group?
- Donating an hour of individual psychotherapy?

CBMHS provides meaningful ways to give back to the community. Call 732-867-8647 or click the Contact Us button below to learn more!

Contact Us 



Donate!

To donate via PayPal, credit or debit card, please click the Donate button below which will link you to CBMHS's parent non-profit, Classis New Brunswick CDC (Churches Improving Communities). Please specify CBMHS in the "add special instructions to the seller" section at the top. (Your donation will appear as CLASSISNB on your statement.)

To donate by check, please make checks payable to: Classis New Brunswick CDC and please specify CBMHS in the memo line. Mail to:

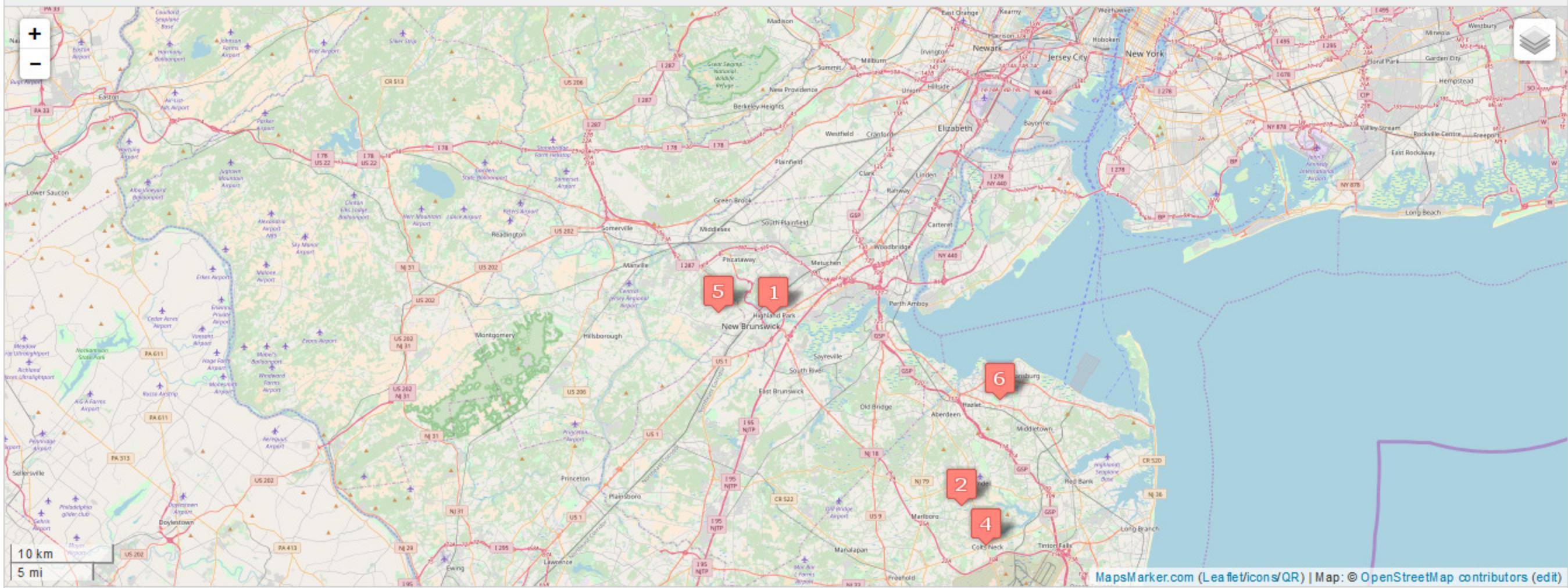
Churches Improving Communities
c/o 2nd Reformed Church
100 College Ave.
New Brunswick, NJ 08901

Classis New Brunswick Community Development Corporation, doing business as Churches Improving Communities, is a 501(c)3 non-profit organization. Churches Improving Communities is committed to using all contributions wisely and effectively, and is funded solely through grants, and through individual and church donations. Your contribution is vital to our work. All CIC programs are non-discriminatory and are open to the public, regardless of ability to pay. Donations are tax deductible. Learn more at [ImprovingNJ.org](#).

Donate 



Church Locations



The Reformed Church of Highland Park

<http://www.rchighlandpark.org>

19 S. 2nd Avenue, Highland Park, NJ 08904



The First Reformed Church of South River

<http://www.southriverfirstreformedchurch.org>

40 Thomas Street, South River, New Jersey 08882



The Church in Brielle

<http://brielle.rcachurches.org/>

821 Riverview Drive, Brielle, New Jersey 08730



Colts Neck Reformed Church

<http://coltsneckreformed.org/>

139 Route 537, PO Box 57, Colts Neck, New Jersey 07722



Middlebush Reformed Church

<http://www.middlebushreformedchurch.com>

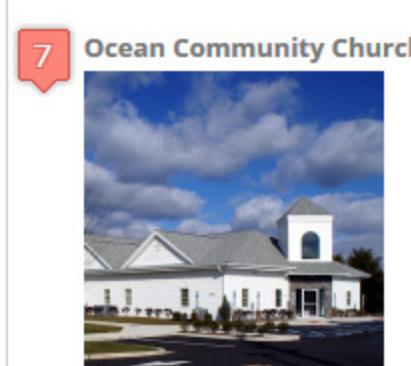
1 South Middlebush Road Somerset, NJ 08873



Community Church of Keyport

<http://www.communitychurchofkeyportnj.org>

125 Division St., Keyport, NJ 07735



Ocean Community Church

<http://oceanchurch.squarespace.com/>

1492 NJ-72, Manahawkin, NJ 08050

Contact Us Today

MAILING ADDRESS:

CHURCHES IMPROVING COMMUNITIES

19 South 2nd Avenue
Highland Park, NJ 08904

E-MAIL:

ChurchesImprovingCommunities@gmail.com

humeslpc@gmail.com or mcgoughlpc@gmail.com

PHONE:

In Middlesex, Monmouth, and Somerset Counties:

732-867-8647

In Ocean County:

732-784-3394



Donate To CBMHS & Unlock Mental Health Care For NJ Communities!

\$ 50.00

\$20.00

\$50.00

\$100.00

\$250.00

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Address line 2

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Country * ⓘ

United States

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State / Province

Donation Total: \$50.00

Donate Now

Community Education Resources

Mental Health Resource Links

NAMI – National Alliance on Mental Illness - Find local support groups and family education programs

<https://www.nami.org/Local-NAMI?state=NJ>

Domestic Violence Resources

New Jersey Statewide Domestic Violence Hotline

1 (800) 572-SAFE (7233)

New Jersey Coalition to End Domestic Violence -

<http://www.njcedv.org>

Advocacy for Victims of Abuse

<http://ava-online.org>

Love is Respect

<http://www.loveisrespect.org/resources/dating-violence-statistics/>

Chronic Pain

The American Chronic Pain Association

<https://theacpa.org>

Suicide Hotlines

<http://www.njhopepline.com>

<https://suicidepreventionlifeline.org>



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