

## **Mental Health/Eating Disorders/General Medical Services**

Contact-We-Care Crisis Hotline: (908)-232-2880  
Toll-free national hotlines: (800) 273-TALK (8255) and (800) SUICIDE  
American Cancer Society Hotline: 1-800-227-2345  
Alzheimer's Association Hotline: 1.800-272-3900  
Boys Town Hotline: 1-800-448-3000  
Post-Partum Depression Hotline: 1-800-328-3838  
Poison Control Center: 973-926-8008

### **Psychiatric Emergency Numbers:**

#### **Bergen:**

Psych Emergency Screening Program: 201-262-4357

#### **Essex:**

East Orange General Hospital: 973-672-9685  
Newark Beth Israel Hospital: 973-926-7416  
University of Medicine and Dentistry: 973-623-2323

#### **Hudson:**

Bayonne Medical Center Behavioral Health Department: 201-858-5286  
Jersey City Medical Center: 201-915-2210 (Psychiatric emergency number)

#### **Morris:**

Saint Clares Health System: 973-625-0280  
Morristown Memorial Hospital: 973-540-0100  
Chilton Memorial Hospital: 973-831-5078

#### **Passaic:**

Chilton Memorial Hospital Crisis Hotline: 973-831-5078  
Saint Joe's Counseling Center (Crisis Center number): 973-470-3025

#### **Union:**

Muhlenberg Hospital: 908-668-2599  
Trinitas Hospital Psychiatric Emergency Room: 908-994-7131

<http://vinst.umdnj.edu/ssdir/servicedir.asp?service=8>  
UMDNJ's Resource Directory of Mental Health Services

Academy of Clinical and Applied Psychoanalysis (ACAPNJ)

301 S. Livingston Ave., 2<sup>nd</sup> Floor

Livingston, NJ 07039

973-629-1001

[www.acapnj.org](http://www.acapnj.org)

The mission of the Psychoanalytic Treatment Service (NJCC) is to provide a psychoanalytic treatment service to the community for the full range of emotional problems at moderate fees based on the patient's ability to pay; and to provide a facility in which students can engage in supervised clinical practice as part of their training.

ARC of Essex County's Home Assistance Program:

123 Naylor Ave.

Livingston, NJ 07039

973-535-1181

<http://www.arcessex.org>

In the effort to enable those who have mental retardation to realize individual goals and to learn, work, play, and coexist with dignity and full partnership in the community the ARC provides direct service to those with developmental disabilities and their families and acts as an advocate by advancing their interests.

Bridge, Inc.

1065 Clinton Avenue

Irvington, NJ 07111

973-372-2624

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

Drug & alcohol counseling; Family Therapy Program for high school students & their families. They also offer anger management, and marriage counseling.

Catholic Charities of the Archdiocese of Newark

[http://www.ccannj.com/adult\\_services.php](http://www.ccannj.com/adult_services.php)

[http://www.ccannj.com/behavioral\\_health.php](http://www.ccannj.com/behavioral_health.php)

Multiple services in multiple areas, for Essex, Union, Hudson, and Bergen Counties.

Center for Treatment of Eating Disorders:

570 West Mount Pleasant Ave, Suite 108  
Livingston, NJ 07039  
973-740-1262

32 Belcher Road  
Blairstown, New Jersey 07825  
Call the Livingston office to find out information about the Blairstown office

<http://www.edhelp.com/>

Eating disorders are generally a manifestation of psychological and interpersonal problems. Treatment, to be effective, must therefore be multi-faceted and address not just the symptoms, but the underlying problems.

The Connection for Women and Families

79 Maple St.  
Summit, NJ 07901  
908-273-4242

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

Connection offers fitness classes for adults and children as well as a pre-school and other toddler activities. They teach ESL classes, and offer support groups for women with and survivors of breast cancer. They offer additional programs for teenagers as well.

COPE Center

104 Bloomfield Avenue  
Montclair, NJ 07042  
973-783-6655

<http://www.copecenter.net/index.php>

COPE counselors work in the areas of alcohol/drug abuse, family crises, problems in daily living, and AIDS. Individual, family and group

counseling; alcohol and substance abuse counseling; crisis intervention, and child abuse prevention services.

**Counseling and Psychotherapy Associates**

33 Plymouth St, ste 208

Montclair, 07042

973-744-1600

<http://counselingandpsychotherapyassoc.com/>

Our approach to counseling and psychotherapy draws from a variety of theoretical models, including psychodynamic, cognitive-behavioral, and family systems. This flexible style enables the professionals at Counseling and Psychotherapy Associates to tailor treatment to meet your needs and help you cope with change and life transitions.

**Counseling Center Specialties**

2115 Millburn Ave Ste 101

Maplewood, NJ 07040

(973) 761-4420

Marriage and family therapists diagnose and treat mental and emotional issues and concerns within marriages, couples, and families.

**Depression and Bipolar Support Alliance New Jersey**

\*There are multiple support groups for the state

Use Morristown area and Montclair but they haven't been updated. So call to check

1-609-912-0273

<http://dbsanewjersey.org/>

**Division of Mental Health Services (NJ Dept. of Human Svcs.)**

<http://www.state.nj.us/humanservices/dmhs/home/index.html>

serves adults with serious and persistent mental illnesses

Toll-Free: 1-800-382-6717

Essex County:

East Orange General Hospital

300 Central Ave.

East Orange, NJ 07019

Hotline: 973-266-4478

Office: 973-266-2989

Newark Beth Israel Medical Center CMHC  
201 Lyons Ave.  
Newark, NJ 07112  
Hotline: 973-926-7444  
Office: 973-926-4369

University Behavioral Health Care  
150 Bergen Street  
Newark, NJ 07101  
Hotline: 973-623-2323  
Office: 973-972-9805

Morris County:  
St. Clare's Hospital, Inc.  
25 Pocono Road  
Denville, NJ 07834  
Hotline: 973-625-0280  
Office: 973-625-6150

Morristown Memorial Hospital  
100 Madison Ave.  
Morristown, NJ 07960  
Hotline: 973-540-0100  
Office: 973-971-7911

Union County:  
Trinitas Hospital  
655 East Jersey Street  
Elizabeth, NJ 07201  
Hotline: 908-351-6684  
Office: 908-994-7152

Muhlenberg Regional Medical Center  
Park Ave. & Randolph Rd.  
Plainfield, NJ 07061  
Hotline: 908-668-2599  
Office: 908-226-5837

Family Connections

395 South Center Street

Orange, NJ 07050

973-675-3817

<http://familyconnectionsny.org/>

Provides the communities of the Oranges, Maplewood, and Millburn-Short Hills with a broad array of services including, counseling for individuals, families, couples and children, as well as outpatient drug and alcohol abuse programs, therapeutic after-school programs, school-based youth services program, an alternative school and a home based crisis intervention service.

Family Service League

Main Office

204 Claremont Avenue, Montclair, NJ 07042 973-746-0800

<http://www.familyserviceleague.org/index.html>

Our services are specifically designed to assist families and individuals who could not otherwise access the help they need. More than 99% of our counseling clients qualify for reduced rates based on their household income. Programs and services include counseling, the Rape Care Center, the Family Day Nursery, community crisis response, and referrals for domestic violence survivors.

JESPY House, Inc.

102 Prospect St.

South Orange, NJ 07079

973-762-6909

<http://jespyhouse.org>

JESPY House is a program for adults with learning and developmental disabilities who demonstrate the ability to live independently and gain competitive employment. Today, more than 70 skilled staff members are devoted to meeting the needs of more than 150 clients.

La Casa de Don Pedro

75 Park Ave.

Newark, NJ 07104

Office: (973) 482-8312

[www.lacasanwk.org](http://www.lacasanwk.org)

It offers more than 20 programs, which include counseling, child care, education, mentoring, job training and placement, homelessness prevention, energy conservation, leadership development, community economic development, and housing. La Casa also assists a diverse population with its housing and economic programs. In addition, La Casa's welfare-to-work program, which employs a job placement officer, was contracted by the city to provide job search services to residents.

#### Main Street Counseling Center

8 Marcella Avenue

West Orange, NJ 07052

(973)736-2041

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

Main St. Counseling Center provides private counseling and offers sliding scale fees, participates with Medicare and can accept most insurance plans.

#### Mental Health Association of Essex County

33 South Fullerton Ave.

Montclair, NJ 07042

973-509-9777

Fax: 973-233-8299

[www.mhaessex.org](http://www.mhaessex.org)

The programs and services offered by the Mental Health Association of Essex County are designed to address a broad spectrum of mental health needs. Clients (18 and older) are initially seen at the main office for evaluation by the medical director or the director and referred to a health care provider. Subsequent sessions are held at the therapists' private office. Treatment modalities include individual, marital, group and family therapies. Once enrolled in psychotherapy, clients are eligible to receive medication consultations from MHA's psychiatrist.

#### Montclair Counseling Center

183 Inwood Ave.

Upper Montclair, NJ 07043

973-783-6977 (x40 for confidential appointments)

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

Interdisciplinary mental health facility, providing individual psychotherapy, marriage counseling, divorce counseling, short-term counseling for discrete problems, relational counseling, family therapy, group therapy, parent consultations, parent call-in free phone service, psychological testing, and medical evaluation for therapeutic medications.

- Also offers Parent Call-In Hotline: 973-783-5066 (Mon., Wed., Fri. 9:30-10:30 a.m.); other times call 973-783-6977

#### Mount Carmel Guild

Behavioral Healthcare System Addiction on Treatment Services  
58 Freeman Street  
Newark NJ 07102  
Phone: (973) 596-4100  
Provides outpatient and children's services.

#### NJ MentalHealthCares

866-202-HELP (4357)  
[www.njmentalhealthcares.org](http://www.njmentalhealthcares.org)  
Free, confidential mental health information and referrals

#### New Jersey Department of Developmental Disabilities

P. O. Box 726  
Trenton, N.J. 08625-0726  
1-800-832-9173  
[www.state.nj.es/humanservices/ddd/home](http://www.state.nj.es/humanservices/ddd/home)

DDD provides case management and/or information and referral services to everyone who is eligible to receive the services it funds.

DDD funds three types of services for people who reside in the community: day services, including supports for people who are employed, residential services, including individual supports that assist an individual living at home or elsewhere in the community, and services that support a family caring for a loved one at home.

#### New Jersey Psychological Association

414 Eagle Rock Ave Ste 211, West Orange, NJ 07052  
(973) 243-9800

<http://psychologynj.org/index.cfm>

The office itself is administrative, but the website has a referral service (to locate psychologists). To access that service, click on the “consumer” tab and click on the link that says “find a psychologist.”

#### North Jersey Consultation Center

301 South Livingston Ave., 2<sup>nd</sup> Floor

Livingston, NJ 07039

973-629-1004

[www.njccenter.org](http://www.njccenter.org)

The North Jersey Consultation Center(NJCC) is an affordable treatment service provided for the community by the Academy of Clinical and Applied Psychoanalysis(ACAP). At NJCC, we serve individuals, couples, groups, families and children at fees that are based entirely on the client's personal circumstances.

#### Planned Parenthood

Planned Parenthood provides high quality, affordable medical care. Its services include comprehensive gynecological care, birth control services, pregnancy testing, first-trimester abortion, STD testing and treatment, pre-natal care, primary care and cancer screenings. Since not all services are available at each location, it's best to check before making an appointment. Our fees are based on the ability to pay and no one is turned away.

#### Gale Center

560 Dr. Martin Luther King Blvd., Ste. 100

East Orange, NJ 07018

Phone: 973-674-4343

#### Montclair Center

29 N Fullerton Ave

Montclair, NJ 07042

P: 973-746-7116

#### Chubb Center

151 Washington Street  
Newark, NJ 07102  
P: 973.622.3900

Morristown Clinic  
196 Speedwell Ave  
Morristown, NJ 07960  
P: 973.539.1364

Ironbound Center  
70 Adams St, Suite 13  
Newark, NJ 07105  
P: 973-465-7707

Paterson Center  
680 Broadway  
Paterson, NJ 07505  
P: 973.345.3883

Recovery, Inc.  
38 E Ridgewood Avenue  
Ridgewood, NJ 07450-3808  
(201) 670-8851

Women's Health & Counseling Center

71 Fourth Street  
Somerville, NJ 08876  
908-526-2335

<http://womenandhealth.org/>

Women's Health & Counseling Center (WHCC) works to reduce the financial, ethnic, language or other barriers that prevent patients from obtaining the services they need. These include primary, preventive and reproductive health care, crisis care, counseling, and support programs, as well as education and outreach.