

MENTAL HEALTH RESOURCES

A Guide of Mental Health Resources Nationwide
and in New Jersey



FOR AN EMERGENCY IN
NEED OF IMMEDIATE
ATTENTION, CALL 911

THE HAMILTON LAB
AT RUTGERS

NATIONAL HELPLINES



Phone/Call



Text or Online Chat

National Suicide Prevention Lifeline



800-273-TALK (8255)

National Crisis Text Line



Text HOME to 741741
To speak with a counselor of color:
text STEVE to 741741

The Trevor Project

LGBTQ Crisis/Suicide Hotline



866-488-7386



Text START to 678-678

LGBTQ+ National Help Center



888-843-4564

Provides peer-counseling and local resources.

Call Blackline



(800) 604-5841

Support BIPOC and LGBTQ+ BIPOC in abuse, crisis, mistreatment, and reporting hate crimes.

LGBT National Youth Talkline



800-246-7743

Free and confidential peer support for LGBTQ and questioning youth (under 26).

Trans Lifeline



1-877-565-8860

Hotline staffed by transgender volunteers ready to respond.

Safe Place

Text SAFE and your current location (address, city, state) to 4HELP (44357) for immediate help.



24-hour text service for teens in crisis.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NATIONAL HELPLINES



Phone/Call



Text or Online Chat

National Eating Disorder Association Lifeline

1-800-931-2237

National Coalition of Anti-Violence Programs

212-714-1141
(English And Spanish)

DeHQ: LGBTQ Helpline for South Asians

908-367-3374

StrongHearts Native Helpline

1-844-7NATIVE
(1-844-762-8483)

Childhelp National Child Abuse Hotline

Call/Text:
1-800-4-A-CHILD
(1-800-422-4453)

Love Is Respect

1-866-331-9474

National resource for intimate partner violence.

National Domestic Violence 24h Hotline

1-800-799-SAFE (7233)
TTY: 1-800-787-3224

National Sexual Assault 24h Hotline

800-656-HOPE
(1-800-656-4673)

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NJ STATE HELPLINES



Phone/Call



Text or Online Chat

NJ Hope Line (Suicide Prevention)



855-654-6735



2NDFLOOR Youth Helpline



180's 2NDFLOOR is a telephone helpline to assist adolescents with their day to day concerns.



(888) 222-2228

Caring Contact



Caring Contact is devoted to promoting emotional wellbeing and preventing emotional crises (for the Central New Jersey community).

(908) 232-2880

NJ Child Abuse and/or Neglect Hotline



1-877 NJ ABUSE (1-877-652-2873)

New Jersey Coalition Against Sexual Assault (NJCASA) 24h Hotline



1 (800) 601-7200

The Peer Recovery WarmLine



Call 877-292-5588

Is a peer-run service providing support for mental health consumers.

Centrastate Healthcare System



Freehold, NJ

24h Crisis Hotline: 732-780-6023

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NJ 24/7 EMERGENCY SERVICES

Children's Mobile Response & Stabilization Services

Immediate 24/7 mobilization of crisis staff for youth (5-18).

877-652-7624

Rutgers University Acute Psychiatric Services (APS)

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

University Behavioral Health Care Access Center

1-800-969-5300
671 Hoes Ln W,
Piscataway, NJ 08854

Bridgeway Rehabilitation Psychiatric Emergency Screening Services (PESS) Somerset County

908-526-4100

Newton Medical Center Psychiatric Emergency Services and Screening Center

973-383-0973

FGC's Emergency Services/Crisis Screening

Provides immediate crisis response to Warren County residents.

908-454-5141

CarePlus

Provides emergency mental health services to residents of Bergen County.

(201) 262-HELP (4357)

Morristown Medical Center Psychiatric Emergency Services and Screening Center

973-540-0100

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

FULL LISTS OF EMERGENCY SERVICES NATIONWIDE & IN NJ

Here is a link to an
Google Sheets that
includes emergency
mobile crisis options
in the event of an
emergency in your
state and/or county:

[Alternatives to 911](#)

Primary Screening Services in New Jersey Counties

For psychiatric
emergencies, crisis
intervention services,
information and referrals.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NJ GENERAL SERVICES

Perform Care

1-877-652-7624

Is a full-service behavioral health managed care company for youth who are experiencing emotional and behavioral challenges.

Essex County Short-term Treatment and Referral for Children and Adolescents

973-972-3637

NAMI New Jersey

732-940-0991

Is dedicated to improving the lives of individuals and families affected by mental illness.

Center for Family Guidance

Marlton: 856.983.3900

Westhampton:

609.265.0408

West Deptford:

856.251.0500

New Jersey Self-Help Group Clearinghouse

Mount Carmel Guild Behavioral Healthcare

Cranford: 908-497-3925

Union City: 201-558-3700

Newark: 973-596-4190

NJ Mental Health Cares

866-202-HELP (4357)

TTY: 1-877-294-4356

Oaks Integrated Care

Dedicated to improving the quality of life for those living with emotional and behavioral issue.

800-963-3377

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NJ HOSPITALS

St. Peter's University Hospital

New Brunswick, NJ
732-565-5494

Robert Wood Johnson University Hospital

New Brunswick, NJ
Behavioral Health Services
1-800-300-0628

Jersey City Medical Center

Jersey City, NJ
Child and Adolescent
Behavioral Health Services
(201) 915-2683

All RWJ Barnabas Locations

Monmouth Medical Center

Long Branch, NJ
Behavioral Health Services
1-800-300-0628

Jefferson Washington Township Hospital

Sewell, NJ
Behavioral Health Services
856-582-1419

Newark Beth Israel Medical Center

Behavioral Health Services
1-800-300-0628
Outpatient Child Services
973-926-3693

Newton Medical Center

Newton, NJ
Behavioral Health Services
1-888-247-1400

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

NJ HOSPITALS

Hampton
Behavioral Health
Center

Westhampton, NJ
800-603-6767
Outpatient satellite
locations: Hamilton, NJ &
Cherry Hill, NJ

Summit Oaks
Hospital

Summit, NJ
800-753-5223

Saint Clare's Health
Services, Boonton

Boonton, NJ
973-316-1800
Child and Adolescent Crisis
Intervention Services
973-316-1982

Penn Medicine
Princeton House
Behavioral Health

Moorestown, NJ
888.437.1610

Jefferson Cherry Hill
Hospital

Cherry Hill, NJ
Behavioral Health Services
856-488-6789

Centrastate
Healthcare System


Freehold, NJ
Behavioral Health Services
732-303-5270

Trinitas Regional
Medical Center

Elizabeth, NJ
Inpatient: 908-994-7712
Outpatient: 908-994-7223

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

An illustration in the background shows three stylized figures in a meeting. On the left, a woman with dark hair is seated and looking towards the center. In the middle, a person with curly hair is seated and looking towards the right. On the right, a woman with blonde hair is seated and looking towards the center. A speech bubble with three horizontal lines is positioned above the person in the middle. The entire illustration is rendered in a light red color against the darker red background.

GENERAL INFORMATION: MENTAL HEALTH RESOURCES/SUPPORT

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

SUICIDE & SELF-HARM

American Association of Suicidology

Promotes research, public awareness and education, and training for professionals and volunteers.

American Foundation for Suicide Prevention

Provides information about suicide, support for survivors, prevention, research, and more.

Suicide Prevention Resource Center

This website has factsheets on suicide by state and population characteristics, as well as other educational resources.

#chatsafe

A young person's guide for communicating safely online about suicide.

NIMH

Shareable informational graphics to help raise awareness about suicide prevention.

SiOS

Provides information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help.

Calm Harm

This free app provides tasks to help you resist or manage the urge to self-harm using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Self-injury & Recovery Resources (SIRR)

This website provides resources and links to self injury information.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

DEPRESSION & ANXIETY

Depression and Bipolar Support Alliance

A support resource that provides education, tools, peer support, and inspiring stories of recovery.

Depression Screening

Offers a confidential way for people to get screened for symptoms of depression and guide people towards appropriate help.

Anxiety Disorders of America Association

Promotes the diagnosis, treatment, and cure of anxiety disorders.

E-Couch

This website provides information about emotional problems, what causes them, how to prevent them, and how to treat them.

Freedom from Fear

Freedom from Fear's mission is to positively impact the lives of all those affected by anxiety, and related disorders

HGAPS Assessment Center

Sets of assessments that may help you determine if you (or a friend) might need more help for a specific disorder.

Befrienders Worldwide

Has members and volunteers worldwide available to help people in emotional distress and their loved ones.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

EATING DISORDERS

National Eating Disorders Association

Includes stories of recovery from eating disorders and information about seeking treatment.

Eating Disorders Hope

Is an online community that offers resources to those struggling with eating disorders. Also includes a treatment center locator.

Eating Disorders Anonymous

This resource lists nationwide meetings that can help those struggling with eating disorders.

ANAD

This resource includes information about eating disorders, how to find treatment and support groups for those suffering and their families.

Overeaters Anonymous

This resource lists nationwide meetings that can help those struggling with compulsive and binge eating.

MHA Eating Disorders and Youth

Provides information and resources on the relationship between young adults and eating disorders.

Intuitive Eating Providers

Counselors, dieticians, medical doctors, and more specializing in an evidence-based mind-body health approach to eating disorder recovery.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

SUBSTANCE ABUSE & ADDICTION

Alcoholics Anonymous

Truth
This campaign provides information and uses videos and social media to engage youth in taking action against tobacco and tobacco companies.

Alcohol Screening

Screening site with a test to gauge your own or someone else's level of alcohol use. Includes advice about decreasing intake or getting professional help.

Al-Anon and Alateen

Provides information and support for the family members and friends of people with alcohol problems.

National Institute on Drug Abuse

Provides links to information for parents, teens, health professionals, teachers, and others about various substance use problems.

Partnership to End Addiction

Help families prevent and treat addiction and support recovery for their children and loved ones.

SAMSHA

Information about substance use disorders for the public, families, health professionals, schools, and individuals. Includes a substance use treatment finder.

NCADD

Information on local resources for getting help for a substance use concern, fact sheets, and further information.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

BIPOC & LGBTQ+

Black Emotional and Mental Health

An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

Black Mental Wellness

Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

Black Men Heal

Provides access to mental health treatment, psychoeducation, and community resources to men of color.

Therapy for Black Men

A directory to help men of color find a therapist.

Black Women's Health Imperative

A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

Sista Afya Community Mental Wellness

Is a social enterprise that provides low-cost mental wellness services that center the experiences of Black women.

Therapy for Black Girls

A community dedicated to the wellness of Black women with a directory of Black therapists.

The Loveland Foundation

Therapy funding available for Black women and girls.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

BIPOC & LGBTQ+

NAAPIMHA

A collection of training, resources, and blogs dedicated to promoting the mental health and well-being of the Asian American and Pacific Islander communities.

Asian Mental Health Collective

A directory of APISAA therapists.

AAPA

Advances the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

SAMHIN

Is a non-profit that addresses the mental health needs of the South Asian community in the U.S.

American Society of Hispanic Psychiatry

Works to foster collaborations in mental health treatment with a specific focus on LatinX populations.

Latinx/Hispanic Communities and Mental Health

Spanish speaking resources for general mental health.

Latinx Therapy

A Latinx therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

Inclusive Therapists

A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

BIPOC & LGBTQ+

National Queer & Trans Therapists of Color Network

A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

The Steve Fund

Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

ICCTC

A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities.

Indian Health Service

Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

Circles of Care

Develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

One Sky Center

Provides resources and a “Find a Therapist” locator for treating mental health and substance use disorder within Native American communities.

It Gets Better Project

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

LGBTQ+ National Help Center

888-843-4564

Provides peer-counseling and local resources.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

BIPOC & LGBTQ+

Trans Lifeline

1-877-565-8860

Hotline staffed by transgender volunteers ready to respond.

The Trevor Project

LGBTQ Crisis/Suicide Hotline

866-488-7386

Text START to 678-678

LGBT National Youth Talkline

800-246-7743

Free and confidential peer support for LGBTQ and questioning youth (under 26).

Pride Counseling

Offers online therapy to members of the LGBTQ+ communities.

Gay, Lesbian & Straight Education Network (GLSEN)

Is an organization that is designed to help students take action and initiate changes in their schools and communities.

The National Center for Transgender Equality

Offers resources for transgender individuals, including information on the right to access health care.

GLAAD

Provides resources for LGBTQ+ individuals, educates, and celebrates the LGBTQ+ community.

PFLAG

Organization devoted to helping parents, families, and allies support LGBTQ+ people

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

YOUTH MENTAL HEALTH

It Gets Better Project

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

Teen Mental Health

This website provides learning tools on a variety of mental illness and resources to help yourself and friends.

Project YES

Run by scientists at Stony Brook University with the goal to give teens (ages 11-17) a chance to learn about new ways of dealing with stress while helping other teens to do the same.

GirlsHealth

The “Your Feelings” section of this website offers guidance to teen girls by recognizing mental health problems, getting help, and talking to parents.

HGAPS High School Mental Health Resources

This page provides many mental health resources for teens.

You Matter

You Matter is a safe space for youth to discuss and share stories about mental health and wellness.

Reach Out

This website provides information on specific mental health disorders, as well as resources to help teens make safe plans when feeling suicidal, and helpful tips and how to relax.

Strength of Us

An online community designed to inspire young adults impacted by mental health issues to think positive, stay strong, and achieve goals through peer support and resource sharing.

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB

FINDING A THERAPIST

[American Psychiatric Association](#)

[Substance Abuse and Mental Health Services Administration](#)

[American Psychological Association](#)

[Association for Behavioral and Cognitive Therapies](#)

[Dialectical Behavioral Therapy Therapists](#)

[TherapyByPro](#)

[Psychology Today](#)

[Association for Behavioral and Cognitive Therapies](#)

FOR AN EMERGENCY
IN NEED OF
IMMEDIATE
ATTENTION, CALL
911

THE HAMILTON LAB