

## CAMDEN COUNTY MENTAL HEALTH SUPPORT GROUPS

Handout provided by NAMI Camden County, Inc.

Revised February 2020

### NAMI CAMDEN COUNTY, INC.

**About Us:** Offer support, education, advocacy for caregivers of individuals with mental illness.

**Websites:** National: NAMI.org; State: NAMI NJ.org; Local: [namiccinj@aol.com](mailto:namiccinj@aol.com).

#### Support Group Times:

**2<sup>nd</sup> Tuesday** of every month from 6:30 to 8:00 PM at Oaks Integrated Care, 1409 N Kings Highway, Cherry Hill.

**1<sup>st</sup> Thursday** of every month from 6:30 to 8:00 PM Allan Vogelson Branch, Camden County Library; 203 Laurel Road, 3<sup>rd</sup> floor, Voorhees, NJ. **Contact:** Gale (856) 701-8143, Felix (856) 383-8071, or Rosemary (856) 424-4725.

### INTENSIVE FAMILY SUPPORT SERVICES (IFSS)

**About Us:** Professional support for caregivers of loved ones with serious mental health issues.

**What we offer:** Free recreational/social opportunities, 3<sup>rd</sup> Saturday of every month from 2 - 4:00 PM, for people with mental health issues and their caregivers.

**Contact:** must register for programs by contacting [Maxine.Vogt@oaksintcare.org](mailto:Maxine.Vogt@oaksintcare.org) (856) 482-8747 X 2210.

### EARLY INTERVENTION SUPPORT SERVICES (EISS)

**Services Offered:** alternative for those not in need of psychiatric hospitalization.

**Location:** Oaks Integrated Care, 2051 Springdale Rd, Cherry Hill, NJ.

**Contact:** Call or walk-in: (856) 254-3800 Mon to Fri 9:00AM to 8:00PM; Sat 9:00AM to 5:00PM.

### RUTGERS UNIVERSITY BEHAVIORAL HEALTH CARE

**About Us:** Serving adults who seek recovery from mental illness or co-occurring mental illness/addiction/substance abuse.

**Location:** Colwick Business Center Suite 120, 57 Haddonfield Rd, Cherry Hill, NJ. **Contact:** Admissions: 856 566-6620.

### STARTING POINT

**About Us:** Education, referral and resource center for individuals and families seeking support for mental wellness, personal growth and recovery. More than 40 independent practitioners available.

**Location & Home Page:** 215 Highland Ave, Westmont, NJ; **Website** <https://startingpoint.org>

**Contact:** Referrals to address mental health and recovery call 856 854-3155 from 9:30AM to 9:30PM Monday through Friday and 8AM to 4PM on Saturdays.

### DONALD MAYS JR. COMMUNITY WELLNESS CENTER

**Services Offered:** Peer employment support; spirituality; coping skills; NAMI Connection; WRAP scrap; walking; bingo; arts and crafts; informed choices. Dinner and snacks served. Limited transportation available.

**Location:** 204 White Horse Pike, Barrington, NJ 08007.

**Contact:** (856) 429-9940 **E-mail** [strobins@csnj.org](mailto:strobins@csnj.org) Call first, hours subject to change.

**Times:** Sunday 10:30 AM to 3:30 PM; Monday, 12:00 PM to 4:00 PM; Tues., Wed., Thurs., 2:00 PM to 7:00 PM. Closed Friday and Saturday.

### NEW BEGINNINGS

**About Us:** Self-help, peer support, discussion for mood disorders/depression.

**Location:** Holy Trinity Lutheran Church, 201 N. Warwick Rd & Evesham Ave, Magnolia, NJ. Contact 1-877-313-5050.

**Times:** Mondays/Thursday 7PM to 8:50PM, Wednesdays 11:00AM to 12:50PM. **Website:** [www.NBgroup.org](http://www.NBgroup.org)

**Supportive persons' group:** 1<sup>st</sup> and 3<sup>rd</sup> Mondays 7:00PM to 8:50PM.

## **DEPRESSION/ANXIETY SUPPORT (WOMEN)**

**About Us:** Self-help, phone help, literature. Under 18 welcome. Meets in Berlin area.

**Contact** Nancy 856 768-1258 (eve) or Rhonda 856 768- 2030.

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## **RECOVERY INTERNATIONAL**

**About Us:** Helps people change their lives for the better bringing mental health support to people who need it through weekly peer-led self-help meetings (also provide telephone web-based, online chat and online forums).

**Time & Location:** Saturday 11:30AM at Starting Point, 215 Highland Ave, Westmont, NJ.

**Contact:** Carl (856-735-5395). **Website:** [www.recoveryinternational.org](http://www.recoveryinternational.org).

**NOTE:** *Support Groups listed below are outside Camden County--*

## **DBSA BURLINGTON COUNTY INSPIRATIONS**

**About Us:** Mood-disorder self-help support group affiliated with the Depression and Bipolar Support Alliance (DBSA). Led by trained facilitators who are peers, that is, individuals with a mood disorder. People who are living with depression or bipolar disorder and their families and friends are welcome.

**Times:** 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month, 7:00PM to 9PM

**Location:** Virtua Memorial Hospital in Conference Room B, 175 Madison Avenue, Mount Holly, NJ 08060

**Contact:** Dorothy 856 200-8784; <http://dbsanewjersey.org/burlington-county/>.

**“THE EXTRA MILE”** Individuals 18 years and older welcome to cope with depression, bipolar, anxiety, anger.

**About Us:** Peer-To-Peer Support & Peer Led Group Meetings; led by NAMI Connection Facilitator.

**Times:** meetings every Wednesday 6:30PM to 8:00PM.

**Location:** INSPIRA HEALTH NETWORK Wellness & Recovery Outpatient Building, 537 North Broad St., Woodbury, NJ.

**Contact:** Barbara 856-686-5500 or e-mail at [mahoneyb1@ihn.org](mailto:mahoneyb1@ihn.org).

## **HELPFUL TELEPHONE NUMBERS**

**Dial 211--** provides callers with information about and referrals to social services for every day needs and in times of crisis.

**For after-hours emergencies** in Camden County -- call **856 428-HELP** or **911** (say it is a mental health emergency)

**PEER RECOVERY WARMLINE -- Tel: 1-877-292-5588** – Peer-run Mental Health Association of New Jersey service providing ongoing telephone support to mental health consumers as they work towards their recovery.

**NJ CONNECT FOR RECOVERY – Tel: 855-652-3737** – Mental Health Association of NJ service that focuses on helping people who are experiencing distress related to the substance use disorder of a family member or friend.

**NJ MentalHealthCares – 1-866-202-4357** – MHA staff offers New Jersey behavioral health information and referral services. Available 24/7 to link callers to their desired service plan.

**For illness information** see the **NAMI Mental Health Fact** sheet: <https://www.nami.org/Learn-More/Fact-Sheet-Library>  
Scroll down to find lists at the bottom of the page.