



## Middlesex County Behavioral Health Resource Guide

A Message from the Middlesex County Office of Human Services

We are all experiencing an unprecedented public health crisis due to the COVID-19 virus. It is important to remember that even in these times, ***you are not alone***. Support continues to be available even when it is not face-to-face. There is an entire community of call centers, text support and online support groups ready to help you and your loved ones whenever you need it.

For those who are having difficulty coping with the COVID19 crisis, please call **New Jersey Mental Health Cares**, Mental Health Association in New Jersey, Inc. at **(877) 294-HELP (4357)** between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.

Additional resources for mental health, addiction recovery, peer support and general information about COVID-19 may be found below.

<b>Telephone Support</b>		
<b>Name</b>	<b>Phone Number</b>	<b>Type of Support</b>
<b>For Psychiatric Crisis/Emergency</b>		
Rutgers Acute Psychiatric Services / Screening (APS) (24/7)	1-855-515-5700	Psychiatric Crisis or Emergency
<b>For Mental Health Urgent Care/Crisis Diversion</b>		
Early Intervention Support Services (EISS)	732-235-4422 or 1-800-969-5300	Offers crisis intervention and stabilization services
Wellness Respite Services	732-354-4403	Peer delivered outreach and support

<b>Addiction Referral/Services/Resources</b>		
ReachNJ NJ IME Addictions Access Center (24/7)	1-844-ReachNJ  1-844-276-2777	Assistance and referral to treatment for substance use
<b>Suicide Prevention/Supports</b>		
New Jersey Hopeline	1-855-654-6735	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Suicide Prevention Lifeline (24/7)	1-800-273-8255 with a specialized Crisis Line for Veterans (press 1)	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
<b>Call Center/Hotlines</b>		
NJ Mental Health Cares	1-866-202-4357	Free, confidential mental health information and referral
New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM)	1-833-422-2765	Peer-to-peer support intended for those struggling with substance use but is open to everyone
Vets4Warriors (24/7)  Vet to Vet (24/7)	1-855-838-8255  1-866-838-7654	Peer-to-Peer support for military members and veterans  Peer-to-Peer support mental health helpline for veterans
Mom2Mom (24/7)  Care2Caregiver (24/7)	1-877-914-6662  1-800-424-2494	Peer support for mothers caring for children with special needs  Free peer helpline for those caring for someone with memory issues
Cop2Cop (24/7)	1-866-267-2267	Helpline for law enforcement officers dealing with personal or job-related stress  Helpline for social workers dealing with personal or job-related stress

Worker2Worker (24/7)	1-855-327-7482	
Aid NJEA (24/7)	1-866-243-6532	Free, confidential, and effective support for NJEA member and their families
The Trevor Project for Youth (24/7 call or text)	TrevorLifeline: 1-866-488-7386 TrevorText: Text 678678	Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk
Peer to Peer Warmline	877-292-5588	Peer-run service providing ongoing telephone support to individuals as they work towards recovery
NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)	Helpline: 1-800-950-NAMI (6264)	Provide support and local resources
<b>Harm Reduction Resources</b>		
NJ Harm Reduction Coalition	877-4NARCAN (877-462-7226) <a href="https://njharmreduction.org/">https://njharmreduction.org/</a>	Free harm reduction support via mail to receive free naloxone and fentanyl strips
<b>Family Supports</b>		
New Jersey Connect for Recovery	855-652-3737	Family peer support and information regarding substance use disorder treatment
Intensive Family Support Services (IFSS)	732-235-6184	Information and support for families caring for a loved one with mental illness
NAMI New Jersey	<a href="http://www.naminj.org/online-support-groups/">http://www.naminj.org/online-support-groups/</a>	Online weekly support groups
<b>Legal Services</b>		
Central Jersey Legal Services	732-249-7600	Provides free civil legal assistance to low income residents of central New Jersey
National Center for Disaster Fraud Hotline	866-720-5721 <a href="mailto:disaster@leo.gov">disaster@leo.gov</a>	For victims of a scam or attempted fraud involving COVID-19

<b>Domestic Abuse/Violence Resources</b>		
Domestic Violence Hotline (24/7)	1-800-572-7233	Provides confidential access to domestic violence information/services, including crisis intervention, referral, and advocacy
Child Abuse Hotline (24/7)	1-877-652-2873 (1-877NJABUSE)	Provides services for those reporting child abuse and neglect
Women Aware (24/7)	<a href="https://womenaware.net/">https://womenaware.net/</a> Emergency Shelter: 732-249-4504 Hotline: 833-249-4504	Provide safety planning, crisis intervention and resources for victims of abuse
<b>Resources for Persons with Disabilities</b>		
Alliance Center for Independence	732-738-4388 <a href="https://www.adacil.org/">https://www.adacil.org/</a> Coronavirus Peer Support Group Meeting – Mondays at 1:00 PM <b>Meeting ID:</b> 919-1614-4439 <b>Join URL:</b> zoom.us/j/91916144439?pwd=dDAzaEJyYkdDdmErQVIzVStVOGwzdz09 <b>Password:</b> Email cdodge@adacil.org for password <b>Join Phone:</b> 929-205-6099  Coronavirus Peer Recreation Meeting - Thursdays at 1:00 PM <b>Meeting ID:</b> 982-0431-8294 <b>Join URL:</b> zoom.us/j/98204318294?pwd=RWZCNmJWZDExWVFPVzJTMW5iajBSUT09 <b>Password:</b> Email cdodge@adacil.org for password <b>Join Phone:</b> 929-205-6099	Provides information and referral service and develops educational programs for people with disabilities
Disability Rights New Jersey	800-922-7233 <a href="mailto:advocate@drnj.org">advocate@drnj.org</a>	Staff is available to advise and assist person with disabilities and family members

Brain Injury Alliance of NJ (M-F 9 AM to 5 PM)	732-783-6172 <a href="mailto:info@bianj.org">info@bianj.org</a>	Free hotline with BIANJ specialists who provide support, resources, and information
<b>Resources for the Deaf/Hard of Hearing</b>		
Helpline (M-F 9 AM to 5 PM)	973-870-0677 VP	Free emotional support helpline for the deaf and hard of hearing
<b>Resources for Older Adults/Caregivers</b>		
Comprehensive Services on Aging (COPSA)	800-424-2494 <a href="mailto:caregiver@ubhc.rutgers.edu">caregiver@ubhc.rutgers.edu</a>	Free peer helpline for those caring for someone with memory issues
Alzheimer's Association Hotline (24/7)	800-272-3900 <a href="https://www.alz.org/help-support/resources/online-tools">https://www.alz.org/help-support/resources/online-tools</a>	Provides services, resources and continued support for caregivers and people living with Alzheimer's
<b>COVID-19 Call Center/Hotlines</b>		
NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	Hotline for COVID-19 questions
Middlesex County Office of Health Services (M-F 8:30 AM-6 PM & Sat-Sun 9AM-3 PM)	732-745-3100, press 1 for call center	Local COVID-19 Hotline for Middlesex County residents
<b>Online Recovery Supports</b>		
<b>Name</b>	<b>Website</b>	<b>Type of Support</b>
Alcoholics Anonymous	<a href="http://aaphonemeetings.org/">http://aaphonemeetings.org/</a> <a href="http://www.aa-intergroup.org/directory.php">http://www.aa-intergroup.org/directory.php</a> <a href="https://www.aaspeaker.com/">https://www.aaspeaker.com/</a>	Online 12-Step Resources and Meetings
Narcotics Anonymous	<a href="http://www.nabyphone.com/">http://www.nabyphone.com/</a> <a href="http://www.na-recovery.org/">http://www.na-recovery.org/</a>	Online 12-Step Resources and Meetings
Narcotics Anonymous Online Meeting Directory	<a href="https://tinyurl.com/ul34pet">https://tinyurl.com/ul34pet</a>	

The Addiction Recovery Guide	<a href="https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings">https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings</a>	Guide to various online/chat meetings for AA, NA, etc.
Online Group AA Meetings	<a href="https://www.onlinegroupaa.org/">https://www.onlinegroupaa.org/</a>	Group AA meetings
In the Rooms: A Global Recovery Community	<a href="https://www.intherooms.com/home/live-meetings/">https://www.intherooms.com/home/live-meetings/</a>	Online support live video meetings calendar
Sprout Health Group	<a href="https://zoom.us/j/6768320638">https://zoom.us/j/6768320638</a> Meeting ID: 676 832 0638	Virtual meetings for first responders struggling with substance use every Tuesday @ 7 PM
NJ Department of Human Services	<a href="https://nj.gov/humanservices/coronavirus.html">https://nj.gov/humanservices/coronavirus.html</a>	COVID-19 Webpage with information for all NJDHS Departments
NJ Department of Health	<a href="https://www.nj.gov/health/cd/topics/ncov.shtml">https://www.nj.gov/health/cd/topics/ncov.shtml</a>	Communicable Disease Service Webpage
Centers for Disease Control and Prevention	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/index.html">https://www.cdc.gov/coronavirus/2019-nCoV/index.html</a>	CDC Coronavirus main webpage
In the Rooms	<a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a>	Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, discussion groups, and all the other tools
LifeRing	<a href="https://www.lifering.org/online-meetings">https://www.lifering.org/online-meetings</a>	Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people
The Phoenix	<a href="https://tinyurl.com/sxyl642">https://tinyurl.com/sxyl642</a>	Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis

Recorded Speakers (from a variety of 12-step fellowships)	<a href="https://www.xa-speakers.org/">https://www.xa-speakers.org/</a>	
Refuge Recovery	<a href="https://tinyurl.com/wysjufy">https://tinyurl.com/wysjufy</a>	Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction
SMART Recovery USA	<a href="https://www.smartrecovery.org/community/">https://www.smartrecovery.org/community/</a>	Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board
Sober Grid	Download the App via <a href="#">Google Play</a> , <a href="#">iTunes</a> or <a href="https://www.sobergrid.com/">https://www.sobergrid.com/</a>	Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.