



COUNTY OF SOMERSET DEPARTMENT OF HUMAN SERVICES

OFFICE OF OPERATIONS & PLANNING

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LINDA M. PORCARO

Telephone Support		
Name	Phone Number	Type of Support
NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	Hotline for COVID-19 questions
For Psychiatric Crisis/Emergency		
Bridgeway PESS	908-526-4100	Crisis intervention, stabilization, crisis hotline, family crisis services, mobile outreach
For Mental Health Urgent Care/Crisis Diversion		
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
Addiction Referral/Services/Resources		
ReachNJ	1-844-ReachNJ (732-2465)	24/7 Hotline to get persons living with addictions help
NJ IME Addictions Access Center (24/7)	1-844-276-2777	24/7 assistance and referral to treatment for substance use
Suicide Prevention/Supports		
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

- Mission Statement -

The County of Somerset is committed to excellence and innovation in public service, promoting the well-being of all residents and communities by providing effective, efficient and responsive leadership.

Somerset County Is An Equal Opportunity Employer

Call Center/Hotlines		
NJ Mental Health Cares	1-866-202-4357	Free, confidential mental health information and referral
New Jersey Peer Recovery (7 days, 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)	1-855-838-8255	Peer-to-Peer support for military members and veterans
Vet to Vet (24/7)	1-866-838-7654	Peer-to-Peer support mental health helpline for veterans
Mom2Mom (24/7)	1-877-914-6662	Peer support for mothers caring for children with special needs
Care2Caregiver (24/7)	1-800-424-2494	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
Worker2Worker (24/7)	1-855-327-7482	Helpline for social workers dealing with personal or job-related stress
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
The Peer Recovery Warmline (M-F 8 am-10 pm; Sat & Sun 5-10 pm, Holidays 3-10 pm)	877-292-5588	Mental health 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
Family Supports		
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

Online Supports/Meetings

Name	Website	Type of Support
Alcoholics Anonymous	http://aaphonemeetings.org/ http://www.aa-intergroup.org/directory.php https://www.aaspeaker.com/	Online 12-Step Resources and Meetings
Narcotics Anonymous	http://www.nabyphone.com/ http://www.na-recovery.org/	Online 12-Step Resources and Meetings
Narcotics Anonymous Online Meeting Directory	https://tinyurl.com/ul34pet	
The Addiction Recovery Guide	https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings	Guide to various online/chat meetings for AA, NA, etc.
Online Group AA Meetings	https://www.onlinegroupaa.org/	Group AA meetings
In the Rooms: A Global Recovery Community	https://www.intherooms.com/home/live-meetings/	Online support live video meetings calendar
NAMI NJ	www.naminj.org/online-support-groups/	Online weekly support groups
NJ Department of Human Services	https://nj.gov/humanservices/coronavirus.html	COVID-19 Webpage with information for all NJDHS Departments
NJ Department of Health	https://www.nj.gov/health/cd/topics/ncov.shtml	Communicable Disease Service Webpage
Centers for Disease Control and Prevention	https://www.cdc.gov/coronavirus/2019-nCoV/index.html	CDC Coronavirus main webpage
In the Rooms	https://www.intherooms.com/home/	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	https://www.lifering.org/online-meetings	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	https://tinyurl.com/sxyl642	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)	https://www.xa-speakers.org/	
SMART Recovery USA	https://www.smartrecovery.org/community/	Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board