



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated May 22, 2020

Help/Text Lines	Operational Status	Contact
Domestic Violence	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	1-888-843-9262
Sexual Violence	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	1-888-264-RAPE
Addiction	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week to support those with an addiction and their loved ones. 	201-589-2976 <i>[call or text]</i>
2NDFLOOR for Youth	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	1-888-222-2228 <i>[call or text]</i>
National Suicide Prevention Line	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	1-800-273-8255
Nacional de Prevención del Suicidio	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week -<u>En Español</u> 	1-888-628-9454
Crisis Text Line	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	Text HOME to 741741
Help During COVID-19	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week in NJ to obtain • General information on how to stay safe, test sites, financial assistance, unemployment, donations, food, and other non-medical needs. 	Dial: 2-1-1
Medical COVID-19 Questions	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week 	1-800-962-1253
Emotional Support - NJ Mental Health Cares	<ul style="list-style-type: none"> • New Jerseyans can call for free, confidential support. • 8 a.m. to 8 p.m. seven days a week 	1-866-202-HELP (4357)
HERO line for Bergen County Law Enforcement, First	<ul style="list-style-type: none"> • For those on the frontlines of the COVID-19 crisis, and immediate family members of frontline workers. 	1-551-800-HERO (4376)



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Responders and Healthcare Pros., operated by Care Plus NJ	<ul style="list-style-type: none"> Monday – Friday from 9 a.m. to 8 p.m. 	
Veteran & First Responder Line , Strive Health of Paramus	<ul style="list-style-type: none"> This service is specifically designed for First Responders and Hospital/Healthcare workers on the front-lines of Covid-19 7am-7pm with reroute to call-center after these hours Provides confidential, trauma- informed, and in-network treatment programs Services for mental health and substance use issues via telehealth video technology. 	1-800-530-1250 telehealth@vfrhealthcare.com
West Bergen Mental Healthcare Warm Line	<ul style="list-style-type: none"> For medical staff, first responders and others in need. 9a.m.-5p.m. 	201-688-7098

Crisis / Rapid Access for Adults	Operational Status	Contact
Psychiatric Emergency Screening Program (PESP)/ 201-262-HELP Care Plus	<ul style="list-style-type: none"> Fully operational Conducting assessments in person and via telehealth, when possible 	201- 262 – HELP [4357] <i>Can be called 24 hours per day, 7 days per week. If all lines are busy and you feel that you or someone is in danger, please hang up and call 9-1-1.</i>
Wellness and Support Center/ Early Intervention Support Services (EISS) “ Mental Health Urgent Care Clinic ” CBHCare	<ul style="list-style-type: none"> Accepting new referrals, call first Providing telehealth services 	201-957-1800 <i>Can be called 24 hours per day, 7 days per week.</i>
Crossroads to Wellness/ Intensive Outpatient Treatment and Support Services (IOTSS) Care Plus	<ul style="list-style-type: none"> Accepting new referrals, call first Providing telehealth services, when possible Face to Face in the community for essential services only 	201- 986- 5037 <i>Can be called 24 hours per day, 7 days per week.</i>
Crisis/Rapid Access for Youth and Families	Operational Status <i>[specify ages served]</i>	Contact



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated May 22, 2020

<p>Children's Mobile Response and Stabilization Services</p> <p>CarePlus NJ</p> <p>NEW- video and flyer on Children's Mobile to show families</p>	<ul style="list-style-type: none"> Fully operational; serves youth up to the age of 21 and their families Services provided via telehealth (or telephone if families prefer) Intake Telehealth session is offered within 1 hour of the initial call to PerformCare, or may be scheduled within 48 hours. Case Management is provided for up to 8 weeks via telephone. 	<p><i>Parents/ caregivers must call the NJ Children's System of Care (PerformCare) to request service and explicitly describe the "crisis."</i></p> <p>Can be immediately reached 24 hours per day, 7 days per week:</p> <p style="text-align: center;">1-877-652-7624</p> <p><i>If a family member reports that they called PerformCare but didn't get linked to Mobile, please email Jaimed@careplusnj.org and Danad@careplusnj.org</i></p>
<p>Bergen County Division of Family Guidance's Crisis Line</p>	<ul style="list-style-type: none"> Available 24/7 for youth, families, law enforcement, school personnel and mental health professionals Assistance is immediate and offered at no cost to families Services are offered via telehealth/telephone Services include: Crisis intervention, psychotherapy, psychiatry, residential and prosocial 	<p>For immediate assistance, please contact the Crisis Line at 201-336-7360.</p> <p><i>For any questions about our available services, including referral, you may also contact fgintake@co.bergen.nj.us</i></p>
<p>Adult Partial Hospitalization (APH)/Partial Care</p>	<p style="text-align: center;">Operational Status</p>	<p style="text-align: center;">Contact</p>
<p>Bergen New Bridge Medical Center APH/MICA (<i>mental illness chemical addiction</i>)</p>	<ul style="list-style-type: none"> Accepting new referrals Fully operational at this time 	<p>800-730- 2762 www.newbridgehealth.org</p>
<p>Comprehensive Behavioral Healthcare Partial Care</p>	<ul style="list-style-type: none"> Providing services via telehealth 	<p>201- 646- 0195</p>
<p>Care Plus Partial Care</p>	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	<p>201-265-8200</p>
<p>High Focus Intensive Outpatient (IOP)/Partial Care</p>	<ul style="list-style-type: none"> Accepting new referrals Operating on normal schedule via telehealth platform 	<p>201-291-0055</p>
<p>Vantage Health System Partial Care</p>	<ul style="list-style-type: none"> Accepting new referrals case by case Providing telehealth services 	<p>201 -567- 0059</p>
<p>Ramapo Ridge Psychiatric Hospital Adult Partial Hospital</p>	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	<p>201 -848-5500</p>
<p>West Bergen Mental Healthcare</p>	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	<p>201-485-7172</p>



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated May 22, 2020

Youth Partial Hospitalization /Partial Care	Operational Status [specify ages served]	Contact
New Directions, operated by CBH Care	<ul style="list-style-type: none"> • Accepting new referrals; serves youth 12-18 years old • Provides individual and group sessions via telehealth services 	201-646-0333
Adult Outreach Programs	Operational Status	Contact
Assisted Outpatient Treatment Services (AOTS)/ Involuntary Outpatient Commitment (IOC) Care Plus	<ul style="list-style-type: none"> • Full/at capacity - Accepting new referrals for waiting list • Providing telehealth services, when possible • Face to Face in the community for essential services/expanded based on clinical need • Transportation for clients to essential medical services/urgent matters 	201-478-4183
Behavioral Health Home (BHH) Care Plus	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201- 265- 8200 ext 5443
Program of Assertive Community Treatment (PACT) Bridgeway Rehabilitation Services	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services, when possible 	201-880-8321
Integrated Case Management Services (ICMS)/ Community Support Services (CSS) Care Plus	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services, when possible • Face to Face in the community for essential services only • Transportation for clients to essential medical services/urgent matters 	201- 478- 4162
Projects for Assistance in Transition from Homelessness (PATH) Comprehensive Behavioral Healthcare	<ul style="list-style-type: none"> • Accepting new referrals • Providing services via telephone 	201-296-6008



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated May 22, 2020

Transition Services (MH Justice Involved Services/ Jail Diversion) Care Plus	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services, when possible • F2F in the community for essential services/expanded based on clinical need • Transportation for clients to essential medical services/urgent matters 	201- 478- 4166
Youth Outreach/ Care Management Programs	Operational Status <i>[specify ages served]</i>	Contact
Bergen's PROMISE Care Management Organization http://www.bergenspromise.org	<ul style="list-style-type: none"> • In full virtual operation serving youth up to the age of 21 and their families. • Care Managers are in contact with the families and virtual Child and Family team meetings are being held. 	<p>For referral to services, parents/caregivers call the NJ Children's System of Care 24/7 at 1-877-652-7624.</p> <p>For CMO enrolled youth, to contact a youth's Care Manager, call: 201-712-1170 and use the phone directory. Our on-call service is available 24/7</p>
Adult Shelter/ Housing	Operational Status	Contact
Advance Housing	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201- 498- 9140
Rapid Re-Housing for Families and Individuals (RRHFI) Care Plus	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services • Face to face in the community for essential services/expanded based on need • Transportation for clients to essential medical services/urgent matters 	201- 265- 8200 ext. 5440
Bergen County Housing Health and Human Services Center (BCHHHSC) Shelter	<ul style="list-style-type: none"> • Not taking in new guests • Focusing on current housing applications • Call 211 hotline for additional shelter/housing information 	201- 336 -6480
Youth and Family Shelter/ Housing	Operational Status <i>[specify ages served]</i>	Contact
Bergen County Division of Family Guidance	<ul style="list-style-type: none"> • Bergen's Place Youth Shelter is fully operational, 24/7. 	For immediate assistance, please contact the Crisis Line at 201-336-7360.



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES
ACCESSIBLE DURING COVID-19
Updated May 22, 2020

	<ul style="list-style-type: none"> Provides emergency shelter and homeless prevention services for at-risk youth (ages 11-17) 	<i>For any questions about our available services, including referral, you may also contact fgintake@co.bergen.nj.us</i>
Adult Outpatient [OPD] Mental Health Treatment	Operational Status	Contact
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> Accepting new referrals Fully operational at this time Providing telehealth services, when possible 	800- 730-2762 www.newbridgehealth.org
Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth psychiatric and therapeutic services. 	201-986-5000 https://www.careplusnj.org
Coordinated Specialty Care Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth psychiatry, therapy (individual, family, group) and case management/supportive services via telehealth Injectable medications offered on-site 	201-986-5010
Korean American Outreach Program (KAOS) Care Plus	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	201- 265- 8200 Ext 5280
Comprehensive Behavioral Healthcare [CBH Care]	<ul style="list-style-type: none"> Accepting new referrals Providing telehealth services 	201-646-0333
CBH Care's Intensive Family Support Services (IFSS)	<ul style="list-style-type: none"> Family Support via Zoom Tuesday evenings from 7-9 pm Providing telephonic services 	201-296-6011
Hackensack University Medical Center	<ul style="list-style-type: none"> Not accepting new referrals Providing telehealth services 	551- 996 -2000
National Alliance on Mental Illness (NAMI) Greater Bergen	<ul style="list-style-type: none"> Provides family support groups via Zoom on Tuesdays at 12 pm and Wednesdays at 7 pm Providing services via telephone 	201-935-6264 www.naminj.org to register
NJ PROMISE Children at High Risk	<ul style="list-style-type: none"> Accepting new referrals 	201-986-5010



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated May 22, 2020

for Psychosis (CHRP) Care Plus	<ul style="list-style-type: none"> • Providing telehealth psychiatry, therapy (individual, family, group) 	
Ramapo Ridge Psychiatric Hospital	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201- 848-5500
Vantage Health System OPD	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth 	201- 567-0059
West Bergen Mental Healthcare	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201-485-7172
Youth and Family Outpatient Mental Health Treatment	Operational Status	Contact
West Bergen Mental Healthcare	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth individual, family and group services 	201-485-7172
Hospital / Inpatient Care	Operational Status	Contact
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> • Accepting patients 	800 -730- 2762 www.newbridgehealth.org
Englewood Hospital	<ul style="list-style-type: none"> • Accepting admissions through emergency department only • Maintaining social distancing guidelines 	201- 894- 3000
Ramapo Ridge Psychiatric Hospital – Psychiatric Inpatient	<ul style="list-style-type: none"> • Accepting new patients on a case by case basis 	201- 848- 5500
Food and Daily Needs Resources		
<p>Check the Community Events Calendar and BergenResourcenet Facebook for local food drive announcements</p>		
<p>Food Insecurity Resources on BergenResourcenet</p>		
<p>Diapers and Formula - Children's Aid & Family Services offers through the Baby Basics program Contact Sara Huisling at (201) 740-7009 or log onto: https://cafsnj.org/baby-basics/</p>		



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ACCESSIBLE DURING COVID-19

Updated May 22, 2020

COVID-19 Information and Resources for Parents, Individuals, Families and All:

<https://mhanational.org/covid19>

Tutoring - Contact the Director of Special Services in the school district and/or speak to the student's school case manager. Search BergenResourceNet.org by 'Tutor' 'Tutoring' keyword; search the other county ResourceNets as well (you can access them from <http://www.njresourcenet.org>)

If you have exhausted all of the resources listed herein and beyond, but cannot meet the needs of an individual, family or community group, please email specific needs to:

Michele Hart-Loughlin at mloughlin@co.bergen.nj.us

Financial and Legal Resources	Operational Status	Contact
COVID LEGAL, SOCIAL SERVICE resources on BergenResourceNet COVID FINANCIAL, OCCUPATIONAL resources on BergenResourceNet		
Adult Protective Services (APS)	<ul style="list-style-type: none"> Providing telephonic services Suspended home visits Coordinating with Law Enforcement to conduct well checks if unable to get in contact 	201- 368- 4300
Bergen County Board of Social Services (BCBSS)	<ul style="list-style-type: none"> Accepting Applications No Face to Face services 	201- 368- 4200
Mental Health Law Project (MHLP)	<ul style="list-style-type: none"> Accepting referrals via telephone Building/courts are closed to public, with exception of emergent actions Postponing upcoming Social Security hearings 	201- 634-2760
Social Security Administration (SSA)	<ul style="list-style-type: none"> Accepting Applications No Face to Face services 	1- 800 -772- 1213