



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated June 19, 2020

Help/Text Lines	Operational Status	Contact
Alternatives to Domestic Violence (ADV) A Division of Bergen County Dept of Human Services	<ul style="list-style-type: none"> • Can be Immediately reached 24 hours per day/7 days per week • Crisis Intervention, Counseling, Legal Assistance & Education/Training Available 	201-336-7575
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
Crisis Text Line for Schools	<ul style="list-style-type: none"> • Can be immediately reached 24 hours per day/7 days per week • Use the Crisis Textline Toolkit - to connect students to mental health support 	Anyone can text SCHOOL 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, <i>test sites, financial assistance, unemployment, donations, food, and other non-medical needs.</i> 	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



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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 Responders and Healthcare Pros., operated by Care Plus NJ	<ul style="list-style-type: none"> For those on the frontlines of the COVID-19 crisis, and immediate family members of frontline workers. Monday – Friday from 9 a.m. to 8 p.m. 	1-551-800-HERO (4376)
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>



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<p>Crossroads to Wellness/ Intensive Outpatient Treatment and Support Services (IOTSS) Care Plus</p>	<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 	<p align="center">201- 986- 5037 <i>Can be called 24 hours per day, 7 days per week.</i></p>
<p>-Passaic Wellness Respite Services -Essex Wellness Respite Services Collaborative Support Programs of New Jersey</p> <p>https://cspnj.org/wellnessrespite/</p>	<ul style="list-style-type: none"> • Wellness Respite is fully operational and accepting new referrals for in-person services effective June 8 • Respite is a safe alternative to an inpatient psychiatric hospitalization • Wellness House Stay and Intensive Outreach • A peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a behavioral health crisis 	<p align="center">Passaic Wellness Respite Services (Bilingual in Spanish) 862-239-9896</p> <p align="center">Essex Wellness Respite Services 862-229-1401</p> <p align="center">Open 24 hours</p>
<p align="center">Crisis/Rapid Access for Youth and Families</p>	<p align="center">Operational Status <i>[specify ages served]</i></p>	<p align="center">Contact</p>
<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: 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 Jaime@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 align="center">Adult Partial Hospitalization (APH)/Partial Care</p>	<p align="center">Operational Status</p>	<p align="center">Contact</p>



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

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Updated June 19, 2020

Bergen New Bridge Medical Center APH/MICA (<i>mental illness chemical addiction</i>)	<ul style="list-style-type: none"> • Accepting new referrals • Fully operational at this time 	800-730- 2762 www.newbridgehealth.org
Comprehensive Behavioral Healthcare Partial Care	<ul style="list-style-type: none"> • Providing services via telehealth 	201- 646- 0195
Care Plus Partial Care	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201-265-8200
High Focus Intensive Outpatient (IOP)/Partial Care	<ul style="list-style-type: none"> • Accepting new referrals • Operating on normal schedule via telehealth platform 	201-291-0055
Vantage Health System Partial Care	<ul style="list-style-type: none"> • Accepting new referrals case by case • Providing telehealth services 	201 -567- 0059
Ramapo Ridge Psychiatric Hospital Adult Partial Hospital	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201 -848-5500
West Bergen Mental Healthcare	<ul style="list-style-type: none"> • Accepting new referrals • Providing telehealth services 	201-485-7172
Youth Partial Hospitalization /Partial Care	Operational Status <i>[specify ages served]</i>	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



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ACCESSIBLE DURING COVID-19

Updated June 19, 2020

<p>Program of Assertive Community Treatment (PACT) Bridgeway Rehabilitation Services</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services, when possible 	<p>201-880-8321</p>
<p>Integrated Case Management Services (ICMS)/ Community Support Services (CSS) Care Plus</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth services, when possible ● Face to Face in the community for essential services/expanded based on need ● Transportation for clients to essential medical services/urgent matters 	<p>201- 478- 4162</p>
<p>Projects for Assistance in Transition from Homelessness (PATH) Comprehensive Behavioral Healthcare</p>	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing services via telephone 	<p>201-296-6008</p>
<p>Transition Services (MH Justice Involved Services/ Jail Diversion) Care Plus</p>	<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 	<p>201- 478- 4166</p>
<p align="center">Youth Outreach/ Care Management Programs</p>	<p align="center">Operational Status <i>[specify ages served]</i></p>	<p align="center">Contact</p>
<p>Bergen's PROMISE Care Management Organization http://www.bergenspromise.org</p>	<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>



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ACCESSIBLE DURING COVID-19

Updated June 19, 2020

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 (BCHHSC) 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. • Provides emergency shelter and homeless prevention services for at-risk youth (ages 11-17) 	<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>
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
Children's Aid & Family Services	<ul style="list-style-type: none"> • Accepting new referrals • Providing tele-health and therapeutic services • Case management and treatment planning 	201-740-7082 www.cafsnj.org



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Updated June 19, 2020

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 for Psychosis (CHRP) Care Plus	<ul style="list-style-type: none"> ● Accepting new referrals ● Providing telehealth psychiatry, therapy (individual, family, group) 	201-986-5010
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



BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES

ACCESSIBLE DURING COVID-19

Updated June 19, 2020

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		
Check the Community Events Calendar and BergenResourceNet Facebook for local food drive announcements		
Food Insecurity Resources on BergenResourceNet		
Diapers and Formula - Children’s Aid & Family Services offers through the Baby Basics program Contact Sara Huisking at (201) 740-7009 or log onto: https://cafsnj.org/baby-basics/		
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)		
Financial and Legal Resources	Operational Status	Contact
COVID LEGAL, SOCIAL SERVICE resources on BergenResourceNet		
COVID FINANCIAL, OCCUPATIONAL resources on BergenResourceNet		
Lead Hazard Reduction Program-Bergen	<ul style="list-style-type: none"> • Currently accepting applications for financial assistance for lead abatement in the home. This helps families that may face the struggle of 	Jessica Speer, Coordinator



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County- Dept. of Health Service	<p>homelessness due to childhood lead poisoning. Lead poisoning affects the development of a child and adversely affects the whole family emotionally</p> <ul style="list-style-type: none">• Applications available on Bergen County website <p>https://www.co.bergen.nj.us/environmental-health/hud-lead-abatement-grant</p>	201 634 2796
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

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