



LOCAL COUNTY HELPLINES IN NEW JERSEY

Your local county helplines provide information on local social and health services, as well as government services. Most "Contact" helplines also provide "listening services" for those wanting simply to just talk over any type of problem that they are facing.

See the reverse side, for additional State & national toll-free specialty helplines. For updated information on any helpline, or the latest information on any local, state, national, international, model or online support group or their toll-free helplines, just call our NJ Self-Help Group Clearinghouse from within NJ at 1-800-367-6274.

ATLANTIC - Intergenerational Services 1-888-426-9243 (Mon.-Fri., 8am-5pm) Information & referral * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

BERGEN - Community Resource Council * 201-343-4900 (Mon.-Fri., 9am-5pm) Information & referral, crisis * **Contact We Care** * 908-232-2880 * Crisis, listening, information & referrals * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

BURLINGTON - Contact of Burlington County 856-234-8888 (24 hr) Crisis intervention, sexual assault, and reassurance calls; Teen Line: 856-234-0634 * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referrals.

CAMDEN - Contact Community Helplines 1-877-266-8222 (24 hr crisis); 856-795-4980 (reassurance calls to elderly, hearing impaired, shut-ins (M-F., 9am-4:30pm) Info, referrals & listening service * "2-1-1"(Bilingual) Dial 211; 1-800-331-7272 (24 hr) or 856-663-2255 (8am-4:30pm) Info & referrals,

CAPE MAY - "2-1-1"(Bil.) dial 211 or 1-877-652-1148 (24 hr) Info & referrals.

CUMBERLAND - Contact Community Helplines 1-877-266-8222 (24 hr crisis helpline) Listening, information & referrals * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral

ESSEX - Contact We Care * 908-232-2880 * Crisis, listening, info & referrals * "2-1-1"(Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referrals

GLOUCESTER - Gloucester County - First Call For Help * 1-800-648-0132 (Mon-Fri, 4pm-8am; Sat & Sun., 24 hr) Information, referrals, listening, crisis, & referrals for homeless * **Contact Community Helpline** 1-877-266-8222 (24 hr crisis); 856-795-4980 (reassurance calls Mon.-Fri., 9am-4:30pm) Information, referrals & listening services. "2-1-1" (Bilingual) Dial 211 I&R.

HUDSON - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

HUNTERDON - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral * **Hunterdon Helpline** * 1-800-272-4630 (24 hr.) Information & referrals, friendly visits & reassurance calls to elderly, suicide, assistance for the homeless & hungry. Links Transport Service.

MERCER - Contact of Mercer County * 609-896-2120 or 609-585-2244 (24 hr) * Crisis, listening, and information & referrals. Kids Line: 609-896-4434 * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral.

MIDDLESEX - Info Line of Central Jersey * 1-888-908-4636 (24 hr) Info & referrals * **Contact We Care** * 908-232-2880 * Crisis, listening, info & referral * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr.) Info & referrals.

MONMOUTH - "2-1-1"(Bil.) dial 211 or 1-877-652-1148 (24 hr) Info & referrals

MORRIS - "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referral for local services & agencies * **Contact We Care** 908-232-2880 Crisis helpline, listening service, information & referrals * **Peer-to-Peer Support Line** 1-877-760-4987 (5-10pm) Non-crisis peer counseling, support, information & resources for mental health consumers.

OCEAN - "2-1-1" (Bilingual) * Dial 211 or 1-877-652-1148 (24 hr) Information & referral for local services & agencies.

PASSAIC - Contact We Care * 908-232-2880 * Crisis, listening, Info & referral * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Info & referral.

SALEM - Contact Community Helplines 1-877-266-8222 (24 hr. crisis) Information, referrals & listening * "2-1-1"(Bilingual) or 1-877-652-1148 (24 hr) Information & referrals.

SOMERSET - Contact We Care * 908-232-2880 Crisis, listening, information & referrals * "2-1-1" (Bilingual) Dial 211 or 1-877-652-1148 (24 hr) Information & referrals.

SUSSEX - * NORWESCAP First Call For Help * 1-877-661-4357 (M-F, 8am-4pm) Information, referrals, and help with basic needs, emergency, utilities, medical, housing and transportation assistance * "2-1-1" (Bilingual) Dial 211 (24 hr) Information and referrals.

UNION - Contact We Care * 908-232-2880 Crisis helpline, listening, information & referrals * "2-1-1" (Bilingual) or 1-877-652-1148 (24 hr) Information & referral to local services & agencies.

WARREN - "2-1-1"(Bilingual) Dial 211 (24 hr) * **NORWESCAP First Call for Help** * 1-877-661-4357 (Mon.-Fri., 8am-4pm) Information & referrals. Distributes basic needs, emergency, utility, medical, housing & transportation assistance. Information on short-term housing for persons with AIDS.

LOCAL PSYCHIATRIC EMERGENCY HOTLINES

Psychiatric Emergency Services provide professional crisis intervention for psychiatric or emotional emergencies. They are all accessible 24 hours a day. For other emergencies, dial 9-1-1.

ATLANTIC *AtlantiCare Regional Medical Center* 609-344-1118

BERGEN *Psychiatric Emergency Screening Program* 201-262-4357

BURLINGTON *Screening Crisis Intervention Program* 609-835-6180

CAMDEN *Steininger Center* 856-428-4357

CAPE MAY *Cape Regional Medical Center* 609-465-5999

CUMBERLAND *Cumberland County Guidance Center* 856-455-5555

ESSEX *East Orange General Hospital* 973-672-9685

Newark Beth Israel Hospital 973-926-7416

UMDNJ 973-623-2323

GLOUCESTER *New Point Behavioral Health CMHC* 856-845-9100

HUDSON *Jersey City Medical Center* 201-915-2210

Bayonne Hospital 201-858-5286

HUNTERDON *Hunterdon Medical Center Crisis Line* 908-788-6400

MERCER *Helene Fuld Medical Center* * 609-394-6086

MIDDLESEX *UMDNJ* 732-235-5700

MONMOUTH *Jersey Shore Medical Center* 732-776-4555

Red Bank Medical Center 732-219-5325

Monmouth Medical Center 732-923-6999

CentraState Medical Center 732-780-6023

MORRIS *Saint Clare's Health Services* 973-625-0280

Morristown Memorial Hospital 973-540-0100

OCEAN *Kimball Medical Center* 732-886-4474

PASSAIC *St. Joseph's Hospital* 973-754-2230

SALEM *Salem County Healthcare Common* 856-299-3001

SOMERSET *Somerset County Dept. of Human Services* 908-526-4100

SUSSEX *Newton Memorial Hospital* 973-383-0973

UNION *Trinitas Hospital* 908-994-7131 or 908-668-2599

WARREN *Family Guidance Center* 908-454-5141

COMPLAINT LINES

Long-Term Care Systems 1-800-792-9770 takes complaints against hospitals, nursing homes & residential facilities * **NJ State Division of Consumer Affairs** 1-800-242-5846 takes complaints against businesses * **DYFS Action Line** 1-800-331-3937 takes complaints against the State Division of Youth & Family Services.



To contact our N.J. Self-Help Group Clearinghouse, in NJ just phone 1-800-367-6274 or remember it easier as 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) or 973-989-1122. Website: www.selfhelpgroups.org

Our Clearinghouse helps people to both find and form any type of needed support group (and we link callers with those striving to start needed new local groups throughout NJ). Each June, we also publish an annual Directory of all local NJ, national, online and model mutual help support groups. Our services are made possible by funding from the NJ State Division of Mental Health Services, and our Clearinghouse is sponsored by Saint Clare's Health System, Denville, NJ.