



**BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES**  
**ACCESSIBLE DURING COVID-19**  
*Updated June 11, 2020*

<b>Help/Text Lines</b>	<b>Operational Status</b>	<b>Contact</b>
<b>Alternatives to Domestic Violence (ADV)</b> A Division of Bergen County Dept of Human Services	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> <li>• Crisis Intervention, Counseling, Legal Assistance &amp; Education/Training Available</li> </ul>	<b>201-336-7575</b>
<b>Domestic Violence</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-843-9262</b>
<b>Sexual Violence</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-264-RAPE</b>
<b>Addiction</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week to support those with an addiction and their loved ones.</li> </ul>	<b>201-589-2976</b> <i>[call or text]</i>
<b>2NDFLOOR for Youth</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-222-2228</b> <i>[call or text]</i>
<b>National Suicide Prevention Line</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-800-273-8255</b>
<b>Nacional de Prevención del Suicidio</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week -<u>En Español</u></li> </ul>	<b>1-888-628-9454</b>
<b>Crisis Text Line</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>Text HOME to 741741</b>
<b>Crisis Text Line for Schools</b>	<ul style="list-style-type: none"> <li>• Can be immediately reached 24 hours per day/7 days per week</li> <li>• Use the <a href="#">Crisis Textline Toolkit</a> - to connect students to mental health support</li> </ul>	<b>Anyone can text SCHOOL to 741741</b>
<b>Help During COVID-19</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week in NJ to obtain</li> <li>• General information on how to stay safe, <i>test sites, financial assistance, unemployment, donations, food, and other non-medical needs.</i></li> </ul>	<b>Dial: 2-1-1</b>
<b>Medical COVID-19 Questions</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-800-962-1253</b>



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<b>Emotional Support</b> - NJ Mental Health Cares	<ul style="list-style-type: none"> <li>New Jerseyans can call for free, confidential support.</li> <li>8 a.m. to 8 p.m. seven days a week</li> </ul>	<b>1-866-202-HELP (4357)</b>
<b>HERO line for Bergen County</b> Law Enforcement, First Responders and Healthcare Pros., operated by Care Plus NJ	<ul style="list-style-type: none"> <li>For those on the frontlines of the COVID-19 crisis, and immediate family members of frontline workers.</li> <li>Monday – Friday from 9 a.m. to 8 p.m.</li> </ul>	<b>1-551-800-HERO (4376)</b>
<b>Veteran &amp; First Responder Line,</b> Strive Health of Paramus	<ul style="list-style-type: none"> <li>This service is specifically designed for First Responders and Hospital/Healthcare workers on the front-lines of Covid-19</li> <li>7am-7pm with reroute to call-center after these hours</li> <li>Provides confidential, trauma- informed, and in-network treatment programs</li> <li>Services for mental health and substance use issues via telehealth video technology.</li> </ul>	<b>1-800-530-1250</b> <a href="mailto:telehealth@vfrhealthcare.com">telehealth@vfrhealthcare.com</a>
<b>West Bergen Mental Healthcare Warm Line</b>	<ul style="list-style-type: none"> <li>For medical staff, first responders and others in need.</li> <li>9a.m.-5p.m.</li> </ul>	<b>201-688-7098</b>

Crisis / Rapid Access for Adults	Operational Status	Contact
Psychiatric Emergency Screening Program (PESP)/ <b>201-262-HELP</b> Care Plus	<ul style="list-style-type: none"> <li>Fully operational</li> <li>Conducting assessments in person and via telehealth, when possible</li> </ul>	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) " <b>Mental Health Urgent Care Clinic</b> " CBHCare	<ul style="list-style-type: none"> <li>Accepting new referrals, <b>call first</b></li> <li>Providing telehealth services</li> </ul>	201-957-1800 <i>Can be called 24 hours per day, 7 days per week.</i>



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<p>Crossroads to Wellness/ <b>Intensive Outpatient Treatment and Support Services</b> (IOTSS) Care Plus</p>	<ul style="list-style-type: none"> <li>• Accepting new referrals, <b>call first</b></li> <li>• Providing telehealth services, when possible</li> <li>• Face to Face in the community for essential services only</li> </ul>	<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><a href="https://cspnj.org/wellnessrespite/">https://cspnj.org/wellnessrespite/</a></p>	<ul style="list-style-type: none"> <li>• Wellness Respite is fully operational and accepting new referrals for in-person services effective June 8</li> <li>• Respite is a safe alternative to an inpatient psychiatric hospitalization</li> <li>• Wellness House Stay and Intensive Outreach</li> <li>• A peer-run initiative, Respite staff provide 24/7 peer to peer support in working through a behavioral health crisis</li> </ul>	<p align="center"><b>Passaic Wellness Respite Services</b> <b>(Bilingual in Spanish)</b> 862-239-9896</p> <p align="center"><b>Essex Wellness Respite Services</b> 862-229-1401</p> <p align="center"><b>Open 24 hours</b></p>
<p align="center"><b>Crisis/Rapid Access for Youth and Families</b></p>	<p align="center"><b>Operational Status</b> <i>[specify ages served]</i></p>	<p align="center"><b>Contact</b></p>
<p><b>Children’s Mobile Response</b> and Stabilization Services</p> <p>CarePlus NJ</p> <p><a href="#">NEW- video and flyer on Children’s Mobile to show families</a></p>	<ul style="list-style-type: none"> <li>• Fully operational; serves youth up to the age of 21 and their families</li> <li>• Services provided via telehealth (or telephone if families prefer)</li> <li>• Intake Telehealth session is offered within 1 hour of the initial call to PerformCare, or may be scheduled within 48 hours.</li> <li>• Case Management is provided for up to 8 weeks via telephone.</li> </ul>	<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: <b>1-877-652-7624</b></p> <p><i>If a family member reports that they called PerformCare but didn’t get linked to Mobile, please email <a href="mailto:Jaime@careplusnj.org">Jaime@careplusnj.org</a> and <a href="mailto:Danad@careplusnj.org">Danad@careplusnj.org</a></i></p>
<p>Bergen County Division of Family Guidance’s <b>Crisis Line</b></p>	<ul style="list-style-type: none"> <li>• Available 24/7 for youth, families, law enforcement, school personnel and mental health professionals</li> <li>• Assistance is immediate and offered at no cost to families</li> <li>• Services are offered via telehealth/telephone</li> <li>• Services include: Crisis intervention, psychotherapy, psychiatry, residential and prosocial</li> </ul>	<p>For immediate assistance, please contact the Crisis Line at <b>201-336-7360</b>.</p> <p><i>For any questions about our available services, including referral, you may also contact <a href="mailto:fgintake@co.bergen.nj.us">fgintake@co.bergen.nj.us</a></i></p>
<p align="center"><b>Adult Partial Hospitalization (APH)/Partial Care</b></p>	<p align="center"><b>Operational Status</b></p>	<p align="center"><b>Contact</b></p>



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Bergen New Bridge Medical Center APH/MICA ( <i>mental illness chemical addiction</i> )	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Fully operational at this time</li> </ul>	800-730- 2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a>
Comprehensive Behavioral Healthcare Partial Care	<ul style="list-style-type: none"> <li>• Providing services via telehealth</li> </ul>	201- 646- 0195
Care Plus Partial Care	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201-265-8200
High Focus Intensive Outpatient (IOP)/Partial Care	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Operating on normal schedule via telehealth platform</li> </ul>	201-291-0055
Vantage Health System Partial Care	<ul style="list-style-type: none"> <li>• Accepting new referrals case by case</li> <li>• Providing telehealth services</li> </ul>	201 -567- 0059
Ramapo Ridge Psychiatric Hospital Adult Partial Hospital	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201 -848-5500
West Bergen Mental Healthcare	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201-485-7172
<b>Youth Partial Hospitalization /Partial Care</b>	<b>Operational Status</b> <i>[specify ages served]</i>	<b>Contact</b>
New Directions, operated by CBH Care	<ul style="list-style-type: none"> <li>• Accepting new referrals; serves youth 12-18 years old</li> <li>• Provides individual and group sessions via telehealth services</li> </ul>	201-646-0333
<b>Adult Outreach Programs</b>	<b>Operational Status</b>	<b>Contact</b>
Assisted Outpatient Treatment Services (AOTS)/ Involuntary Outpatient Commitment (IOC) Care Plus	<ul style="list-style-type: none"> <li>• Full/at capacity - Accepting new referrals for waiting list</li> <li>• Providing telehealth services, when possible</li> <li>• Face to Face in the community for essential services/expanded based on clinical need</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201-478-4183
Behavioral Health Home (BHH) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201- 265- 8200 ext 5443



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<p>Program of Assertive Community Treatment (PACT) Bridgeway Rehabilitation Services</p>	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services, when possible</li> </ul>	<p>201-880-8321</p>
<p>Integrated Case Management Services (ICMS)/ Community Support Services (CSS) Care Plus</p>	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services, when possible</li> <li>● Face to Face in the community for essential services/expanded based on need</li> <li>● Transportation for clients to essential medical services/urgent matters</li> </ul>	<p>201- 478- 4162</p>
<p>Projects for Assistance in Transition from Homelessness (PATH) Comprehensive Behavioral Healthcare</p>	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing services via telephone</li> </ul>	<p>201-296-6008</p>
<p>Transition Services (MH Justice Involved Services/ Jail Diversion) Care Plus</p>	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services, when possible</li> <li>● F2F in the community for essential services/expanded based on clinical need</li> <li>● Transportation for clients to essential medical services/urgent matters</li> </ul>	<p>201- 478- 4166</p>
<p><b>Youth Outreach/ Care Management Programs</b></p>	<p><b>Operational Status</b> <i>[specify ages served]</i></p>	<p><b>Contact</b></p>
<p>Bergen's PROMISE Care Management Organization <a href="http://www.bergenpromise.org">http://www.bergenpromise.org</a></p>	<ul style="list-style-type: none"> <li>● In full virtual operation serving youth up to the age of 21 and their families.</li> <li>● Care Managers are in contact with the families and virtual Child and Family team meetings are being held.</li> </ul>	<p><b>For referral to services,</b> parents/caregivers call the NJ Children's System of Care 24/7 at <b>1-877-652-7624</b>.</p> <p><b>For CMO enrolled youth,</b> 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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Adult Shelter/ Housing	Operational Status	Contact
Advance Housing	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201- 498- 9140
Rapid Re-Housing for Families and Individuals (RRHFI) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> <li>• Face to face in the community for essential services/expanded based on need</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201- 265- 8200 ext. 5440
Bergen County Housing Health and Human Services Center (BCHHSC) Shelter	<ul style="list-style-type: none"> <li>• Not taking in new guests</li> <li>• Focusing on current housing applications</li> <li>• Call 211 hotline for additional shelter/housing information</li> </ul>	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"> <li>• Bergen's Place Youth Shelter is fully operational, 24/7.</li> <li>• Provides emergency shelter and homeless prevention services for at-risk youth (ages 11-17)</li> </ul>	<p>For immediate assistance, please contact the <b>Crisis Line at 201-336-7360.</b></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"> <li>• Accepting new referrals</li> <li>• Fully operational at this time</li> <li>• Providing telehealth services, when possible</li> </ul>	800- 730-2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a>
Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth psychiatric and therapeutic services.</li> </ul>	201-986-5000 <a href="https://www.careplusnj.org">https://www.careplusnj.org</a>
Children's Aid & Family Services	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing tele-health and therapeutic services</li> <li>• Case management and treatment planning</li> </ul>	201-740-7082 <a href="http://www.cafsnj.org">www.cafsnj.org</a>



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Coordinated Specialty Care Care Plus	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth psychiatry, therapy (individual, family, group) and case management/supportive services via telehealth</li> <li>● Injectable medications offered on-site</li> </ul>	201-986-5010
Korean American Outreach Program (KAOS) Care Plus	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services</li> </ul>	201- 265- 8200 Ext 5280
Comprehensive Behavioral Healthcare [CBH Care]	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services</li> </ul>	201-646-0333
CBH Care's Intensive Family Support Services (IFSS)	<ul style="list-style-type: none"> <li>● Family Support via Zoom Tuesday evenings from 7-9 pm</li> <li>● Providing telephonic services</li> </ul>	201-296-6011
Hackensack University Medical Center	<ul style="list-style-type: none"> <li>● Not accepting new referrals</li> <li>● Providing telehealth services</li> </ul>	551- 996 -2000
National Alliance on Mental Illness (NAMI) Greater Bergen	<ul style="list-style-type: none"> <li>● Provides family support groups via Zoom on Tuesdays at 12 pm and Wednesdays at 7 pm</li> <li>● Providing services via telephone</li> </ul>	201-935-6264 <a href="http://www.naminj.org">www.naminj.org</a> to register
NJ PROMISE Children at High Risk for Psychosis (CHRP) Care Plus	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth psychiatry, therapy (individual, family, group)</li> </ul>	201-986-5010
Ramapo Ridge Psychiatric Hospital	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services</li> </ul>	201- 848-5500
Vantage Health System OPD	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth</li> </ul>	201- 567-0059
West Bergen Mental Healthcare	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth services</li> </ul>	201-485-7172
<b>Youth and Family Outpatient Mental Health Treatment</b>	<b>Operational Status</b>	<b>Contact</b>
West Bergen Mental Healthcare	<ul style="list-style-type: none"> <li>● Accepting new referrals</li> <li>● Providing telehealth individual, family and group services</li> </ul>	201-485-7172





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Hospital / Inpatient Care	Operational Status	Contact
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> <li>• Accepting patients</li> </ul>	800 -730- 2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a>
Englewood Hospital	<ul style="list-style-type: none"> <li>• Accepting admissions through emergency department only</li> <li>• Maintaining social distancing guidelines</li> </ul>	201- 894- 3000
Ramapo Ridge Psychiatric Hospital – Psychiatric Inpatient	<ul style="list-style-type: none"> <li>• Accepting new patients on a case by case basis</li> </ul>	201- 848- 5500
<b>Food and Daily Needs Resources</b>		
Check the <a href="#">Community Events Calendar</a> and <a href="#">BergenResourcenet Facebook</a> <b>for local food drive announcements</b>		
<a href="#">Food Insecurity Resources on BergenResourcenet</a>		
<b>Diapers and Formula</b> - Children’s Aid & Family Services offers through the <a href="#">Baby Basics program</a> Contact Sara Huisking at (201) 740-7009 or log onto: <a href="https://cafsnj.org/baby-basics/">https://cafsnj.org/baby-basics/</a>		
<b>COVID-19 Information and Resources</b> for Parents, Individuals, Families and All: <a href="https://mhanational.org/covid19">https://mhanational.org/covid19</a>		
<b>Tutoring</b> - Contact the Director of Special Services in the school district and/or speak to the student’s school case manager. Search <a href="http://BergenResourceNet.org">BergenResourceNet.org</a> by ‘Tutor’ ‘Tutoring’ keyword; search the other county ResourceNets as well (you can access them from <a href="http://www.njresourcenet.org">http://www.njresourcenet.org</a> )		
Financial and Legal Resources	Operational Status	Contact
<a href="#">COVID LEGAL, SOCIAL SERVICE resources on BergenResourceNet</a>		
<a href="#">COVID FINANCIAL, OCCUPATIONAL resources on BergenResourceNet</a>		
Adult Protective Services (APS)	<ul style="list-style-type: none"> <li>• Providing telephonic services</li> <li>• Suspended home visits</li> </ul>	201- 368- 4300





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	<ul style="list-style-type: none"><li>• Coordinating with Law Enforcement to conduct well checks if unable to get in contact</li></ul>	
Bergen County Board of Social Services (BCBSS)	<ul style="list-style-type: none"><li>• Accepting Applications</li><li>• No Face to Face services</li></ul>	201- 368- 4200
Mental Health Law Project (MHLP)	<ul style="list-style-type: none"><li>• Accepting referrals via telephone</li><li>• Building/courts are closed to public, with exception of emergent actions</li><li>• Postponing upcoming Social Security hearings</li></ul>	201- 634-2760
Social Security Administration (SSA)	<ul style="list-style-type: none"><li>• Accepting Applications</li><li>• No Face to Face services</li></ul>	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](mailto:mloughlin@co.bergen.nj.us)