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NORTHERN NEW JERSEY RESOURCE GUIDE

- **Renfrew Center for Eating Disorders:** located in Ridgewood, NJ. For more information visit <http://renfrewcenter.com>
- **New Bridge:** Locations in Morris, Passaic, and Sussex counties which includes residential treatment facilities, a drop-in community center, and day treatment programs among other
- **New Jersey Mental Health Care:** For help navigating the behavioral health system in NJ and to connect to the appropriate services call 866-202-HELP (4357); TTY: 1 mail help@njmentalhealthcares.org or visit www.njmentalhealthcares.org
- For a **directory of mental health services** visit: https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf and start with your county's resources first.
- **NJ Statewide 24/7 Suicide Hotline:** (855) 654-6735; www.njhopeline.com
- **NJ drug addiction hotline:** 1-844-REACHNJ
- **www.nj211.org or dial 2-1-1:** To reach a specialist who will provide information and referral services including for issues regarding support for Seniors and Persons with Disabilities, Support for Children, Youth and Families, Physical and Mental Health Resources and Employment Supports among others.
- The **Addiction Hotline (1-844-276-2777)** provides trained clinically supervised telephone specialists to assist and/or refer individuals and families struggling with substance use. (available 24/7).
- **National Alliance on Mental Illness New Jersey:** Education and advocacy to support family and friends of persons with mental illness. Call 732-940-0991 or visit www.naminj.org
- **NJ Association of Mental Health and Addiction Agencies:** Call (609) 838-5488 or visit www.njamhaa.org
- **NJ Connect for Recovery:** Dedicated to providing counseling to persons/families coping with opiate use disorder (heroin, prescription painkillers). Call (855) 652-3737 (TTY: 877-294-4356) or visit www.njconnectforrecovery.org
- **NJ Domestic Violence Hotline:** (800) 572-SAFE (7233)
- **NJ Self-Help Group Clearinghouse:** Provides information for persons interested in finding or forming self-help groups throughout New Jersey. Visit www.njgroups.org or call (800) 367-6274.

- **Parents Support Group:** Provides parents with ways of understanding and coping with substance use disorders. For more information and for group locations and meeting times visit www.psgnjhomestead.com or call (800) 561-4299 or (973) 533-9070.
- **NJ Veterans:** Visit ubhc.rutgers.edu/vet2vet or call 1-866-VETS-NJ4 (1-866-838-7654).
- **High Focus Centers:** Seven facilities across central and northern NJ including Parsippany. Offers day treatment and intensive outpatient programs for a variety of conditions including eating and substance use disorders. They also offer dialectical behavioral therapy which can be helpful for many conditions. For more information visit <https://highfocuscenters.pyramidhealthcarepa.com>