



MENTAL HEALTH URGENT CARE CLINIC

CBH Care's Wellness & Support Center provides mental health urgent care services to adults age 18 and older.

Call 24 hours per day
201-957-1800

569 Broadway, Westwood, NJ



IT'S OK NOT TO BE OK

YOUTH AND FAMILY

NJ Children's System of Care -
Crisis Services, Care Management & Support
[serving families with youth up to age 21]
Call 24 hours per day **1-877-652-7624**

NJ Youth Helpline - Call or text 24 hours per day
1-888-222-2228

NJ Help & Info Line **Dial 211**

SUICIDE PREVENTION & CRISIS HELP 24/7

National Suicide Prevention Lifeline **1-800-273-8255**

Crisis Text line **741741**

Veterans Crisis **1-800-273-8255** or text **838255**

Trevor Lifeline - LGBTQIA -- **1-866-488-7386** or text **678 678**

NJ Addiction Hotline - **1-844-276-2777**

National Sexual Assault Hotline - **1-800-656-HOPE [4673]**



MENTAL HEALTH TREATMENT

Bergen New Bridge Medical Center	201-967-4000
Care Plus NJ	201-265-8200
CBH Care	201-646-0195
Vantage Health System	201-567-0059
West Bergen Mental Healthcare	201-485-7172

LEARN the SIGNS





Healing minds since 1969 through compassionate care and expert treatment.

MENTAL HEALTH URGENT CARE

for Adults age 18 and over

201-957-1800

**COUNSELING &
PSYCHIATRIC CARE**

for youth and adults

201-646-0195

**THERAPEUTIC ADOLESCENT
AFTER-SCHOOL PROGRAM**

201-646-0195

POST-PARTUM TREATMENT

Call anytime 24 hours per day,
7 days per week

800-328-3838

IN-COMMUNITY SERVICES

*[serving older adults, people experiencing
homelessness, families caring for a loved one
who lives with a mental illness and individuals
who need assistance as a result of a mental
illness]*

201-646-0195

**ADULT STRUCTURED
THERAPEUTIC DAY
PROGRAM**

201-646-0195

**FAMILY SUPPORT
SERVICES**

Supports families who care for
an adult who lives with mental
illness.

201-646-0333

**SPECIALIZED AFTER-SCHOOL
PROGRAM FOR ADOLESCENTS
WHO ARE DIFFERENTLY ABLED
AND LIVE WITH A MENTAL
HEALTH CHALLENGE.**

201-646-0195

**PSYCHIATRIC
RESIDENTIAL
REHABILITATION
PROGRAM FOR
ADOLESCENTS**

*Log onto or call NJ Children's
System of Care to learn more:*

www.performcarenj.org

1-877-652-7624

HELPFUL WEBSITES & RESOURCES

www.healthybergen.org

www.mhanational.org

www.nj211.org

www.njhonline.com

www.suicidepreventionlifeline.org

www.veteranscrisisline.net

www.take5tosavelives.org

www.tcadr.org

www.cllctivly.org

www.nami.org

www.asianmhc.org

www.changedirection.org

www.bringchange2mind.org

www.centerforparenteducation.org

www.ifred.org

www.hopeandsafetynj.org

www.ywcannj.org

www.rainn.org

www.nationaleatingdisorders.org