

EMERGENCY & CRISIS CONTACTS

Emergency Services (Police/EMS): 911

National Suicide & Crisis Lifeline: 988
(Available 24/7)

Crisis Text Line: Text HOME to 741741

Local Mobile Crisis Unit
*Essex Children's Mobile Response &
Stabilization Services*
Phone: 877-652-7624
Hours of Operation: 24/7

HOTLINES & SUPPORT LINES

University Hospital
(Hotline and Psychiatric Emergency Room)
Phone: 973-623-2323

Newark Beth Israel Psychiatric Screening
Phone: 973-926-7444
Address: 201 Lyons Avenue, Newark, NJ
Website: www.rwjbh.org/treatment-care/mental-health-and-behavioral-health/conditions/psychiatric-emergency-screening-service

Mountainside Hospital
(Crisis Screening and Counselors)
Phone Number: 973-429-6969
Hours: 24/7

**Mental Health Hotline
Support for LGBTQIA+
The Trevor Project**
Phone: 1-866-488-7386
Text 'START' to 678-678
Hours: 24/7

Substance Use Helpline
ReachNJ
Phone: 844-ReachNJ

Domestic Violence Hotline
1-800-799-SAFE (7233)

LOCAL MENTAL HEALTH SERVICES

MyWellbrook
Phone: 201-822-1161
Address: 550 Broad St Ste 606, Newark, NJ 07102
Website: www.mywellbrook.com

Northwest Essex Community Healthcare Network
Phone: 973-450-3100
Address: 570 Belleville Ave, Belleville, NJ 07109
Website: www.northwestessex.org

Mental Health Association of Essex and Morris
Phone: 973-509-9777
Address: 33 So. Fullerton Avenue, Montclair 07042
Website: www.mhainspire.org

Youth Development Center
Phone: 973-623-5080
Address: 500 Broad St, Newark, NJ 07102-3112
Website: www.ydcnj.org

Family Connections' Integrated Behavioral Health Services
Phone: 973-675-3817
Address: 395 South Center Street, Orange, NJ 07050
Email: mhsu@familyconnectionsny.org
Website: www.familyconnectionsny.org/what-we-do/mental-health-and-addiction-services

Perform Care
Phone: 1-877-652-7624
Address: 300 Horizon Dr Suite 306, Trenton, NJ 08691
Website: www.performcarenj.org

Community Solutions
Phone: 973-297-0500
Address: 700 Plaza Drive, Suite 214, Secaucus NJ
Website: www.csi-online.org/programs/youth-services
Intensive in-home therapy for 3-4 hours per week. Heavy parent involvement required.

Boston Neurobehavioral Associates
Phone: 508-979-5557
Address: 40-50 Union Ave, Unit 704 Irvington, NJ 07111
Website: www.bostonneurobehavioral.com
Youth 18 years old and older can book appointments on the website.

Care Plus Outpatient

Phone: 201-986-5000

Address: 650 Bloomfield Avenue, Bloomfield, NJ

Email: kaylakn@careplusnj.org

Website: www.careplusnj.org/adult-services/outpatient-services

Rutgers UBHC Outpatient Services

Phone: 1-800-969-5300

Address: 183 South Orange Avenue, Newark, NJ

Website: www.patientcare.rutgershealth.org/location/university-behavioral-health-care-newark

Rutgers UBHC – Early Intervention Support Services

Phone: 973-972-6100

Address: 183 South Orange Avenue, Newark, NJ

Website: www.ubhc.rutgers.edu/clinical/emergency/-acute/acute-and-emergency-services.xml

The Bridge – Center for Wellness at Irvington

Phone: 973-372-2624

Address: 50 Union Avenue, Irvington, NJ

Website: www.thebridgenj.org/mental-health-counseling

COPE Center

Phone: 973-783-6655

Address: 7104 Bloomfield Avenue, Montclair 07042

Website: www.oaksintcare.org/services/cope-center

Center for Family Services

Phone: 973.324.7879

Address: 86 South Harrison Street, East Orange, NJ

Website: www.centerffs.org

ONLINE & NATIONAL RESOURCES

NAMI (National Alliance on Mental Illness)

www.nami.org

MentalHealth.gov

www.mentalhealth.gov

Find a Therapist Tools:

www.psychologytoday.com

www.inclusivetherapists.com

www.openpathcollective.org

www.opencounseling.com/new-jersey

APPS FOR MENTAL HEALTH & CONNECTION

2nd Floor Youth App

www.2ndfloor.org

Soluna App

www.solunaapp.com

Calm Urge Self-Harm Tracker

www.calmurge.com

Tappy Self Care Fidgeter

IMMIGRATION RESOURCES & SUPPORT

www.cliniclegal.org/resources/protecting-your-community/clinic-emergency-planning-guide Protecting your community
www.ilrc.org/community-resources/know-your-rights
www.njcic.org/new-page-2
www.rchighlandpark.org/immigration
www.latinxtherapy.com/report-ice/
www.air.org/sites/default/files/2021-06/Trauma-informed-care-for-displaced-populations.pdf

American Immigration Lawyers Association (AILA)

www.aila.org

American Friends Service Committee (AFSC)

Immigrants' Rights Programs

www.afsc.org/office/newark-nj

Bishop Francis Center for Legal Immigration Services Catholic Charities

www.ccannj.org/immigration-and-refugee

Centro Comunitario CEUS Legal Services for Immigrants (LSI)

www.ceusnj.org

Church World Services (CWS) Legal Office for Refugees and Asylum Seekers

Email: cwsjerseycity@cwsglobal.org

Website: www.cwsjerseycity.org

International Rescue Committee (IRC)

www.rescue.org/united-states/elizabeth-nj

Legal Services of New Jersey (LSNJ)

www.lsnj.org/ContactUs.aspx

Northeast New Jersey Legal Services (NNJLS)

www.nhcac.org

Rutgers University School of Law, Newark Immigrant Rights Clinic

Ask questions about legal cases

Phone: 973-353-5292

Email: leena.khandwala@rutgers.edu

Seton Hall Law School Immigrants' Rights/International Human Rights Clinic

www.shu.edu/clinics

LEGAL SUPPORT

Newark Community Solutions

Alternative Sentencing Program, Eviction Diversion, Legal Navigation, Youth Empowerment Resiliency Program, Youth Impact

Main Office: 973-733-5180

Community Office: 833-434-0881

Volunteer Lawyers for Justice

Phone: 973-943-4754

Website: www.vljnj.org