

Where do I begin?

- 1 in 4 people live with a diagnosable mental health condition or substance use disorder.
- Mental health affects all kinds of people, regardless of age, gender, race, religion, sexuality, income bracket, or life experience.
- Less than half seek help due to:
 - Stigma
 - Lack of knowledge
 - Cost
 - Availability
- Use this guide as a starting point for your own research and reference.
- Resources in this guide include:
 - Crisis Hotlines
 - Community Providers
 - Support Groups
 - Education and Training
- Review these services and contact your insurance company to determine your benefits, deductible, and copay.

Navigating the mental health system can be confusing and overwhelming, we are here to help it make sense, without judgment.

Where can I learn more?

Contact the **Somerset County Department of Human Services** for more information, referral to services, and navigation.

Meg Isbitski, LSW, DRCC
Mental Health Administrator
human.services@co.somerset.nj.us

(908) 704-6302

**YOU ARE
NOT ALONE.**

SCAN THE QR CODE TO FIND:

- Community Resources
- Mental Health Board Meetings
- Stigma Free Initiative
- Department Newsletter
- Community Events and Trainings



Division of Operations and Planning
27 Warren Street
PO Box 3000
Somerville, NJ 08876

Sponsored by the
**Somerset County
Board of County
Commissioners**



A GUIDE TO Mental Health Services

**SOMERSET COUNTY DEPARTMENT
OF HUMAN SERVICES**

Office of Operations and Planning
Director: Michael Frost
27 Warren Street
Somerville, NJ 08876
(908) 704-6300

MINDFULNESS

24/7 CRISIS HOTLINES/SERVICES

National Suicide Prevention Hotline	Dial 9-8-8
Bridgeway PESS Psychiatric Emergency Screening Services	(908) 782-3909
<i>Mental Health Crisis, All Ages</i>	
Safe + Sound Somerset (Call/Text)	(866) 685-1122
<i>Domestic Violence, Sexual Assault</i>	
Performcare	(877) 652-7624
<i>Behavioral Health Services up to Age 21</i>	

COMMUNITY PROVIDERS: COUNSELING (Youth & Adult)

Catholic Charities	(908) 722-1881
Family and Community Services of Somerset County*	(732) 356-1082
Jewish Family Service	(908) 725-7799
Richard Hall Community Health and Wellness Center*	(908) 725-2800
Zufall Health Center	(908) 526-2335

* = Offers Medication Monitoring

SUBSTANCE USE-FOCUSED COUNSELING (Adult)

Center for Great Expectations"	(732) 247-7003
New Hope Integrated Behavioral Health Care"	(973) 722-4720
Somerset Treatment Services	(908) 722-1232
" = Located Outside Somerset County	

INTENSIVE OUTPATIENT/PARTIAL CARE (Adult)

Higher level programs 9 or 22 hr/wk. of individual and group therapy, medication, and case management services.

Catholic Charities SPIRIT	(908) 722-1881
Richard Hall Community Health and Wellness Center	(908) 725-2800
Robert Wood Johnson UH	(908) 685-2200
Stress Care of NJ	(732) 679-4500
Rutgers UBHC	(800) 969-5300

CASE MANAGEMENT (Adult)

Non-clinical support service focusing on quality-of-life goals (mental, medical, social, occupational, etc.)

Alternatives, Inc.	(908) 685-1444 x279
Catholic Charities <i>Older Adults</i>	(908) 722-1881
Community Hope	(973) 463-9600
Easterseals NJ	(908) 722-4300
Visions and Pathways <i>Vulnerable Youth</i>	(908) 526-6605

INPATIENT TREATMENT FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (Youth and Adult)

Hackensack Meridian Carrier Clinic	
New Hope Integrated Behavioral Health Care^"	(732) 946-3030 x2413
Princeton House	(888) 437-1610
Recovery Centers of America <i>Adults only ^"</i>	973) 722-4720
Robert Wood Johnson University Hospital	(908) 685-2200
Summit Oaks Hospital"	(908) 522-7071
^ = Substance Use Disorder Services Only	
" = Located Outside Somerset County	

RESIDENTIAL/HOUSING PROGRAMS (Adult)

Alternatives, Inc.	(908) 685-1444
Center for Great Expectations <i>Pregnant and Parenting Women with Sud</i>	(732) 247-7003
Community Hope	(973) 463-9600
Easterseals NJ	(908) 722-4300

INDIVIDUAL AND FAMILY SUPPORT GROUPS AND SERVICES

CSPNJ Freedom Trail Self-Help Center <i>Peer Center for Adults with Mental Health</i>	(908) 722-5778
Community in Crisis Recovery Supports SupportsInfo@communityincrisis.org	
Depression Bipolar Support Alliance-Somerset	(732) 763-4136

Intensive Family Support Services (908) 722-1881
Families of Adults with Mental Health

NAMI Somerset namisomerset@gmail.com

Operation Helping Hand (908) 393-8888
Mobile Outreach

Pioneer Family Success Center (908) 722-4400

Prevention Resources Family Support Center (908) 842-0176

Richard Hall Community Health and Wellness Center
Reach4Recovery (908) 253-3119
Project Outreach (908) 253-3165
Homeless Adults with Mental Health

TRAINING AND EDUCATION

Mental Health First Aid and SBIRT Trainings (908) 722-4900
EmpoWER Somerset

Narcan Training:
Somerset Treatment Services (908) 722-1232

Community in Crisis
SupportsInfo@communityincrisis.org

Stigma Free Presentations *Contact County*

Adverse Childhood Experiences (908) 689-5515
Resilient Youth of Somerset County

NAMI In Our Own Voice (609) 642-6959

Question, Persuade, Refer
Division of Mental Health and Addiction Services
Megan.Sullivan@dhs.nj.gov

OTHER RESOURCES

Board of Social Services (908) 526-8800
Legal Services of NW Jersey (973) 642-2084
Central Jersey Housing Resource Center (908) 704-8901

