Community Resource Directory

Help is available for you or your child. Below is a list of community and national resources. You may need to contact several places to determine which one best fits you or your child's needs. For additional information or resources, please reach out to your school's counseling department.

For all emergencies, please dial 911 or contact Franklin Township PD @ 732-873-5533

Emergency Resources

- **Bridgeway PESS**: 908-526-4100 | ages 1+ | Medicare, Medicaid, Private Insurance
  *Psychiatric Emergency Screening for mental health emergencies/risk or safety assessments.* (Located in Somerville, “Living Room” OR come to your home; a parent **MUST** be present.)

- **PerformCare - NJ State System of Care**: 877-652-7624 | ages 1+ | Medicare
  Available 24 hours a day, 7 days a week. This service includes the MRSS (Mobile Response & Stabilization Services) for **Behavioral Crisis** at home (they will come to your home) and is geared to help children and youth who are experiencing emotional or behavioral crisis.

- **DCP&P** (652-2873) / 1-877-NJ ABUSE Child Abuse/Neglect Hotline

Suicide Prevention Hotlines

2nd Floor Youth Helpline 1-888-222-2228 [www.2ndfloor.org](http://www.2ndfloor.org) 24 hours a day – 7 days a week. This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.

**National Suicide Prevention Lifeline** 1-200-273-TALK (8255)

**Crisis Text Line** - Text “NAMI” to 741741 to chat with a trained crisis counselor Free 24/7 text line for those in crisis (English only)

**SAMHSA Disaster Distress Helpline** - (800) 985-5990 - Provides 24/7 crisis counseling and support to people experiencing emotional distress due to any type of disaster.

Sexual Assault/Women’s Health Services
Non-Emergency Support Services

Community Mental Health Counseling Resources

- **Family and Community Services** (Bound Brook) 732-356-1082 | ages 12+ | Medicaid/Medicare/Priv.
- **Comprehensive Center** (Bound Brook) 732-356-3755 | ages 14-19 | Call for Insurance
- **Carrier Clinic** (Belle Mead) 800-933-3579 | ages 12-18 | Medicaid/Medicare/Private Insurance
- **Blueprint Mental Health** (Somerville) 908-256-6965 | ages 6-30 | Private Insurance
- **Family Crisis Intervention Unit - FCIU** (Somerville) 908-704-6330 | ages 1+ | free, short-term
- **Inner Light Counseling** (Somerville) 908-707-0212 | ages 6-19 | Medicare & Private Insurance
- **High Focus** (Branchburg) 732-474-7447 | ages 11-19 | Private Insurance
- **Hunterdon Behavioral Health** (Flemington) 908-788-6401 | ages 12-17 | Medicare/Medicaid
- **Catholic Charities** (Bridgewater) 908-722-1881 | ages 12+ | Medicaid/Medicare/Priv. Insurance
- **GenPsych** (Bridgewater) 855-436-7792 | ages 12+ | Medicare & Private Insurance
- **DCW therapy** Somerset 732-365-4786 | ages 12+ | Private Insurance
- **Richard Hall Community Health** (Bridgewater) 908-725-2800 | ages 6-18 | Medicaid/Medicare/Most Insurances
- **Rutgers Behavioral Health Care** (New Brunswick/Piscataway) 800-969-5300 All ages | Medicaid/Medicare/All Insurances
- **Institute for Family Services** (Somerset) 732-873-1663 | ages 6-18 | PPO Insurance
- **Jewish Family Services** (Somerville) 908-725-7799 | ages 6-18 | Private Insurance
- **Center for Psychological Services** (Hillsborough) 908-431-9200 | ages 6-19 | Most Major Insurances
- **NJ Psychotherapy Counseling Center** (Somerset) 732-997-0707 Felix Minevich - info@njpcenter.com
- **Zufall Health Center**

Substance Use/Abuse Treatment Services

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<th>Family and Community Services</th>
<th>Daytop - Outpatient Treatment</th>
<th>Somerset Treatment Services</th>
<th>New Hope Integrated Behavioral Health Care</th>
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<td>6 Gauntt Place, Building #2</td>
<td>118 West End Avenue</td>
<td>905 Herrontown Road</td>
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<tr>
<td>Bound Brook, NJ 08805</td>
<td>Flemington, NJ 08822</td>
<td>Somerville, NJ 08876</td>
<td>Princeton, NJ 08540</td>
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<td>Hunterdon Drug Awareness</td>
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<td>Flemington, NJ 08822</td>
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<td>Ph: 908-788-1900</td>
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<td>In Patient Services: 1-800-242-2550</td>
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<td>Outpatient Services: 888-437-1610</td>
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<td>Ages 13-18</td>
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<td>*Accepts Medicare, Medicaid &amp; most Private Insurance</td>
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*Accepts Medicaid
Catholic Charities
540 US Hwy 22
Bridgewater, NJ 08807
Ph: 908-722-1881
Ages 12-19
*Accepts Medicaid/Medicare/Most Insurances
*Offers services in English/Spanish

Hackensack Meridian Carrier Clinic
252 County Road 601
Belle Mead, NJ 08502
Ph: (800)-933-3579
Ages 13+
*Accepts most Insurance

Newport Academy (residential for primary mental health, substance abuse for teens) - Kellie Kucinski
973-713-5843
kellie.kucinski@newportacademy.com

Check out SAMHSA to find quality treatment options close to home using the Substance Abuse and Mental Health Service Administration’s (SAMHSA) confidential and anonymous online treatment locator. Or call SAMHSA’s National Helpline: 1-800-662-HELP (4357) which is available 24/7 and shares free and confidential information for individuals and family members facing substance abuse and mental health issues.

Addictions Services Hotline of NJ - 1-844-276-2777

NJ Hope Line - (855) 654-6735 – Open 24 hours/7 days a week. To talk a trained person regarding non-emergency concerns.

Mental Health America - https://www.mhanational.org/

National Alliance on Mental Illness (NAMI)
1-800-960-6264 https://www.nami.org/Home
Monday through Friday between 10 am - 6 pm ET for mental health resources or email info@nami.org

Disaster Mental Health Helpline - (877)-294- HELP (4357) - assistance for those feeling stressed, anxious or depressed due to COVID-19. Emotional support, guidance and mental health referrals are available.

The Trevor Project (LGBTQ YOUTH) - 1-866-488-7386
https://www.thetrevorproject.org/

HiTops (LGBTQ YOUTH) - 1-609-683-5155
https://www.hitops.org/
Franklin Township Department of Parks and Recreation
(732) 873-8500 ext 6266

Franklin Township Youth Council (FTYC) is a volunteer community service organization staffed and governed by youth, ages 12-18, based in Franklin Township, NJ (Somerset County). The Youth Council's goal is to develop and support community youth and charitable projects through its various sub-committees.

Franklin Township Public Library (732) 873-8700 has programs for children and teens.

Middle Earth provides community-based services to adolescents and youth. 908-725-7223 http://www.middleearthnj.org/

The PIONEER FSC is a community-based, family centered gathering place where Somerset County residents can find family support, information, and services. Pioneer Family Success Center is offering a free virtual homework program to our middle and elementary school students.

Information Databases
Databases of helplines/hotlines for health, wellbeing, mental health, parenting, family resources

https://www.nj.gov/njparentlink

Grief Support -
GriefShare
How to Help Children Coping with Death, Loss, and Grief
Helping a Grieving Mentee (This may be helpful for adults helping a child cope with grief)
Good Grief
Imagine (this is a free resource that provides grief support for children & their families)
Grief Speaks

Anxiety & Depression -
How to Stop a Panic Attack
Rutgers Youth Anxiety & Depression Clinic

Eating Disorders -
Natalie Fenchel, LCSW  (848) 999-5308 in Somerset
Shari Weinglass, LCSW  (908) 625-8810 in Hillsborough
Jacqueline Stadler, LCSW  (908) 364-5308 in Somerville
Kristina Cofone  (908) 312-0417 in Fanwood
Center for Discovery  (866) 480-3475 in Bridgewater
Cathy Lane - Cathy.lane@centerfordiscovery.com  551-502-8355
Eating disorders PHP IOP in person in Bridgewater
9a-3p PHP, 4-7p IOP
Kathy Most, LCSW  (908) 499-5491 in Westfield, NJ
Earnest Therapy/Joe Sciarretta, LCSW in Westfield, NJ
Kathryn Glaberman, PhD. (908) 789-2200 in Westfield, NJ
Talia Becker, LCSW (516) 530-9697 in Highland Park
Hilltop Behavioral Health in Westfield
Princeton House Eating Disorder program