



**BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES**

**ACCESSIBLE DURING COVID-19**

*Updated May 29, 2020*

<b>Help/Text Lines</b>	<b>Operational Status</b>	<b>Contact</b>
<b>Domestic Violence</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-843-9262</b>
<b>Sexual Violence</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-264-RAPE</b>
<b>Addiction</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week to support those with an addiction and their loved ones.</li> </ul>	<b>201-589-2976</b> <i>[call or text]</i>
<b>2NDFLOOR for Youth</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-888-222-2228</b> <i>[call or text]</i>
<b>National Suicide Prevention Line</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-800-273-8255</b>
<b>Nacional de Prevención del Suicidio</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week -<u>En Español</u></li> </ul>	<b>1-888-628-9454</b>
<b>Crisis Text Line</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>Text HOME to 741741</b>
<b>Help During COVID-19</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week in NJ to obtain</li> <li>• General information on how to stay safe, <b>test sites, financial assistance, unemployment, donations, food, and other non-medical needs.</b></li> </ul>	<b>Dial: 2-1-1</b>
<b>Medical COVID-19 Questions</b>	<ul style="list-style-type: none"> <li>• Can be Immediately reached 24 hours per day/7 days per week</li> </ul>	<b>1-800-962-1253</b>
<b>Emotional Support - NJ Mental Health Cares</b>	<ul style="list-style-type: none"> <li>• New Jerseyans can call for free, confidential support.</li> <li>• 8 a.m. to 8 p.m. seven days a week</li> </ul>	<b>1-866-202-HELP (4357)</b>
<b>HERO line for Bergen County Law Enforcement, First</b>	<ul style="list-style-type: none"> <li>• For those on the frontlines of the COVID-19 crisis, and immediate family members of frontline workers.</li> </ul>	<b>1-551-800-HERO (4376)</b>



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Responders and Healthcare Pros., operated by Care Plus NJ	<ul style="list-style-type: none"> <li>Monday – Friday from 9 a.m. to 8 p.m.</li> </ul>	
<b>Veteran &amp; First Responder Line</b> , Strive Health of Paramus	<ul style="list-style-type: none"> <li>This service is specifically designed for First Responders and Hospital/Healthcare workers on the front-lines of Covid-19</li> <li>7am-7pm with reroute to call-center after these hours</li> <li>Provides confidential, trauma- informed, and in-network treatment programs</li> <li>Services for mental health and substance use issues via telehealth video technology.</li> </ul>	<b>1-800-530-1250</b> <a href="mailto:telehealth@vfrhealthcare.com">telehealth@vfrhealthcare.com</a>
<b>West Bergen Mental Healthcare Warm Line</b>	<ul style="list-style-type: none"> <li>For medical staff, first responders and others in need.</li> <li>9a.m.-5p.m.</li> </ul>	<b>201-688-7098</b>

Crisis / Rapid Access for Adults	Operational Status	Contact
Psychiatric Emergency Screening Program (PESP)/ <b>201-262-HELP</b> Care Plus	<ul style="list-style-type: none"> <li>Fully operational</li> <li>Conducting assessments in person and via telehealth, when possible</li> </ul>	201- 262 – HELP [4357] <i>Can be called 24 hours per day, 7 days per week. If all lines are busy and you feel that you or someone is in danger, please hang up and call 9-1-1.</i>
Wellness and Support Center/ Early Intervention Support Services (EISS) “ <b>Mental Health Urgent Care Clinic</b> ” CBHCare	<ul style="list-style-type: none"> <li>Accepting new referrals, <b>call first</b></li> <li>Providing telehealth services</li> </ul>	201-957-1800 <i>Can be called 24 hours per day, 7 days per week.</i>
Crossroads to Wellness/ <b>Intensive Outpatient Treatment and Support Services</b> (IOTSS) Care Plus	<ul style="list-style-type: none"> <li>Accepting new referrals, <b>call first</b></li> <li>Providing telehealth services, when possible</li> <li>Face to Face in the community for essential services only</li> </ul>	201- 986- 5037 <i>Can be called 24 hours per day, 7 days per week.</i>
Crisis/Rapid Access for Youth and Families	Operational Status <i>[specify ages served]</i>	Contact



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<p><b>Children's Mobile Response and Stabilization Services</b></p> <p>CarePlus NJ</p> <p><a href="#">NEW- video and flyer on Children's Mobile to show families</a></p>	<ul style="list-style-type: none"> <li>Fully operational; serves youth up to the age of 21 and their families</li> <li>Services provided via telehealth (or telephone if families prefer)</li> <li>Intake Telehealth session is offered within 1 hour of the initial call to PerformCare, or may be scheduled within 48 hours.</li> <li>Case Management is provided for up to 8 weeks via telephone.</li> </ul>	<p><i>Parents/ caregivers must call the NJ Children's System of Care (PerformCare) to request service and explicitly describe the "crisis."</i></p> <p>Can be immediately reached 24 hours per day, 7 days per week:</p> <p style="text-align: center;"><b>1-877-652-7624</b></p> <p><i>If a family member reports that they called PerformCare but didn't get linked to Mobile, please email <a href="mailto:Jaimed@careplusnj.org">Jaimed@careplusnj.org</a> and <a href="mailto:Danad@careplusnj.org">Danad@careplusnj.org</a></i></p>
<p>Bergen County Division of Family Guidance's <b>Crisis Line</b></p>	<ul style="list-style-type: none"> <li>Available 24/7 for youth, families, law enforcement, school personnel and mental health professionals</li> <li>Assistance is immediate and offered at no cost to families</li> <li>Services are offered via telehealth/telephone</li> <li>Services include: Crisis intervention, psychotherapy, psychiatry, residential and prosocial</li> </ul>	<p>For immediate assistance, please contact the Crisis Line at <b>201-336-7360</b>.</p> <p><i>For any questions about our available services, including referral, you may also contact <a href="mailto:fgintake@co.bergen.nj.us">fgintake@co.bergen.nj.us</a></i></p>
<p><b>Adult Partial Hospitalization (APH)/Partial Care</b></p>	<p style="text-align: center;"><b>Operational Status</b></p>	<p style="text-align: center;"><b>Contact</b></p>
<p>Bergen New Bridge Medical Center APH/MICA (<i>mental illness chemical addiction</i>)</p>	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Fully operational at this time</li> </ul>	<p>800-730- 2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a></p>
<p>Comprehensive Behavioral Healthcare Partial Care</p>	<ul style="list-style-type: none"> <li>Providing services via telehealth</li> </ul>	<p>201- 646- 0195</p>
<p>Care Plus Partial Care</p>	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth services</li> </ul>	<p>201-265-8200</p>
<p>High Focus Intensive Outpatient (IOP)/Partial Care</p>	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Operating on normal schedule via telehealth platform</li> </ul>	<p>201-291-0055</p>
<p>Vantage Health System Partial Care</p>	<ul style="list-style-type: none"> <li>Accepting new referrals case by case</li> <li>Providing telehealth services</li> </ul>	<p>201 -567- 0059</p>
<p>Ramapo Ridge Psychiatric Hospital Adult Partial Hospital</p>	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth services</li> </ul>	<p>201 -848-5500</p>
<p>West Bergen Mental Healthcare</p>	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth services</li> </ul>	<p>201-485-7172</p>



**BERGEN COUNTY MENTAL HEALTH AND COMMUNITY SUPPORT RESOURCES**

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*Updated May 29, 2020*

<b>Youth Partial Hospitalization /Partial Care</b>	<b>Operational Status [specify ages served]</b>	<b>Contact</b>
New Directions, operated by CBH Care	<ul style="list-style-type: none"> <li>• Accepting new referrals; serves youth 12-18 years old</li> <li>• Provides individual and group sessions via telehealth services</li> </ul>	201-646-0333
<b>Adult Outreach Programs</b>	<b>Operational Status</b>	<b>Contact</b>
Assisted Outpatient Treatment Services (AOTS)/ Involuntary Outpatient Commitment (IOC) Care Plus	<ul style="list-style-type: none"> <li>• Full/at capacity - Accepting new referrals for waiting list</li> <li>• Providing telehealth services, when possible</li> <li>• Face to Face in the community for essential services/expanded based on clinical need</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201-478-4183
Behavioral Health Home (BHH) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201- 265- 8200 ext 5443
Program of Assertive Community Treatment (PACT) Bridgeway Rehabilitation Services	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services, when possible</li> </ul>	201-880-8321
Integrated Case Management Services (ICMS)/ Community Support Services (CSS) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services, when possible</li> <li>• Face to Face in the community for essential services only</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201- 478- 4162
Projects for Assistance in Transition from Homelessness (PATH) Comprehensive Behavioral Healthcare	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing services via telephone</li> </ul>	201-296-6008



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*Updated May 29, 2020*

Transition Services (MH Justice Involved Services/ Jail Diversion) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services, when possible</li> <li>• F2F in the community for essential services/expanded based on clinical need</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201- 478- 4166
<b>Youth Outreach/ Care Management Programs</b>	<b>Operational Status</b> <i>[specify ages served]</i>	<b>Contact</b>
Bergen's PROMISE Care Management Organization <a href="http://www.bergenspromise.org">http://www.bergenspromise.org</a>	<ul style="list-style-type: none"> <li>• In full virtual operation serving youth up to the age of 21 and their families.</li> <li>• Care Managers are in contact with the families and virtual Child and Family team meetings are being held.</li> </ul>	<p><b>For referral to services,</b> parents/caregivers call the NJ Children's System of Care 24/7 at <b>1-877-652-7624.</b></p> <p><b>For CMO enrolled youth,</b> to contact a youth's Care Manager, call: 201-712-1170 and use the phone directory. Our on-call service is available 24/7</p>
<b>Adult Shelter/ Housing</b>	<b>Operational Status</b>	<b>Contact</b>
Advance Housing	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201- 498- 9140
Rapid Re-Housing for Families and Individuals (RRHFI) Care Plus	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> <li>• Face to face in the community for essential services/expanded based on need</li> <li>• Transportation for clients to essential medical services/urgent matters</li> </ul>	201- 265- 8200 ext. 5440
Bergen County Housing Health and Human Services Center (BCHHHSC) Shelter	<ul style="list-style-type: none"> <li>• Not taking in new guests</li> <li>• Focusing on current housing applications</li> <li>• Call 211 hotline for additional shelter/housing information</li> </ul>	201- 336 -6480
<b>Youth and Family Shelter/ Housing</b>	<b>Operational Status</b> <i>[specify ages served]</i>	<b>Contact</b>
Bergen County Division of Family Guidance	<ul style="list-style-type: none"> <li>• Bergen's Place Youth Shelter is fully operational, 24/7.</li> </ul>	For immediate assistance, please contact the <b>Crisis Line at 201-336-7360.</b>



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*Updated May 29, 2020*

	<ul style="list-style-type: none"> <li>Provides emergency shelter and homeless prevention services for at-risk youth (ages 11-17)</li> </ul>	<p><i>For any questions about our available services, including referral, you may also contact <a href="mailto:fgintake@co.bergen.nj.us">fgintake@co.bergen.nj.us</a></i></p>
<b>Adult Outpatient [OPD] Mental Health Treatment</b>	<b>Operational Status</b>	<b>Contact</b>
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Fully operational at this time</li> <li>Providing telehealth services, when possible</li> </ul>	800- 730-2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a>
Care Plus	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth psychiatric and therapeutic services.</li> </ul>	201-986-5000 <a href="https://www.careplusnj.org">https://www.careplusnj.org</a>
Coordinated Specialty Care Care Plus	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth psychiatry, therapy (individual, family, group) and case management/supportive services via telehealth</li> <li>Injectable medications offered on-site</li> </ul>	201-986-5010
Korean American Outreach Program (KAOS) Care Plus	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth services</li> </ul>	201- 265- 8200 Ext 5280
Comprehensive Behavioral Healthcare [CBH Care]	<ul style="list-style-type: none"> <li>Accepting new referrals</li> <li>Providing telehealth services</li> </ul>	201-646-0333
CBH Care's Intensive Family Support Services (IFSS)	<ul style="list-style-type: none"> <li>Family Support via Zoom Tuesday evenings from 7-9 pm</li> <li>Providing telephonic services</li> </ul>	201-296-6011
Hackensack University Medical Center	<ul style="list-style-type: none"> <li>Not accepting new referrals</li> <li>Providing telehealth services</li> </ul>	551- 996 -2000
National Alliance on Mental Illness (NAMI) Greater Bergen	<ul style="list-style-type: none"> <li>Provides family support groups via Zoom on Tuesdays at 12 pm and Wednesdays at 7 pm</li> <li>Providing services via telephone</li> </ul>	201-935-6264 <a href="http://www.naminj.org">www.naminj.org</a> to register
NJ PROMISE Children at High Risk	<ul style="list-style-type: none"> <li>Accepting new referrals</li> </ul>	201-986-5010



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for Psychosis (CHRP) Care Plus	<ul style="list-style-type: none"> <li>• Providing telehealth psychiatry, therapy (individual, family, group)</li> </ul>	
Ramapo Ridge Psychiatric Hospital	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201- 848-5500
Vantage Health System OPD	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth</li> </ul>	201- 567-0059
West Bergen Mental Healthcare	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth services</li> </ul>	201-485-7172
<b>Youth and Family Outpatient Mental Health Treatment</b>	<b>Operational Status</b>	<b>Contact</b>
West Bergen Mental Healthcare	<ul style="list-style-type: none"> <li>• Accepting new referrals</li> <li>• Providing telehealth individual, family and group services</li> </ul>	201-485-7172
<b>Hospital / Inpatient Care</b>	<b>Operational Status</b>	<b>Contact</b>
Bergen New Bridge Medical Center	<ul style="list-style-type: none"> <li>• Accepting patients</li> </ul>	800 -730- 2762 <a href="http://www.newbridgehealth.org">www.newbridgehealth.org</a>
Englewood Hospital	<ul style="list-style-type: none"> <li>• Accepting admissions through emergency department only</li> <li>• Maintaining social distancing guidelines</li> </ul>	201- 894- 3000
Ramapo Ridge Psychiatric Hospital – Psychiatric Inpatient	<ul style="list-style-type: none"> <li>• Accepting new patients on a case by case basis</li> </ul>	201- 848- 5500
<b>Food and Daily Needs Resources</b>		
<p>Check the <a href="#">Community Events Calendar</a> and <a href="#">BergenResourcenet Facebook</a> <b>for local food drive announcements</b></p>		
<p><a href="#">Food Insecurity Resources on BergenResourcenet</a></p>		
<p><b>Diapers and Formula</b> - Children’s Aid &amp; Family Services offers through the Baby Basics program            Contact Sara Huisiking at (201) 740-7009            or log onto: <a href="https://cafsnj.org/baby-basics/">https://cafsnj.org/baby-basics/</a></p>		



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**COVID-19 Information and Resources** for Parents, Individuals, Families and All:

<https://mhanational.org/covid19>

**Tutoring** - Contact the Director of Special Services in the school district and/or speak to the student's school case manager. Search BergenResourceNet.org by 'Tutor' 'Tutoring' keyword; search the other county ResourceNets as well (you can access them from <http://www.njresourcenet.org>)

**If you have exhausted all of the resources listed herein and beyond, but cannot meet the needs of an individual, family or community group, please email specific needs to:**

Michele Hart-Loughlin at [mloughlin@co.bergen.nj.us](mailto:mloughlin@co.bergen.nj.us)

Financial and Legal Resources	Operational Status	Contact
<a href="#">COVID LEGAL, SOCIAL SERVICE resources on BergenResourceNet</a>  <a href="#">COVID FINANCIAL, OCCUPATIONAL resources on BergenResourceNet</a>		
Adult Protective Services (APS)	<ul style="list-style-type: none"> <li>Providing telephonic services</li> <li>Suspended home visits</li> <li>Coordinating with Law Enforcement to conduct well checks if unable to get in contact</li> </ul>	201- 368- 4300
Bergen County Board of Social Services (BCBSS)	<ul style="list-style-type: none"> <li>Accepting Applications</li> <li>No Face to Face services</li> </ul>	201- 368- 4200
Mental Health Law Project (MHLP)	<ul style="list-style-type: none"> <li>Accepting referrals via telephone</li> <li>Building/courts are closed to public, with exception of emergent actions</li> <li>Postponing upcoming Social Security hearings</li> </ul>	201- 634-2760
Social Security Administration (SSA)	<ul style="list-style-type: none"> <li>Accepting Applications</li> <li>No Face to Face services</li> </ul>	1- 800 -772- 1213