

NJ Intensive Outpatient Programs

Hotline for Help with Addiction

New Jersey resource: Anyone seeking help with addiction, whether struggling personally or helping a loved one, can call **1-844-ReachNJ** to receive immediate support and assistance from live, trained addiction counselors based here in New Jersey. The help line is open 24 hours a day, 7 days a week.

Mental Health IOPs

- **Charlie Health**

www.charliehealth.com

Charlie Health provides virtual Intensive Outpatient Program (IOP) services for individuals ages **8–64** who are experiencing moderate to severe mental health, substance abuse, or eating disorder challenges. Their comprehensive, trauma-informed care includes individual therapy, family therapy, and group therapy—all delivered virtually to increase accessibility and flexibility. Specialized tracks include support for LGBTQIA+, BIPOC clients, Maternal Mental health, and individuals navigating trauma, anxiety, depression, and more.

Providers Can Refer:

Website: referrals.charliehealth.com

Email: referrals@charliehealth.com

Phone: (406) 316-3700

Fax: (406) 720-7793

Questions?

Contact **Yvelise Moreno**, Clinical Outreach Manager

Email: yvelise.moreno@charliehealth.com

Phone: (201) 448-7207

- The Counseling Center (locations throughout NJ) 855-788-8247
- Hudson County: Bayonne Community Mental Health Services, 601 Broadway, Bayonne: 201-339-9200

- Innerspace Counseling: serving Children's counseling, IOP, PHP, perinatal track, in-network OCD and Anxiety tracks, and more
<https://www.innerspacecounseling.com/blog/innerspace-counseling-to-launch-new-jerseys-first-in-network-ocd-anxiety-track> Route 516, Old Bridge: 732-332-8270, inquiries@innerspacecounseling.com
- Jersey City Medical Center RWJ Barnabas Health, 395 Grand St: 201-915-2100
- Morris County: Summit Oaks Hospital, 19 Prospect St, Summit: 800-753-5223
- Bergen County: GenPsych, 218 Route 17 North, Rochelle Park: 855-436-7792
- Center of Revitalizing Psychiatry, 795 Main St, Hackensack: 201-380-2215
- Bergen Newbridge: 230 E. Ridgewood Ave, Paramus: 201-262-4357
- GenPsych: various locations in New Jersey - (855) 436-7792 - <https://genpsych.com/>; info@genpsych.com
- Center for Wellness
<https://centerforwellnessnj.com/>

Substance Treatment IOPs

1. [The Counseling Center](#)
Locations throughout NJ
855-788-8247
2. [Kwenyan Professional Health Services](#)
19 Hutton Avenue, West Orange, NJ, 07052
973-672-6900
kwenyanphs@gmail.com
3. [Bayonne Community Mental Health Services](#)
601 Broadway, Bayonne, NJ, 07002
201-339-9200

4. [Jersey City Medical Center RWJ Barnabas Health](#)
395 Grand St
201-915-2100
5. [Summit Oaks Hospital](#)
19 Prospect St, Summit, NJ, 07902
800-753-5223
6. [GenPsych](#)
218 NJ-17, Rochelle Park, NJ 07662
855-436-7792
7. [Center of Revitalizing Psychiatry](#)
795 Main St, Hackensack, NJ 07601
201-380-2215
8. [Bergen Newbridge](#)
230 E Ridgewood Ave, Paramus, NJ 07652
201-262-4357
9. [Spectrum Health Care](#)
74-80 Pacific Avenue Jersey City, NJ, 07304
201-451-2544
10. [Guardian IOP](#)
New Brunswick: 152 Livingston Ave, New Brunswick, NJ 08901
Hoboken: 33-41 Newark St Suite 4A, Hoboken, NJ 07030
877-412-9068
11. [The Recovery Team](#)
26 Journal Square Plaza Suite 1202, Jersey City, NJ 07306
800-817-1247
info@recoveryteam.org
12. [Center for Network Therapy](#)
81 Northfield Ave West Orange, NJ, 07052
732-484-9661
IOPS that offer eating disorder treatment

13. [Equip](#)

Remote

855-387-4378

Jessica Hickman - Clinical Partnerships Manager - jessica@equip.health

14. [Moving Mountains Recovery](#)

2 Emery Ave, Randolph, NJ 07869

862-324-0257

David Pridmore – dpridmore@movingmountainsrecovery.com

PHPs state-wide

list of PHP programs throughout NJ from NJ government website:

https://drive.google.com/file/d/1CLJ0yF9JjSekDXj9BmYhdT2yvqMmC_ej/view?usp=sharing

Free Access to Narcan

Free Access to Naloxone (brand name "Narcan"): Naloxone can revive people who have lost consciousness due to opioid overdose. New Jerseyans aged 14 and over can obtain naloxone freely and anonymously at participating pharmacies. One two-dose naloxone nasal spray kit will be provided per visit. People who obtain naloxone do not need to provide a name or a reason.