



LACEY TOWNSHIP
SCHOOL DISTRICT

MENTAL
HEALTH &
WELLNESS
RESOURCE
GUIDE



It's okay to ask for help.

CRISIS Services

If you or someone you know is having mental health struggles and is in need of additional support, there are many resources to help you. 988 is the official National Suicide Prevention Hotline.

Click [this link](#) for more information, or call or text 988.



Mental Health Hotlines

New Jersey Suicide Prevention Hopeline	855-654-6735
National Suicide Prevention Lifeline	800-273-TALK
NJ Mental Health Cares	866-202-HELP
2nd Floor Youth Helpline	888-222-2228
Postpartum Depression Hotline	800-328-3838
MHA NJ Peer Recovery Warmline	877-292-5588
Cop2Cop	866-COP-2-COP
NJ Vet 2 Vet	866-838-7654
Performcare	877-652-7624

The District wishes to acknowledge the following individuals who aided tremendously in the creation and coordination of this Mental Health & Wellness Resource Guide.

Name	Position	Location
Mrs. Kelly Brown	Student Assistance Coordinator	Lacey Township High School
Mrs. Stephanie Cook	School Counselor	Lacey Township High School
Mrs. Nicole Cruz	School Counselor	Lacey Township High School
Ms. Jessica Frandsen	School Social Worker	Lacey Township High School
Mrs. Tara Friedman	School Counselor	Cedar Creek Elementary School
Mr. Watson Heilala	School Counselor	Lacey Township Middle School
Mrs. Loren Heuschkel	School Counselor	Lacey Township Middle School
Mrs. Brittney Hintz	School Counselor	Forked River Elementary School
Mrs. Stephanie Law	School Counselor	Lacey Township High School
Ms. Carly Londrigan	School Counselor	Lacey Township High School
Mrs. Cayenne Mandes	School Social Worker	Lacey Township High School
Mrs. Margaret Rand	School Counselor	Lacey Township High School
Mrs. Nicole Simas	School Psychologist	Cedar Creek Elementary School
Mrs. Danielle Spinuzza-Fioretti	School Counselor	Lacey Township High School
Mrs. Melissa Franzosi Co-Chair	Supervisor of Guidance	Lacey Township High School

Tips & Tricks for Mental Health

The information is being provided for educational and informational purposes only and does not constitute providing medical advice or professional services. The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician. Always seek the advice of your doctor or other qualified health provider regarding a medical condition. Never disregard professional medical advice or delay in seeking assistance. If you think you may have a medical emergency, call 911 or go to the nearest emergency room immediately.

Acupressure:

“Acupressure therapy stimulates the body’s circulatory, lymphatic and hormonal systems,” It helps relieve stress and anxiety, improves sleep, relaxes your muscles and joints, regulates digestive issues, minimizes headaches and migraines, and is also beneficial for back pains and menstrual cramps.

Aromatherapy:

Aromatherapy might help relieve stress and boost your mood. Essential oils are easy to use and also inexpensive. You can incorporate different methods alongside other conventional treatments, such as medications and counseling. You can also combine it with other complementary therapies, such as massage and meditation.

Avoid Substances:

Substance abuse and mental health disorders such as depression and anxiety are closely linked, although one doesn’t necessarily directly cause the other. Abusing substances such as marijuana or methamphetamine can cause prolonged psychotic reactions, while alcohol can make depression and anxiety symptoms worse. A substance abuse problem is not defined by what drug you use or the type of alcohol you drink, though. Rather, it comes down to the effects your drug or alcohol use has on your life and relationships. In short, if your drinking or drug use is causing problems in your life, you have a substance abuse problem.

Bilateral Movement:

Bilateral stimulation works to create electrical activity in different parts of the brain and encourages better communication between the two sides of the brain. That inter-hemisphere communication could hold a key to better emotional processing and regulation for individuals with PTSD or other concerns.

Mindful breathing- Practicing mindful breathing is gently focusing attention on the breath. You begin noticing the breath coming in and going out. You are not trying to change your breathing in any way, and because of this, there are no expectations; you are merely aware of the breath from moment to moment.

Bilateral stimulation music- Bilateral music helps the brain process the stress or traumatic memories so that the person can eventually think about the stressful memories without triggering severe anxiety or stress. Most bilateral music is based on relaxation-type music. Hence it tends to be calming, soothing and relaxing.

Challenging Irrational Thoughts:

Unrealistic expectations of yourself and others can be a barrier to growth. By challenging these thoughts, and changing your thinking, you'll find more acceptance and better ways to respond. With more positive thoughts and behaviors comes more serenity in life.

Deep Breathing:

Slow breathing activates the parasympathetic nervous system, also called the “rest and digest” system. Its job is to conserve energy to be used for bodily processes such as digestion and urination.

Deep breathing also activates the vagus nerve, which is like the boss of the parasympathetic nervous system, overseeing things like mood, digestion, and heart rate. It will also send more oxygen to your brain and other organs.

EMDR- Eye Movement Desensitization and Reprocessing

EMDR helps your brain process and release traumatic memories in an unusual way — through your eye movements. If you've experienced trauma, you'll know just how much hold it can have over you. Intense dreams, flashbacks, and anxiety-induced isolation can bring your daily life to a halt

Exercise:

Regular exercise may help ease depression and anxiety by:

- **Releasing feel-good endorphins**, natural cannabis-like brain chemicals (endogenous cannabinoids) and other natural brain chemicals that can enhance your sense of well-being
- **Taking your mind off worries** so you can get away from the cycle of negative thoughts that feed depression and anxiety

Regular exercise has many psychological and emotional benefits, too. It can help you:

- **Gain confidence.** Meeting exercise goals or challenges, even small ones, can boost your self-confidence. Getting in shape can also make you feel better about your appearance.
- **Get more social interaction.** Exercise and physical activity may give you the chance to meet or socialize with others. Just exchanging a friendly smile or greeting as you walk around your neighborhood can help your mood.
- **Cope in a healthy way.** Doing something positive to manage depression or anxiety is a healthy coping strategy. Trying to feel better by drinking alcohol, dwelling on how you

feel, or hoping depression or anxiety will go away on its own can lead to worsening symptoms.

Goal setting:

Setting goals is an effective way to increase motivation and to help you to create the changes you want. It can be used to improve health and relationships, or improve productivity at work. Setting goals can also be an important step in the recovery from mental illness. Goals play a dominant role in shaping the way we see ourselves and others. A person who is focused and goal-oriented is likely to have a more positive approach towards life and perceive failures as temporary setbacks, rather than personal shortcomings.

Gratitude Practice:

It's a practice that requires acknowledging someone else's gesture towards us or the things that are going well in our lives. It involves both a process of recognition of the positive and its outcome. [See this link for more information.](#)

Grounding Techniques:

These techniques use your five senses or tangible objects — things you can touch — to help you move through distress. [See this link for more information.](#)

Guided Imagery:

Guided imagery is a type of focused relaxation or meditation. Focused relaxation involves concentrating on a specific object, sound, or experience in order to calm your mind. In guided imagery, you intentionally think of a peaceful place or scenario. [See this link for more information.](#)

Hobby/Activity:

Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression. Activities that get you out and about can make you feel happier and more relaxed. Group activities like team sports can improve your communication skills and relationships with others.

Hydration:

Drinking water can help you avoid these symptoms and also have benefits for your body as well. The more water you drink, the more likely you are to have these beneficial effects. Benefits of drinking water include:

- **Stable blood pressure**
- **Better digestion**
- **Constipation prevention**
- **Body temperature regulation**
- **Joint cushioning**
- **Stable heartbeat**
- **Flushing of bacteria from the bladder**
- **Organ and tissue protections**
- **Carrying of nutrients and oxygen to cells**
- **Electrolyte balance**

Journaling:

Therapeutic journaling can be done by keeping a regular journal to write about events that bring up anger, grief, anxiety, or joy that occur in daily life. It can also be used more therapeutically to deal with specific upsetting, stressful, or traumatic life events.

Laughter:

Releases endorphins: Natural chemicals in the body, endorphins promote a sense of well-being and relieve stress.

Decreases anger: When we're in a difficult situation or in a disagreement with another person, seeing the humor in it can help. Specifically, laughter defuses anger, conflict, and self-blame.

Eases distressing emotions: Laughter counteracts feelings of anxiety and sadness. Moreover, it helps us release other intense emotions, such as grief.

Relaxes and revitalizes: Along with reducing stress, laughter also increases our energy levels. Therefore, we can stay focused more easily.

Changes your perspective: Laughter helps us access another point of view. Moreover, we begin to see something in a new, less scary way when we can laugh about it. In addition, humor helps us take things less seriously.

Reduces stress: When we laugh and smile, cortisol levels decrease. Cortisol is also known as the stress hormone, so lower levels are better for our mental health. Therefore, laughter increases our stress resilience.

Brings more joy and fun into our life: This one is self-explanatory!

Limiting Social Media:

Separating ourselves from an online presence can improve our health, mood, self-image, quality of sleep, and relationships. It can also aid in reducing stress and make us more aware of our platform usage.

Meditation:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance
- Lowering resting heart rate
- Lowering resting blood pressure
- Improving sleep quality

Types of Meditation:

- **Mindfulness Meditation** – Mindfulness meditation is the practice of being fully present in the moment, being aware of where you are and what you are doing, and actively paying attention in an accepting, nonjudgmental way. You can do this during a dedicated meditation session or by simply being more intentional and aware of what you do each day.
- **Guided Meditation** – During this type of meditation, a guide will instruct you to relax specific muscles in the body until they are comfortable. They will lead you through mental images and visualizations, often of healing light or the dissipation of past wrongs. Guided meditation can last a few minutes or several hours.
- **Movement Meditation** – With movement meditation, you engage in a repetitive activity or one where you can get “in the zone” and experience “flow.” Structured practices include tai chi, qigong, or yoga, but any rhythmic movement can work. Try meditation while stretching, walking, gardening, driving, or even doing daily tasks like brushing your teeth or doing the dishes. These movements can quiet the mind and allow your brain to shift.

- **Transcendental Meditation** – Transcendental meditation is a kind of meditation in which people mentally relax by silently repeating particular words, or personal mantra. This technique helps you avoid distracting thoughts and promotes a state of relaxed awareness.
- **Loving-kindness Meditation** – During loving-kindness meditation, you focus benevolent and loving energy toward yourself and others. Those who regularly practice this technique increase their capacity for forgiveness, connection to others, and self-acceptance

Mindfulness:

Mindfulness is the practice of purposely bringing one's attention to the present-moment experience without evaluation, a skill one develops through meditation or other training. [See this link for more information.](#)

Nutrition:

Always speak with your doctor before attempting a change in current behaviors

A Healthy Gut

Researchers continue to prove the old adage that you are what you eat, most recently by exploring the strong connection between our intestines and brain. Our guts and brain are physically linked via the vagus nerve, and the two are able to send messages to one another. While the gut is able to influence emotional behavior in the brain, the brain can also alter the type of bacteria living in the gut.

According to the American Psychological Association, gut bacteria produce an array of neurochemicals that the brain uses for the regulation of physiological and mental processes, including mood. It's believed 95 percent of the body's supply of serotonin, a mood stabilizer, is produced by gut bacteria. Stress is thought to suppress beneficial gut bacteria.

Mindful Eating

Paying attention to how you feel when you eat, and what you eat, is one of the first steps in making sure you're getting well-balanced meals and snacks. Since many of us don't pay close attention to our eating habits, nutritionists recommend keeping a food journal. Documenting what, where and when you eat is a great way to gain insight into your patterns.

If you find you overeat when stressed, it may be helpful to stop what you're doing when the urge to eat arises, and to write down your feelings. By doing this, you may discover what's really bothering you. If you undereat, it may help to schedule five or six smaller meals instead of three large ones.

Sometimes, stress and depression are severe and can't be managed alone. For some, eating disorders develop. If you find it hard to control your eating habits, whether you're eating too much or too little, your health may be in jeopardy. If this is the case, you should seek professional counseling. Asking for help is never a sign of weakness or failure, especially in situations too difficult to handle alone.

Brain Food

Your brain and nervous system depend on nutrition to build new proteins, cells and tissues. In order to function effectively, your body requires a variety of carbohydrates, proteins and minerals. To get all the nutrients that improve mental functioning, nutritionists suggest eating meals and snacks that include a variety of foods, instead of eating the same meals each day.

Here are the top three foods to incorporate into a healthy mental diet:

- Complex carbohydrates — such as brown rice and starchy vegetables can give you energy. Quinoa, millet, beets and sweet potatoes have more nutritional value and will keep you satisfied longer than the simple carbohydrates found in sugar and candy.
- Lean proteins — also lend energy that allows your body to think and react quickly. Good sources of protein include chicken, meat, fish, eggs, soybeans, nuts and seeds.
- Fatty acids — are crucial for the proper function of your brain and nervous system. You can find them in fish, meat, eggs, nuts and flaxseeds.

Healthy Eating Tips

- Steer clear of processed snack foods, such as potato chips, which can impair your ability to concentrate. Pass up sugar-filled snacks, such as candy and soft drinks, which lead to ups and downs in energy levels.
- Consume plenty of healthy fats, such as olive oil, coconut oil and avocado. This will support your brain function.
- Have a healthy snack when hunger strikes, such as fruit, nuts, hard-boiled eggs, baked sweet potatoes or edamame. This will give you more energy than packaged products.
- Develop a healthy shopping list and stick to it.
- Don't shop while hungry, since you'll be more apt to make unhealthy impulse purchases.
- Think about where and when you eat. Don't eat in front of the television, which can be distracting and cause you to overeat. Instead, find a place to sit, relax and really notice what you're eating. Chew slowly. Savor the taste and texture.

Pets:

Pets can reduce work-related stress. Two out of three employees say work stresses them out and 40% say their job gets in the way of their health. Studies show that pets in the workplace help reduce stress and improve employee satisfaction.

1. Pets can help increase productivity, wherever you work. When a dog joins a virtual meeting, group members rank their teammates higher on trust, team cohesion and camaraderie.
2. Pets help manage anxiety. Now more than ever, many people are feeling anxious or struggling with mental health. Pets provide companionship and support.
3. Pets can help you be more active. They give you a reason to get outside, get some fresh air and get active, which is proven to improve your mood, sleep and mental health.
4. Pets provide a sense of togetherness. The bond with a pet helps you to not feel alone. When owners see, touch, hear or talk to their companion animals, it brings a sense of goodwill, joy, nurturing and happiness.

Positive Self Talk/Affirmations: <https://positivepsychology.com/positive-psychology-ted-talks/supplements->

Along with eating a balanced diet, many possible supplements may help boost dopamine levels, including probiotics, fish oil, vitamin D, magnesium, ginkgo and ginseng. This, in turn, could help improve brain function and mental health.

Taking a walk in nature:

Spending time in nature is linked to both cognitive benefits and improvements in mood, mental health and emotional well-being. Feeling connected to nature can produce similar benefits to well-being, regardless of how much time one spends outdoors

Tapping or EFT

Is a mind-body therapy that draws on the traditional Chinese medicine (TCM) practice of acupuncture, and it is used today as a self-help approach in modern psychology.

Therapy:

Psychotherapy is often used in combination with medication to treat mental health conditions. In some circumstances medication may be clearly indicated and in others psychotherapy may be the best option. For many people combined medication and psychotherapy treatment can be more beneficial than either alone. Healthy lifestyle improvements, such as healthy nutrition, regular exercise and adequate sleep, can also be valuable in supporting recovery and overall wellness.

There are a variety of different therapeutic approaches including the following:

- Psychoanalysis and psychodynamic therapies. ...
- Behavior therapy.
- Cognitive therapy.
- Humanistic therapy.
- Integrative or holistic therapy.

DBT- Dialectical Behavior Therapy

DBT is evidence-based. It goes beyond mental health illness and improves individuals' quality of life. It reduces anxiety, depression, trauma, and stress symptoms and decreases suicidal and self-harming thoughts and behaviors. - Increases consumers' self-worth and self-respect.

REBT & CBT- Therapy

Two popular methods of treatment are Rational Emotive Behavioral Therapy (REBT) and Cognitive Behavioral Therapy (CBT). They both offer effective ways to confront issues caused by poor mental health, and though they have factors that are akin to one another, each treatment method has a different approach when it comes to addressing the challenges those who live with cognitive distortions have.

Sleep:

Sufficient sleep, especially REM sleep, facilitates the brain's processing of emotional information. During sleep, the brain works to evaluate and remember thoughts and memories, and it appears that a lack of sleep is especially harmful to the consolidation of positive emotional content. This can influence mood and emotional reactivity and is tied to mental health disorders and their severity, including the risk of suicidal ideas or behaviors

Social/Family Connection:

The benefits of social connections and good mental health are numerous. Proven links include lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

Sunlight:

Scientific evidence confirms that sufficient sunlight is essential for optimal functioning of the mind and body. A light therapy box mimics outdoor light. It's thought that this type of light may cause a chemical change in the brain that lifts your mood and eases other symptoms of SAD , such as being tired most of the time and sleeping too much.

Yoga:

Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Yoga is

self-empowering; the student is his or her own healer. Yoga engages the student in the healing process; by playing an active role in their journey toward health, the healing comes from within, instead of from an outside source and a greater sense of autonomy is achieved. The quality and state of an individual's mind is crucial to healing. When the individual has a positive mind-state healing happens more quickly, whereas if the mind-state is negative, healing may be prolonged.

CRISIS Services

If you or someone you know is having mental health struggles and is in need of additional support, there are many resources to help you. 988 is the official National Suicide Prevention Hotline.

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Postpartum Depression Hotline	800-328-3838
MHA NJ Peer Recovery Warmline	877-292-5588
Cop2Cop	866-COP-2-COP
NJ Vet 2 Vet	866-838-7654

When to seek assistance:

It can be confusing to know when to seek help. It is difficult to know what your child is thinking or feeling (e.g., sad, angry, lost interest, etc.) Sometimes you just have indications that something is wrong by how your child is acting. Clues can be:

- Frequent temper tantrums
- Crying more than usual
- Not doing things they enjoy
- Waking up at night
- Needing a routine or doing the same things over and over
- Overeating or extreme dieting
- Not being able to sit still or pay attention
- Doing poorly in school
- Drinking, smoking, drugs
- Not dealing well with loss (such as death in the family)
- Any behavior that is harmful to themselves or others
- If the thoughts, feelings, or behaviors are a) frequent, b) intense, c) long duration, or d) are having a negative impact on anyone . . .

If your child is experiencing any of these, it could indicate that it is time to seek help. You should know that getting help is a sign of strength, not weakness. Be assured, you and your loved ones are not alone.

Types of Treatment Options:

Treatment Options vary greatly based upon needs and intensity. **Outpatient care** is any condition that does not require hospitalization. **Inpatient care** is care of patients whose condition requires admission to a hospital or a facility. Typically, services begin as outpatient treatment, but some individuals may need more intense services. This guide defines and provides contact information to the various levels of mental health service options.

Outpatient Community Supports- Common community supports include support groups, group counseling, and one to one counseling services that are available, usually free of charge. The volunteer hotlines include CONTACT of Ocean and Monmouth Counties, 732-240-6100 and 2NDFLOOR Youth Helpline, 1-888-222-2228.

PESS- PESS is another name for **P**sychiatric **E**mergency **S**creening **S**ervices. A PESS screening may be recommended when a person indicates the desire to harm themselves or others. For a student expressing these feelings during a school day, a parent must be contacted. The school will then notify the hospital that a student is enroute to be screened with a brief explanation of the reason for concern. Once at the hospital, the child and the parent will talk to health care providers to assess why the student is in distress, if immediate treatment is necessary, and provide the family with recommendations.

Contact Information:

Ocean County 866-904-4474

Monmouth County 732-886-4474

Emergency Screening Center	Location	Contact Information	Online Care/Telehealth
Community Medical Center	99 Rte. 37 E, Toms River, NJ	(732)557-8170	https://www.rwjbh.org/patients-visitors/telehealth/
Monmouth Medical Center South	600 River Avenue, Lakewood, NJ	(866)904-4474	https://www.rwjbh.org/patients-visitors/telehealth/
Jersey Shore University Medical Center	1945 Route 33 Neptune, NJ	(732)776-4555	https://www.hackensackmeridianhealth.org/en/Locations/jersey-shore-university-medical-center
Monmouth Medical Center	300 Second Avenue, Long Branch, NJ	(732)923-6999	https://www.rwjbh.org/patients-visitors/telehealth/
Ocean Medical Center	425 Jack Martin Blvd, Brick, NJ	(732)836-8972	https://www.rwjbh.org/patients-visitors/telehealth/
Southern Ocean Medical Center	1140 Rte. 72 West, Manahawkin, NJ	(609)978-8972	https://www.hackensackmeridianhealth.org/en/Locations/Southern-Ocean-Medical-Center
St. Francis Counseling-Sexual Assault Hotline	4700 Long Beach Blvd. Long Beach, NJ	(609)494-1090	https://www.stfranciscenterlbi.org/counseling-service
Rutgers-UBHC Coordinated Specialty Care	100 Metroplex Drive Suite 200 Edison, NJ 08817	(732)235-2868	https://ubhc.rutgers.edu/documents/Research/CSCbrochure%2011.12.18updated2.pdf

Mobile Response- Stabilization Services - PerformCare may authorize mobile response stabilization services (MRSS) to come to your home within one hour of notification to provide face-to-face crisis services. The goal is to help children and youth who are experiencing emotional or behavioral crises. The services are designed to defuse an immediate crisis, keep children and their families safe and maintain children in their own homes. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services. **Call (877)652-7624** (it is the same phone number as PerformCare).

PerformCare of New Jersey is a great place to call if you are concerned about an emotional or behavioral problem, or if a trusted person thinks your child, youth, or young adult needs help.

Youth who are eligible for services through PerformCare are primarily between the ages of 5 and 21 (up to his or her 21st birthday), reside in the State of New Jersey and have a serious mental health, emotional, or behavioral need. Special consideration for services is given to children under the age five.



Hours of Operation: 24 Hours a Day, 7 Days a Week

Address: 300 Horizon Drive Suite 306, Robbinsville, NJ 08691-1919

Call: (877)652-7624 24 hours a day, 7 days a week

Early Intervention Support Services

CREST-Toms River/Manahawkin	(732)240-3760	www.brightharbor.org
Crosswinds-Peer Operated Respite Services	(848)221-3022 2224 Whitesville Rd, Toms River	

Private Practice Counseling Services:

Practice Name	Address	Phone	Website	Ages
Anchor Behavioral Health	445 Brick Blvd. Ste. 204 Brick, NJ	732-977-9838		Children to adults
Anchor Counseling Services of New Jersey	Jackson, NJ	(732) 266-2053 (732) 387-6530	https://www.psychologytoday.com/us/therapists/anchor-counseling-services-of-new-jersey-jackson-nj/927714	Teen & Adults
Angela Del Russo Adult Counseling Services, LLC	Toms River, NJ · In S&F Plaza	(908) 278-9073	https://adultcounselingservices.com/	Adults ages 25 and up
Blue Water Counseling LLC	400 N Main Street Building 1 Manahawkin, NJ	(609) 597-3424	https://www.bluewatercounselingnj.com/	Children and Families
Central Counseling, LLC	482 Brick Blvd Brick, NJ	(732) 701-7729	https://njcentralcounseling.com/	Child, adolescent, adult and family
Cheryl Kasper	520 Main St., Toms River	(732)600-0971	https://oceancountysocialskills.com/	All ages
Coastal Counseling Group	Brick Township, NJ	(732) 456-5788	https://www.coastalcounselinggroupp.org/	
Comprehensive Psychological & Wellness Center	424 S. Main St., Forked River	(609)693-4343	https://www.cpwcenter.com/	Child, adolescent, adult and family
Dennis Sharkey LCSW	800 Washington St, Toms River	(732) 736-0065		
Eliezer DeFanca LCSW	10 Kettle Creek Road, Unit A Toms River, NJ 08753	848-251-0827	https://www.psychologytoday.com/us/therapists/eliezer-defranca-lcsw-lc	Pre-Teen & Adult

			adc-llc-toms-river-nj/711372	
Family Circle Counseling	Toms River, NJ	(848) 219-1856		
Haven Behavioral Health	801 Lacey Rd, Forked River	(609) 971-8989	https://www.havenbehavioralhealth.net/	All ages
HBH Counseling (Humans Being Human)	74 Brick Blvd., Brick	(732) 477-0862	https://www.hbhccounseling.com/	All ages
Healthy Minds Therapeutic Services	15 Buckley Ln., Bayville	(908) 907-7785	https://www.psychologytoday.com/us/therapists/nicole-lanno-bayville-nj/1250001	Ages 3-21
Healthy Self Counseling Center, LLC	525 Lacey Road Unit E Forked River	(732) 491-5575		
Jenna Meyerberg LPC	252 Washington Street. Suite C2 Toms River, NJ 08753	(848) 251-0682 (732) 201-8732 (732) 290-5648	https://www.psychologytoday.com/us/therapists/jenna-meyerberg-toms-river-nj/322098	All ages
Jennifer Baker	1044 Lacey Rd., Forked River	(732) 567-2009	https://www.changetheyourlife.com/	Ages 3+
JLR Counseling LLC	252 Washington St Suite D, Toms River, NJ 08753	(732) 300-0816		
Julia Drazin, LPC	2095 Route 88 East, Suite 3 Brick, NJ 08724	(848) 246-2014	https://www.psychologytoday.com/us/therapists/julia-drazin-brick-nj/177331	Teen & Adult
Justine LaBatch	124 North Main St., Forked River	(609) 389-9209	https://davidsdreamandbelieve.org/service_arm/justine-labatch/	Children & families Art therapy
Kaleidoscope Transformations Wellness Center	Toms River, NJ	(732) 537-8701	https://www.psychologytoday.com/us/therapists/kaleid	Adults

			oscope-transformations-wellness-center-toms-river-nj/224073	
Karen C. Holmes, LCSW	Toms River, NJ	(732) 736-5552		
Life Prep Counseling LLC	650 Washington St Ste 2 Toms River, NJ, 08753-6700 United States	(732) 497-8895		
Life Solutions LLC	201 Hooper Avenue #6B Toms River, NJ	(732) 244-2429		
LoveLife Family Counseling	Toms River, NJ	(848) 216-0711	https://www.psychologytoday.com/us/therapists/lovelife-family-counseling-beachwood-nj/410520	Teen & Adults
Mended Minds	20 Hadley Ave, Suite 3, Toms River	(848) 251-2462	https://www.sarah-tuzeneulcsw.com/home-1	Teens, young adults
Mindful Solutions	52 Hyers Street, Toms River	(732) 281-2060	https://mindfulsolutionsnj.org/	Child and teen
Neuropsychology and Counseling Associates	Brick Township, NJ Freehold, NJ	(732) 840-5266	https://www.neurologytoday.com/services.html	
Nicole Monroe Counseling	Toms River, NJ	(848) 373-8444	https://btstherapy.com/	Children 6-10 Pre-Teen Teen Adult
Ocean Counseling and Family Center	620 Lacey Rd Suite 5 Forked River, NJ 08731	(609) 642-4274	https://www.psychologytoday.com/us/therapists/ocean-counseling-and-family-center-	Teen & Adult

			forked-river-nj/241444	
Ocean Counseling and Wellness, LLC	7 Hyers St. Toms River, NJ	(732) 240-4760	http://oceancounselingandwellness.com/	
Ocean Insight Center	1749 Hooper Ave., Ste. 202, Toms River	(732)930-1020	https://oceaninsightcenter.com/	Ages 3+
Ocean Mental Health Bright Harbor Health Care	36 W Water St., #1A, Toms River	(732) 349-5550	https://brightharbor.org/	
Play to Wellness	1648 Bay Ave., Ste, 2, Point Pleasant	(732) 451-4680	https://playtowellness.com	Ages 3+
Preferred Behavioral Health of NJ		(732) 367-4700	https://www.preferredbehavioral.org/	
River Therapeutics LLC	252 Washington St., Ste. B2, Toms River	(848) 212-8156	https://www.psychologytoday.com/us/therapists/stacey-clayton-toms-river-nj/494657	Ages 11+
Riverside Counseling	1044 Lacey Rd. Ste. 1, Forked River	(732) 383-4042	http://riversidecounselingllc.com/index.html	All
Robin Bottino LCSW Eli Hillman LCSW	34 Manchester Ave., Ste. 205, Forked River	(609) 971-7060 (732) 503-7260	https://brightharbor.org/	All ages
Sage Wellness Center	1901 Lakewood Rd. #200, Toms River	(732) 505-4612	https://www.sagewellnessctr.com/	Ages 8+
Saint Barnabas Behavioral Health Center	1691 U.S. Highway 9 CN 2025 Toms River, NJ	(732) 914-1688	www.barnabashealth.org	

Ship to Shore Counseling, fka CRP Behavioral Health	Toms River, NJ	(732) 443-4880	ship2shorecounseling.com	
CPC Behavioral Health Christine Possemato	422 Morris Avenue, Suite 7 Long Branch, NJ	(800) 250-9811	https://www.cpcbehavioral.org/	
A Peaceful Mind Morgan Bardall		(973) 400-1706	https://www.apeacefulmindmhs.com/	
Shore Mental Healthcare, LLC	520 Main Street Toms River, NJ	(732) 551-2051	https://www.healthgrades.com/group-directory/nj-new-jersey/toms-river/shore-mental-healthcare-llc-x8l8nx	
St. Francis Counseling Center	4700 Long Beach Blvd., Long Beach Twp.	(609) 494-1554	https://www.stfranciscenterbi.org/counseling-service	All ages *** English and Spanish**
Swan Therapy Group	252 Washington St., Ste. A1, Toms River	(732) 966-1554	https://swantherapygroup.com/	All ages
Thriveworks Counseling & Psychiatry Toms River	10 Allen St Suite 4-B, Toms River, NJ 08753	(732) 517-3761	https://thriveworks.com/toms-river-counseling/?utm_source=GMBlisting&utm_medium=organic&field:8499441=GMB	
Tranquil Minds Therapy Group, LLC	252 Washington St. Suite C2, Toms River, NJ	(848) 251-0224	https://www.psychologytoday.com/us/therapists/tranquil-minds-therapy-toms-river-nj/390961	Adults
Tranquility Counseling and Wellness Center	206 N. Main St., Forked River	(732) 580-4964	https://tranquilitycounselingandwellnesscenter.com/	Children and teens

For additional counseling resources, please log on to “[Psychology Today](#)” or for private counselors click [here](#).

Local Child and Adolescent Psychiatrists:

Psychiatrist Name	Address	Phone Number	Website
Alexander Iofin, MD Insurance Accepted	554 Commons Way, Building E, 2nd Floor Toms River, NJ 08755	(732) 528-3232 (732) 360-5465	https://www.psychiatryexpertmd.com/
Barnabas Behavioral Health Insurance Accepted	Us. Hwy. 9, Toms River, NJ 08755	(732) 914-3823	RWJBarnabas Health Behavioral Health Center Toms River ... https://www.rwjbh.org
Beech Tree Psych Serves	22 South Holmdel Road, Suite #5, Holmdel, NJ	(732) 444-1330	http://www.beechtreepsychiatry.com/
Carol Dobrzynski, MD ****Insurance not accepted	2240 Church Rd., Toms River, NJ 08743	(732) 864-2240	
Dr. Barry Lewis Zimmerman	40 Bey Lea Rd., Bldg. C, Ste. 103, Toms River, NJ 08753	(732) 367-8280	
Dr. Zaidi	501 Iron Bridge Road, Freehold, NJ Or 2100 Corlies Avenue, Suite 14 Neptune City, NJ 07753	(732) 761-1900 (732) 775-9900	https://www.fcdccares.com/
Gagandeep Singh, MD ****Insurance not accepted	312 Applegarth Rd., Suite 200, Monroe Twp, NJ 08831 Or 505 Stillwells Corner Rd., Bldg. C - Unit 3, Freehold, NJ 07728	(609) 245-8550	https://www.gsinghmd.com/
Gen Psych Insurance Accepted	940 Cedar Bridge Ave., Brick, NJ 08723	(855) 436-7792	https://genpsych.com/
Jessica Rose Pogran, DO Insurance Accepted	615 Hope Road, Suite 5B, Eatontown, NJ 07724	(732) 389-0697	
JoAnne Piaggio, Nurse Practitioner	1044 Lacey Rd., Suite 1A, Forked	(732) 592-3794	

Insurance Accepted	River, NJ 08731		
Karen Senese, MD Insurance Accepted	520 Main Street, Toms River, NJ 08753	(732) 557-4147	
Krystin Prasad - APN ****Insurance not accepted	664 Commons Way, Bldg. 1, Toms River, NJ 08755	(848) 210-7151	
Life Excel Insurance Accepted	35 Beaverson Blvd. Suite 1 D, Brick, NJ 08723	(732) 920-7933	https://lifeexcelbehavioralhealth.com/
Matthew Pitera ****Insurance not accepted	2446 Church Road, Suite 2D, Toms River, NJ 08753	(732) 244-6626	
Nicole Hraniotis, MD Insurance Accepted	788 Shrewsbury Ave., Bldg. 2, Door E Tinton Falls, NJ	(732) 383-6255	https://www.doctornicki.com/
Rob Bishop APN Insurance Accepted	1683 Hwy. 88 West, Brick, NJ 08724	(732) 597-1295	https://www.neuronj.com/
Robert Schuman, MD (<i>Mindful Solutions Group</i>) Insurance Accepted	52 Hyers Street, Toms River, NJ 08753	(732) 840-5266	https://mindfulsolutionsnj.org/
Thriveworks Counseling & Psychiatry Toms River	10 Allen St Suite 4-B, Toms River, NJ 08753	(732) 795-5217	https://thriveworks.com/toms-river-counseling/?utm_source=GMBlisting&utm_medium=organic&field:8499441=GMB
Valeo Behavioral Health Insurance Accepted	2911 Route 88 Ste.E8, Point Pleasant, NJ 08742	(732) 295-1008	https://pointpleasantbehavioralhealth.com/
Valerie Magrino, Nurse Practitioner Insurance Accepted	23 White Street, Shrewsbury, NJ07702	(732) 444-8802	

Children's Behavioral Health Services

NJ youth needing publicly funded services are referred through PerformCare, the Contracted Systems Administrator

Service Name	Location	Phone Number	Website
PerformCare	300 Horizon Drive Suite 306, Robbinsville, NJ 08691-1919	877-652-7624	https://www.performcarenj.org/
Ocean Partnership For Children	36 Washington St., Toms River	732-202-1585	www.oceanpartnership.org www.oceanresourcenet.org
Bright Harbor Healthcare	732-575-1111, 732-349-3535	Bayville, Brick, Manahawkin, & Toms River	www.brightharbor.org
Preferred Behavioral Health Group	732-785-1900, Mobile Response 877-652-7624	Various locations, see website.	www.preferredbehavioral.org
St. Francis Counseling Service	609-494-1554	4700 Long Beach Blvd., Brant Beach	www.stfranciscenterlbi.org/
Ocean Co Family Support Organization (FSO)	732-569-6334	36 Washington St. Suite 201, Toms River	www.oceanfso.org
Catholic Charities Family Growth Program	800-360-7711		
YMCA of Greater Monmouth	732-290-9040	Little Egg Harbor & Manahawkin	www.cymca.org/locations/counseling-social-services/
Youth Advocate Programs	732-503-3644		

Intensive Outpatient Program (IOP) - A community based program (not in a hospital) that children attend a few times per week after school hours. This program is for children and adolescents who require more frequent and intense support than weekly counseling services but is less intense and has fewer hours than partial hospitalization (see PHP below). The goal of IOP is to provide frequent support when it is needed or while a child integrates back into their typical school and home life following hospitalization or partial hospitalization.

IOP Programs:

Facility	Contact	Website
Bright Harbor Healthcare Center for Wellness	(732) 269-4849 687 Atlantic City Blvd #1 Bayville, NJ	https://brightharbor.org/
Children's Hospital of Philadelphia (CHOP) - CIEBP (Children's Intensive Emotional and Behavioral Services)	Ages 5-13 (609) 677-7850 Mays Landing, NJ	https://www.chop.edu/
Center for Wellness	(732) 655-4239 312 Applegarth Road, #200 MonroeTwp., NJ 08831	https://centerforwellnessnj.com/ https://brightharbor.org/
Gen Psych	(855) 436-7792 940 Cedar Bridge Ave. Brick, NJ 08723	https://genpsych.com/
High Focus	Ages 10-18 (866) 935-4424 Freehold, NJ	https://highfocuscenters.pyramidhealthcarepa.com/
Innerspace Counseling	Ages 8+ (732) 332-8270 2433 Route 516 Old Bridge, NJ 08857	https://www.innerspacecounseling.com/adolescent-services
Preferred Behavioral Health	(732) 367-4700 591 Lakehurst Road Toms River, NJ	https://www.preferredbehavioral.org/
Princeton House	Ages 6-18 (800) 242-2550 Princeton, NJ	https://www.princetonhcs.org/

Partial Hospitalization Program (PHP) - A community based program (not in a hospital) which children attend during the day, then return home for the evening. In **PHP**, children typically receive 5-6 hours per day of treatment which includes time with an educational instructor. Typically these programs have a psychiatrist on staff and the daily schedule includes a combination of group and individual counseling and therapies.

PHP Programs:

Facility	Contact	Website
Bright Harbor Health Care - Bayside Program	Ages 12-17 (732) 349-5550 40 Bey Lea Road Toms River, NJ 08753	https://brightharbor.org/spotlight-on-bayside/
Capitol Hill C.A.R.E.S.	Ages 5-14 (609) 599-6430 601 Hamilton Avenue Trenton, NJ 08629	https://www.capitalhealth.org/medical-services/cares-child-wellness-program
Center for Wellness	Teenagers (732) 655-4239 312 Applegarth Road, Suite 200 MonroeTwp., NJ 08831	https://centerforwellnessnj.com/
Children's Hospital of Philadelphia (CHOP) - CIEBP (Children's Intensive Emotional and Behavioral Services)	Ages 5-13 (609) 677-7850 Mays Landing, NJ	https://www.chop.edu/centers-programs/childrens-intensive-emotional-and-behavioral-services
Gen Psych	Ages 8-17 (855) 436-7792 940 Cedar Bridge Ave. Brick, NJ 08723	https://genpsych.com/programs/php-iop/
High Focus	Ages 10-18 (877) 845-5074 6 Paragon Way, Suite 104 Freehold, NJ 07228	https://highfocuscenters.pyramidehealthcarepa.com/programs/
Innerspace Counseling	Ages 8+ (732) 332-8270 2433 Route 516 Old Bridge, NJ 08857	https://www.innerspacecounseling.com/adolescent-services
Preferred Behavioral Health - SAIL program	Ages 13-17 (732) 367-4700 (main line) (732) 367-1710 (SAIL line) 700 Airport Road Lakewood, NJ	https://www.preferredbehavioral.org/services/the-sail-program/
Princeton House	Ages 6-18 (800) 242-2550 905 Herrontown Road Princeton, NJ 08540	https://www.princetonhcs.org/care-services/princeton-house-behavioral-health
University Behavioral Health Care -	Ages 6-17	https://ubhc.rutgers.edu/clinical

Rutgers- 'The Challenge Program'	1-800-969-5300 Piscataway, NJ	/partial-hospitalization/child-and-adolescent-partial-hospital-piscataway.xml
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Acute Inpatient Hospitalization - Short term hospitalization to stabilize and create a treatment plan for community based services.

Child and Adolescent Acute-Care Inpatient Psychiatric Facilities:

Facility	Contact Information	Description	Website
Bergen New Bridge Medical Center CCIS (Clinical Affiliate of Rutgers)	1-800-730-2762 230 East Ridgewood Avenue Paramus, NJ 07652	Acute inpatient hospitalization for ages of 5 to 17	https://www.newbridgehealth.org/health-services/behavioral-health/inpatient-psychiatric-services/
Carrier Clinic	1-800-933-3579 252 County Rd. 601, Belle Meade, NJ 08502	Acute inpatient hospitalization for adolescents ages 13-18.	https://www.hackensackmeridianhealth.org/en/Locations/Hackensack-Meridian-Health-Carrier-Clinic
Hampton Adolescent Treatment Program	1-800-603-6767 650 Rancocas Road Westampton, NJ 08060	Acute inpatient hospitalization for ages 12 to 17 (18-year olds may participate if still in high school) dealing with a mental health crisis.	https://hamptonhospital.com/
Monmouth Hospital CCIS (Child Crisis Intervention Service)	(732) 923-6927 300 Second Avenue Long Branch, NJ 07740	Acute inpatient hospitalization for 5-17 year olds.	https://www.rwjbh.org/monmouth-medical-center/treatment-care/mental-health-and-behavioral-health/mental-health-services/family-crisis-intervention/
Summit Oaks	1-800-753-5223 19 Prospect Street Summit, NJ 07902	Acute inpatient hospitalization for ages 5-17 years	https://summitoakshospital.com/programs-services/children-and-adolescents/

Long-term Hospitalization - long-term, inpatient care for children requiring long term support and treatment

Child and Adolescent Inpatient Psychiatric Facilities for Long-Term Care:

Facility	Contact Information	Description
Bonnie Brae	(908) 647-0800 3415 Valley Rd, Basking Ridge, NJ https://www.bonnie-brae.org/	***Males Only*** Ages 8-21 long term therapeutic residential placement
East Mountain Youth Lodge (Carrier Clinic)	(800) 933-3579 45 East Mountain Road Belle Mead, NJ https://www.hackensackmeridianhealth.org/en/Locations/East-Mountain-Youth-Lodge	Adolescent and teen long term therapeutic residential placement
Inspira Child & Adolescent Intermediate Inpatient Center - Bridgeton	(856) 575-4500 333 Irvington Avenue, Bridgeton, NJ 08302 https://www.inspirahealthnetwork.org/	12 bed intermediate care unit for children 5-17 years who require longer-term hospitalization. The average length of stay is 4 to 12 weeks.
Newport Academy	(877) 929-5105 Newport, Rhode Island Virginia Campus Connecticut Campus https://www.newportacademy.com/	Long term therapeutic residential placement for adolescents ages 12-22, gender specific treatment environments
Trinitas Child/Adolescent Intermediate Psychiatric Unit - Elizabeth	(908) 994-7552 655 E Jersey St, Elizabeth, NJ 07206 https://www.rwjbh.org/trinitas-regional-medical-center/	22 bed intermediate care unit for children ages 5-17 who require continued psychiatric treatment beyond the acute inpatient crisis hospital stay.

Substance Use Resources

Resource Name	Contact Information	Website
America's Keswick	800-453-7942, ext. 1046 The Colony of Mercy and Barbara's Place provides residential addiction recovery services to men and women, aged 18+. No insurance needed.	https://addictionrecovery.org/
Al-Anon Family Group Headquarters	888-4AL-ANON (888-425-2666) or 757-563-1600 Information and educational materials	https://al-anon.org/
Alcoholics Anonymous (AA), Central Jersey Intergroup	(609) 641-8855	https://cjjaa.org/
Bright Harbor Healthcare	(732) 349-5550 The "Turnaround" program offers substance abuse services for ages 12 to 25 Bayside Program - Adolescent partial care program	
Lighthouse at Mays Landing	(800) 852-8851 Detoxification, inpatient and outpatient services Adults only	https://recoverycentersofamerica.com/locations/lighthouse/

Nar-Anon	800-992-0401 or 609-371-8848 (Carol) or 856-848-8715 (Barry) Family group, for someone who knows or has known a feeling of desperation concerning an addiction problem of someone very near to them.	https://naranonofnj.org/
Narcotics Anonymous (NA) Helpline	899-992-0401 A community-based association for recovering drug addicts provides weekly meetings.	https://www.narcoticsanonymousnj.org/Phoneline/HowHelplineWorks.asp
New Hope Foundation	732-946-3030 Inpatient & outpatient care, detoxification, and counseling	
New Jersey Al-Anon/AlaTeen	973-744-8686 (North Jersey) 856-547-0855 (South Jersey) Information, educational materials and meetings	https://nj-al-anon.org/
Ocean & Monmouth Counties 24 hour crisis hotline	732-240-6100 or 609-693-5834 <i>24 hour crisis hotline</i>	

Ocean County Health Department Drug & Alcohol Unit	732-341-9700, ext. 7536 Addiction Hotline of New Jersey 800-238-2333 Referrals	https://www.ochd.org/
Ocean's Harbor House	732-929-0660 or 732-240-3638 Counseling and referrals, prevention programs	https://www.oceansharborhouse.org/
Preferred Behavioral	Bayside Program Teen Intervene SAIL Program	https://www.preferredbehavioral.org/
Resources through Psychology Today	<i>See website link.</i>	https://www.psychologytoday.com/us/treatment-rehab/nj/ocean-county?category=grief

Parents Support Group

Resource	Contact information	Website
Parent's Guide: What to do when your child's friend dies by suicide	<i>See website link.</i>	https://www.variationspsychology.com/blogs/parents-guide-what-to-do-when-your-childs-friend-dies-by-suicide
Parents Support Group New Jersey, Inc	973-339-9841 Meetings every Thursday 6:00 PM Village Lutheran Church Western Blvd. Lanoka Harbor, NJ 08734	https://www.laceyschools.org/Page/168

	(when there is snow and ice, meetings will be canceled)	
Parents Helping Parents	See website link.	https://parentshelpingparents.org/stressline

Eating Disorders

Resource	Contact Information	Website
Eating Disorders Anonymous	See website link.	www.eatingdisordersanonymous.org
Inpatient, partial hospitalization for anorexia, bulimia and other eating disorders National Eating Disorders	See website link.	http://www.nationaleatingdisorders.org
Support Groups Eating Disorders at the Medical Center of Princeton	800.242.2550	www.princetonhcs.org/

Grief Resources

Resource	Contact Information	Website
A Little Hope: An organization based in providing hope post-loss.	See website link.	https://www.alittlehope.org/about-us.html
A & W Psychology Lanoka Harbor	732-364-0040	
Attitudes In Reverse Therapy Dogs	Tricia Baker 609-945-3200	
Common Ground Grief Center:	732-606-7477	www.commongroundgriefcenter.org

A non-profit organization which provides on-going bereavement support groups.		
Compassionate Friends: Grief support for the family after the death of a child	(877) 969-0010	www.compassionatefriends.org
E.M.B.R.A.C.E.: Empowering Mind, Body and Recovery After Challenging Experiences	732-349-3535 ext. 707 EMBRACE@brightharbor.org	See informational flyer here.
General Grief Guide	<i>See website link.</i>	https://grief.com/
Good Grief Resources	<i>See website link.</i>	https://good-grief.org/resources/
Helping Teens Cope With Grief	Website & Article	https://www.centerforloss.com/2023/12/helping-teenagers-cope-grief/
Hope Sheds Light	<i>See website link</i>	https://hopeshedslight.org/venue/finding-hope/
How to Handle The Death Of A Student	<i>See website link</i>	https://www.educationcorner.com/death-student/
Ocean County Trauma Coalition	<i>See website link</i>	https://brightharbor.org/traumatic-loss-coalition/
Parent's Guide: What to do when your child's friend dies by suicide:	<i>See website link</i>	https://www.variationspsychology.com/blogs/parents-guide-what-to-do-when-your-childs-friend-dies-by-suicide
Supporting Children After The Suicide of a Classmate	<i>See website link</i>	https://childmind.org/article/supporting-children-after-the-suicide-of-a-classmate/

Talking To Teens About The Suicide of a Peer	See website link	https://allianceofhope.org/find-support/children-teens/supporting-children-and-teens-after-a-suicide-death/talking-to-teens-about-the-suicide-of-a-peer/
Ted Talk: We Don't Move On From Grief, We Move Forward With It	See website link.	https://www.ted.com/talks/nora_mcinerny_we_don_t_move_on_from_grief_we_move_forward_with_it
Tips for how to cope with the loss of a friend or loved one due to suicide	See website link.	https://www.wendtcenter.org/tips-for-caregivers-how-to-support-your-teen-after-the-death-by-suicide-of-a-friend-or-loved-on

Family Crisis Information

Resource Name	Contact Information	Website
2nd Floor Youth Helpline -This is a Helpline for New Jersey's youth ages 10-24, offering young people assistance in dealing with any issues they may be facing, including bullying, self esteem, family difficulties, substance abuse, dating, and peer relationships.	888-222-2228	www.2ndfloor.org/
877 NJ ABUSE - Speak to a sensitive, trained volunteer to work through frustrations & stressors before a crisis occurs. Volunteers provide empathic listening and referrals to resources in your community.	800-652-2873 (Child abuse/Child Neglect Hotline) 800 THE KIDS (843-5437) (Family Hotline)	
Children's Home Society -Pregnancy counseling, birth parent counseling, foster care for pregnant teens which includes shelter, etc.	732-905-6363	www.chsofnj.org
Children's Mobile Response and Stabilization System -Provides time-limited, crisis intervention and	877-652-7624	http://www.state.nj.us/dcf/families/csc/mobile/

stabilization service to children and youth with emotional or behavioral disturbances that threaten to disrupt their current living arrangements.		
Common Ground Grief Center -is a non-profit organization which provides on-going bereavement support groups.	732-606-7477	www.commongroundgriefcenter.org
Compassionate Friends -Grief support for the family after the death of a child	(877) 969-0010	www.compassionatefriends.org
Department of Children and Families	<i>See website link.</i>	DCF Hotlines and Helplines
Family Crisis Intervention Unit -OceanResourceNet is an on-line directory of Ocean County's many valuable resources. It is for all community members to use as a way to locate resources that are community-based, informal, and formal	732-202-1585 ext. 142	https://www.oceanresource.net.org/
Focus Adolescent Services -This site offers information and resources on teen and family issues. Hotline numbers and interventions are readily available.	443-358-4691	https://www.focusas.org/
GAMBLING -Council of Compulsive Gambling of New Jersey -Help problem and compulsive gamblers and those affected by this illness	800-GAMBLER	www.800gambler.org
GAY, LESBIAN & TRANSGENDER RESOURCES, GLBT National Help Center	888-843-4564	http://www.glnh.org
LivWell Healthcare (formerly The Family Planning Center of Ocean County) Pregnancy testing and follow-up counseling	732-364-9696	https://livwellhealthcare.org/

Mentoring Programs- Big Brothers Big Sisters of Ocean County: The oldest and largest youth mentoring organization in the United States. Research and anecdotal evidence show specifically that BBBS one-to-one mentoring helps at-risk youth overcome the many challenges they face.	732-544-2224	https://mentornj.org/
National Runaway Switchboard: Provides counseling and alternatives to running from home	800-RUNAWAY or 800-786-2929	www.1800runaway.org
New Jersey Domestic Violence Hotline: Provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.	1 (800) 572-SAFE (7233)	
NJ Department of Children and Families	732-255-8015 or 866-544-9197 (Toms River) 732-908-5900 or 800-442-6232 (Bayville) 855-463-6323 (Main Number)	http://www.state.nj.us/dcf/about/divisions/dcpp/
Parent Support-National Parent Helpline	855-427-2736	www.nationalparenthelpline.org
PARENTING/PREGNANCY RESOURCES -Open Door Pregnancy Center Parenting program	732-240-5504	www.theopendoor.com

Parents, Families of Lesbians & Gay, PFLAG- Promote the health and well being of lesbian, gay, bisexual and transgender persons and their families through support to cope with an adverse society	908-814-2155	https://pflagjerseyshore.org/
Psychiatric Emergency Screening Services (PESS)- Emergency screening assessments and crisis interventions for people experiencing traumatic events.interventions for people experiencing traumatic events	866-904-4474 .	
RAPE AND SEXUAL ASSAULT RESOURCES - St Francis Center Rape Crisis Program- Counseling, reporting and intervention	Statewide Hotline 1-800-601-7200; Ocean County 609-494-1090 Contact of Ocean and Monmouth Counties 732-240-6100 or 609-693-5834	https://www.stfranciscenterbi.org/csua-program
Runaway Resources- Ocean's Harbor House- Provides shelter for youth who may have run away or put out of their homes	732-929-0660	www.oceansharborhouse.org