

## Counseling Treatment Resource List

### ➤ How to find a therapist for your child

How to choose a provider who is in-network:

- a. Your insurance company should have a website with a listing of providers.
- b. Call providers who seem to fit what you want and ask them specific questions based on your needs.

### ➤ Psychology Today Therapist

Search: <https://www.psychologytoday.com/us/therapists> Search for private community counselor based on a variety of criteria

### ➤ Catholic

#### Charities

288 Rues Lane, East Brunswick, NJ Tel: 732-324-8200 Website: <https://www.ccdom.org/middlesex> Adolescent outpatient mental health services, Spanish speaking counselors, sliding scale

### ➤ Stress and Anxiety Services of New Jersey

A-2 Brier Hill Court, East Brunswick, NJ 08816 Tel: (732) 390-6694 Website: <http://www.stressandanxiety.com/> Adolescent outpatient mental health services, Insurance not accepted/may submit own claims

### ➤ The Center for Counseling and Therapy Services

15 W Prospect Street, East Brunswick, NJ Tel: (732) 254-0600 Website: <https://www.centerfortherapy.net/> Adolescent outpatient mental health services, May submit own insurance claims

### ➤ Positive Reset

6 Cornwall Ct. Ste. B, East Brunswick, NJ 08816 Tel: 732-955-4141 Website: <http://www.positivereset.com/ChildandAdolescent.html> Individual outpatient therapy for adolescents, Most Insurances accepted, Spanish speaking counselors available

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➤ GenPsych

Multiple Locations: Bridgewater, Brick, Hamilton, Livingston Tel: (855) 436-7792

Website: [www.genpsych.com](http://www.genpsych.com) Mental health/eating disorder, Partial Hospitalization Program (PHP)/Intensive Outpatient Program (IOP), Insurance accepted

➤

Innerspace

2433 County Rd 516, Old Bridge, NJ 08857 Tel: (732) 332-8270 Website:

[www.innerspacecounseling.com](http://www.innerspacecounseling.com) Mental health/Co-occurring substance abuse disorder, IOP, Insurance accepted

➤ High Focus

6 Paragon Way # 104, Freehold, NJ 07728 Tel: (732) 303-9900 Website:

<https://highfocuscenters.pyramidhealthcarepa.com> Teen psychiatric/substance abuse disorders/co-occurring disorders, IOP, Most insurance accepted

➤ Penn Medicine: Princeton

House

Multiple Locations Tel: 1 (888) 437-1610 Website:

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>

Adolescent mental health/substance abuse/co-occurring disorders, PHP/IOP

➤ Rutgers University Behavioral Healthcare  
(UBHC)

671 Hoes Lane, Piscataway, NJ Tel: 1-800-969-5300 (access center) Website:

[https://ubhc.rutgers.edu/services/children\\_family/index.html](https://ubhc.rutgers.edu/services/children_family/index.html) Various levels of care including Adolescent outpatient and PHP program

➤ Carrier Clinic

252 County Road 601, Belle Meade, NJ Tel: 1(800) 933-3579 Website: <https://carrierclinic.org/>

Adolescent PHP, Hospitalization for psychiatric and co-occurring disorders including substance abuse, Most insurance accepted including Medicaid/Medicare

➤ Summit Oaks Hospital

19 Prospect Street, Summit, NJ Tel: (908) 522-7077 Website: <https://summitoakshospital.com/>

Teen mental health treatment/hospitalization, addresses co-occurring disorders/substance abuse

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## **Substance Abuse Treatment Centers**

➤ The Counseling Center

4345 US HWY 9N, Freehold, NJ Tel: (732) 431-5300 Website:  
<http://thecounselingcenter.com/> Adolescent IOP (grades 8-12  
minimum age 14), Insurance accepted

➤ The Center for Great Expectations

303 George Street Suite 104, New Brunswick, NJ 08901 Tel:(732)  
993-6403 x323 Website: <https://www.cge-nj.org/> Residential  
Treatment program for pregnant and parenting adolescents

➤ Daytop New Jersey

Mendham, New Jersey Tel:862-260-9460 Website: <https://daytopnj.org/> Residential  
treatment for adolescents with substance abuse and co-occurring disorders, most insurance  
accepted

➤ New Hope Integrated Behavioral Health

Care

80 Conover Rd. Marlboro, NJ 07746 Tel: (800) 705-4673 Website:  
<https://newhopeibhc.org/> Adolescent Substance Abuse Program Residential,  
Outpatient (separate location)

## **Crisis Intervention**

➤ Mobile Response and Stabilization

Services

Tel: (877) 652-7624 Website: <https://www.nj.gov/dcf/families/csc/mobile/> In-home intervention  
available 24/7 to help children and youth who are experiencing emotional and behavioral crisis

➤ Rutgers University Behavioral Healthcare  
(UBHC)

671 Hoes Lane, Piscataway, NJ Tel: (855) 515-5700 Website: <https://ubhc.rutgers.edu/>  
Acute Psychiatric Services (APS), psychiatric emergency services and crisis intervention

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➤ Raritan Bay Medical Center

Perth Amboy (ER Psychiatric Screening) Tel: (732)  
442-3700 Website: [Raritan Bay Medical Center |](#)  
[Hackensack Meridian Health](#)

## Helplines/Referral Centers

➤ Middlesex *Blue Cares* 24-hour  
hotline

Tel: (732) 596-4199 Answered by Peer Recovery coaches who assist callers with referrals or immediate services, regardless of insurance

➤ Middlesex County Center for Empowerment: Sexual Violence Counseling, Advocacy, and Prevention  
Education Edison, New Jersey Tel: (877) 665-7273 Website:  
<http://www.middlesexcountynj.gov/government/departments/psh/pages/center-for-empowerment.aspx>  
Available 24 hours/7 days a week

➤ Wellspring Prevention

620 Cranbury Road, Suite 105, East Brunswick, New Jersey  
Website: <https://wellspringprevention.org> Advocacy,  
prevention, training for substance abuse disorders

➤ Trevor Lifeline

Tel: (866) 488-7386 Website: <https://www.thetrevorproject.org/>  
Crisis and suicide prevention helpline LGBT youth and young adults

➤ NJ Hopeline

Tel: (855) 654-6735 Website: <http://www.njhopeline.com/>  
New Jersey Suicide Prevention hotline

➤ 2nd Floor: Youth Helpline

Tel: (888) 222-2228 Website: <https://www.2ndfloor.org/about/>

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