

Mental Health Resources for Hamilton Township School District Children

Emergency, Inpatient & Outpatient Services

Capital Health System Pediatric Emergency Services:

(609)303-4466 (pediatric emergency 24/7 access)

(800)637-2374 (24 Hour Hotline)

1 Capital Way, Pennington, NJ 08534

<https://www.capitalhealth.org/medical-services/pediatrics/pediatric-emergency-services>

The Center provides psychiatric intervention and suicide-prevention programming for Mercer County school age children, teenagers, and their families. The screening center is open 24 hours a day/ 7 days a week and can be accessed through the emergency room.

Catholic Charities: 800-360-7711

1239 Park Avenue, suite 102, Ewing, NJ 08628

CHILD/ADOLESCENT COUNSELING — Mental health counseling for children and adolescents with emotional or behavioral challenges. Psychiatric evaluation and medication monitoring available as an adjunct to counseling services. Medicaid and sliding scale accepted.

<https://www.catholiccharitiestrenton.org/locations/mercercounty/>

C.A.R.E.S Child Wellness Program St. Francis Medical Center: (609) 599-6430

(609) 599-6525 (for Spanish-speaking)

601 Hamilton Avenue, Trenton, NJ 08629

<https://www.stfrancismedical.org/find-a-service-or-specialty/c-a-r-e-s-child-wellness-program>

Our CARES program at St. Francis Medical Center, offers children ages 3-21 with an opportunity to improve their quality of life by identifying severe emotional, behavioral, or psychiatric needs where they exist and addressing through the best possible treatment options.

Children Home Society of New Jersey. Nicole: (609) 802-5213

Separation and Loss

35 S Clinton Ave, Trenton, NJ 08611

Children's Specialized Outpatient Center at Hamilton: (609) 631-2800 & (888) 244-5373, ext. 2604

3575 Quakerbridge Road, Hamilton, NJ 08619

<http://www.childrens-specialized.org>

This facility provides psychiatric evaluation, medication, neuropsychological and neuro-developmental evaluations, individual and family therapy, play therapy, and group therapy (social skills). Sensory-integration treatment by an occupational therapist is available. There is

also a specialty in Autism & Pervasive Developmental Disorder. The facility is open to all children.

CONTACT of Mercer County: Teenline/Kidslines: (609) 896-4434

1985 Pennington Road, Ewing, NJ 08618

www.contactofmercer.org

CONTACT is a helpline staffed by volunteers who are trained to understand and help children and teens with suicidal thoughts.

Millhill Child and Family Counseling: (609) 989-7333

802 Prospect St, Trenton, NJ 08618

<https://www.millhillcenter.org/counseling/>

Oaks Integrated Care: (609) 396-8877

Child and Family Services

2550 US-1 BUS, Lawrence Township, NJ 08648

<https://oaksintcare.org/services/child-and-family-services/>

Princeton House Behavioral Health (Treatment program for children): (888)437-1610

300 Clocktower Dr., Suite 101, Hamilton, NJ 08690

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

Our Children's Program offers outpatient treatment services for children ages 6 to 12 with emotional and behavioral problems that interfere with functioning at school and home. The program helps children with impulse control problems, depression, and aggressive or self-destructive behavior.

PEI Kids: (609) 695-3739

231 Lawrence Road, Lawrenceville, NJ 08648

<http://www.peikids.org>

PEI Kids' Trauma, Loss & Depression: Intervention for Young Children program offers individual counseling, education, and support for caregivers, as well as workshops for schools. Children ages 5-13 living in Mercer County are eligible.

RWJ Barnabas Health Child Development and Behavior: (609) 586-7900

One Hamilton Health Place, Hamilton, NJ 08690

<https://www.rwjbh.org/treatment-care/child-development-and-behavior/>

Between the ages of infancy and 21, children undergo drastic changes both physically and emotionally. Our Child Development and Behavior Program provides diagnosis, counseling, and treatment for children dealing with developmental disorders.

Child Psychiatrists

Alexander Road Associates. Dr. Asma Mian: (609)419-0400

707 Alexander Road, Suite 202, Building 2, Princeton, NJ 08540

Child, Adolescent, Adult Psychiatry. Dr. Catherine Stayer: (609)945-2343

812 State Road, Suite 202, Princeton, NJ 08540

KNIC Counseling and Consulting Services: (609) 503-6367

2145 Nottingham Way Ste A, Hamilton, NJ 08619

<http://knicservices.com/>

Susan Fuchs, MD: (609)585-4200

396 White Horse Avenue, Trenton, NJ 08610

<https://www.child-adultpsychhamiltonnj.com/psychiatry-practice-meet-dr-fuchs-trenton-nj>

Inside Out CURE Psychiatry, LLC. Dr. Muhammad Zeshan: (609) 375-0734

601 Ewing Street, Suite C-12, Princeton, NJ 08540

Dr. Jagwinder Sandhu MD Child & Adult Psychiatry: (609)751-6607

194 N. Harrison Street, Princeton, NJ 08540

<https://jsandhumd.com/>

The Princeton Developmental and Psychiatric Center. Dr. A. F. M. Hague: (732)965-3186

24 Jefferson Plaza, Suite B, Princeton, NJ 08540

Psychologists & Licensed Clinical Social Workers

Attune Therapeutic Services, LLC: (609) 469-1222

Quakerbridge Professional Center

1 Nami Lane, Suite 6, Mercerville, NJ 08619

Bridge to Balance: (856)452-8560

3836 Quakerbridge Road, Suite 108, Hamilton, NJ 08619

<https://bridge2balance.com/>

Debbie Scimeca-Diaz, LCSW: (609) 915-9387

Family Therapy

22 Douglas Ave, Hamilton Township, NJ 08619

Family First: (732) 979-2230

Cherry Brook Ln, East Windsor, NJ 08520

Provides psychotherapy and counseling for family, children, anxiety and depression in Mercer County.

<http://depressionhelpfornj.com>

Keith J. Alexander, PHD: (609) 586-0444

2079 Klockner Rd, Hamilton Township, NJ 08690

Village Counseling Services: (609)844-0452

22 Gordon Avenue, Lawrenceville, NJ 08648

<https://www.vcsnj.info/>

Adoption Specific Therapists

(List provided by New Jersey Adoption Resource Clearing House)

Hotlines

PerformCare NJ: (877) 652-7624

If your situation is not immediately life-threatening, contact PerformCare and follow the menu prompts provided for an urgent situation. We will ask you a series of questions to determine how we can help.

If we find that your child should be evaluated for hospitalization, we will refer you to a local screening center.

Mobile response stabilization services (MRSS)

PerformCare may authorize mobile response stabilization services (MRSS) to come your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home.

Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.

<https://www.performcarenj.org/pdf/careers/system-of-care-english.pdf>

<https://www.performcarenj.org/pdf/careers/system-of-care-spanish.pdf>

NJ Mental Health Cares: 1-866-202-HELP(4357)

https://www.njmentalhealthcares.org/wp-content/uploads/2013/07/Helpline_Flyer2.pdf

NJ MentalHealthCares is NJ's mental health information and referral service. NJ MentalHealthCares can help you learn about and find mental health services including: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more. NJ MentalHealthCares does not provide crisis intervention. If your situation is an emergency, call 911 immediately!

National Suicide Prevention: 1-800-273-8255

The Lifeline provides 24/7 free and confidential support for people during emergencies. The Lifeline also helps specific groups, such as youth, loss survivors, veterans, LGBTQ+, and more, cope with suicidal thoughts.

NJ Hopeline: 1-855-654-6735

The NJ Hopeline has specialists available 24/7 who offer counseling and support over the phone.

2nd Floor Youth Helpline: 1-888-222-2228 (call or text).

2NDFLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play.

<https://www.2ndfloor.org/>

Boys Town National Hotline for Kids, Teens & Young Adults : 800-448-3000, Text VOICE to 20121

Toll free support line available for kids, teens and young adults to talk at any time. Website offers bulletin board, success stories and tips for kids, teens and young adults dealing with challenging situations.

<https://www.yourlifeyourvoice.org/pages/home.aspx>

Domestic Violence Hotline: 800-572-SAFE available 24/7

<https://njcedv.org/>

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NJ Connect for Recovery: 855-652-3737

Free, confidential, non-judgmental call line supports those experiencing distress related to their own opiate use or that of a friend or family member. Sponsored by Mental Health Association of New Jersey.

<https://www.njconnectforrecovery.org/>

Parents Anonymous of New Jersey Family Helpline: 800-THE KIDS 24/7

Trained volunteers of Parents Anonymous offer information, referrals and crisis intervention to parents and families in need. Professionally facilitated self-help groups are available.

<http://paofnj.org/>

AIDS/HIV/STD Hotline - New Jersey: 800-624-2377

Free referrals, general information, counseling, testing locations, treatment info available 24 hrs.

<https://www.njhivstdline.org/>

Mom2mom: 877-914-6662

24 hour, 7 day a week helpline coordinated by UMDNJ-University Behavioral HealthCare features peer support, telephone assessments, a network of referral services and support groups for mothers of special needs children.

<https://mom2mom.us.com/>

Providers

Millhill Child & Family Development: 609-989-7333

101 Oakland Street, Trenton, NJ 08618

<https://www.millhillcenter.org/wp-content/uploads/Counseling-Brochure-May-1-Updated.pdf>

Located and housed at our new facility dedicated to behavioral health services at 802 Prospect Street, Millhill Counseling Services enhance life skills and encourage emotional development to maximize individual functioning, strengths, and resources. Our clinic is committed to high-quality, client-centered services that make a difference in the lives of youth and adults, and offers:

- Individual, family, and group counseling
- Psychiatric evaluations Medication monitoring
- Case management

Henry J. Austin Health Center: Behavioral Health and Social Services: 609-278-5900

Location of Behavioral Health and Social Services: Available at ALL Henry J. Austin Health Center sites and also available to everyone through telemedicine.

Children's Aid Society: Separation and Loss Program- Therapist - Nicole (609) 802-5213

Program of Assertive Community Treatment (PACT)

https://www.state.nj.us/humanservices/dmhas/resources/services/treatment/mental_health/PACT.pdf

Offers comprehensive, integrated rehabilitation, treatment and support services to individuals with serious and persistent mental illness, who have experienced repeated involuntary hospitalizations. PACT, provided in vivo by a multi-disciplinary service delivery team, offers highly individualized services, employ a low staff to consumer ratio, conduct the majority of their contacts in natural community settings and are available for psychiatric crises 24 hours a day/7 days a week. Service intensity is flexible and regularly adjusted to consumer needs and services are offered for an unlimited time period

Catholic Charities - Diocese of Trenton (609) 396-8787 & (609) 396-9777

47 North Clinton Avenue Trenton, NJ 08609

&

Catholic Charities - Diocese of Trenton (609) 394-5285

1340 Parkway Avenue Ewing, NJ 08628

Mind Your Mind: (609) 222-4902

2083 Klockner Road, Hamilton, NJ 08690

MindYourMindNJ@gmail.com

No two individuals who struggle with psychiatric disorders and behavioral issues will take the same exact path to recovery. Because of this, our experienced, multidisciplinary staff treats each client as a unique individual. Furthermore, we tailor our approaches to ensure individuals get the most comprehensive treatment possible. Our outpatient behavioral health services treat a myriad of issues, including: Depression and anxiety disorders, Child and adolescent behavioral disorders, Suicidal, homicidal, and aggressive behaviors, Various neurodevelopmental disorders

Children's Specialized Hospital: (609) 631-2800

3575 Quakerbridge Rd, Hamilton NJ

GenPsych: (855) 436-7792

Van Nest Office Park, 3836 Quakerbridge Rd, Hamilton NJ

GenPsych is a provider of top-quality outpatient psychiatric and substance abuse services dedicated to helping children, adults, and their families.

Jewish Family & Children's Service (JFCS): (877) 408-5327

707 Alexander Rd, Princeton NJ

Jewish Family & Children's Service of Greater Mercer County is a comprehensive, non-discriminatory social service agency providing affordable, accessible services to a diverse community in need.

Groups



PARENTS ANONYMOUS® PARENT SUPPORT GROUP LIST

127 Rt. 206 South, Suite 10
Trenton, NJ 08610
(609) 585-7666
(609) 585-7686 Fax
1-800-THE KIDS (843-5437)
www.pofnj.com

*Please note that group information changes monthly.

Consult the Website, call our Family Helpline or Office for the most accurate group information.

MERCER	Hamilton	Mercer County Family Support Organization 3535 Quakerbridge Road, Suite 400 Hamilton, NJ 08619 Wednesday, 10:00am – 12:00 pm	F: Evelyn Sanders (609) 586-1200 x226 F: Karen Kaplan PL: Mary F maryfedorchak@gmail.com
	NJ11150A		
	Hamilton	Mercer County Family Support Organization 3535 Quakerbridge Road, Suite 400 Hamilton, NJ 08619 Thursday, 6:00pm – 8:00pm	F: Laurie Townsend (609) 586-1200 x322 laurietownsend@mercerfso.org PL: Sheila H.
	NJ11225A		
	Hamilton	Mercer County Family Support Organization 3535 Quakerbridge Road, Suite 400 Hamilton, NJ 08610 Mondays, 10:00am – 12pm GRANDPARENTS GROUP	F: Laurie Townsend (609) 586-1200 x322 PL: Evelyn S. (609) 586-1200 x226
	NJ11244A		
	Trenton	Rowan Towers 620 West State Street Trenton, NJ 08619 Thursday, 10:00am – 12:00pm	F: Linda Lucas (609) 392-5613 Lindalucas600@yahoo.com PL: Vondolyn R.
	NJ11195A		
	Trenton	Children's Future Inc. 16 W. Front Street, Suite 220 Trenton, NJ 08608 Thursdays, 5:00pm – 7:00pm	F: Brenda Diaz (609) 695-1977 X126 bdiaz@childrensfutures.org PL: June G.
	NJ11247A		
	Trenton	Children's Future Inc. 16 W. Front Street, Suite 220 Trenton, NJ 08608 Tuesdays, 5:00pm – 7:00pm SPANISH SPEAKING	F: Brenda Diaz (609) 695-1977 X126 bdiaz@childrensfutures.org PL: June G.
	NJ11247A		
	Trenton	Connect 4 Success ZOOM GROUP Saturday, 8pm	F: Vena D. (609) 968-1070
	NJ11261A		
	Trenton	Kids Corner ZOOM GROUP Wednesday, 6:15pm – 7:15pm	F: Doreen F. (856) 404-8646 PL: Amira F.
	NJ11257A		

ONLINE GROUPS

ONLINE GROUP			
		TIME	CONTACT INFO
ALL OF NJ	NJ11106A	Wednesday, 8:00pm	www.pofnj.com
ALL OF NJ	NJ11107A	Thursday, 10:00am	www.pofnj.com

Online Group Chat: <http://paofnj.org/online-group-chat/>

The Parents Anonymous® On-line Group is available for any person in a parenting role who wants to strengthen their parenting skills, connect with other parents and participate in our evidence based weekly support group. The group adheres to the same principles as a traditional Parents Anonymous® Support Group, is facilitated by a trained Parents Anonymous® volunteer and meets for two hours each week.

The group will begin once the facilitator has entered the chat. The groups currently meeting on the

following days: Wednesday 8:00 pm & Thursday 10:00 am.

Partial Care

Oaks Integrated Care: Mercer Youth Partial Care: (609) 396-0800

1320 New Willow St., Trenton

Youth Partial Care (YPC) provides psycho-educational, therapeutic recreation, daily living skills, and individual psychiatric consultation to youth ages 7-18 in Mercer County.

Rutgers University Behavioral Health Care: Access Center at 1-800-969-5300

The Challenge Program - Central is a Child and Adolescent Partial Hospital Program for youth in need of structured psychiatric day treatment services. The program operates Monday through Friday between the hours of 8:00 a.m. - 4:30 p.m. on our Piscataway campus. Challenge - Central serves youth ages 6-17 who are experiencing serious emotional and behavioral problems which negatively affect their ability to function at home, at school or in the community.

Young people who are returning to the community after hospitalization or who are at risk for hospitalization due to psychiatric and behavioral health challenges are typical candidates for admission. The average length of stay is typically two weeks.

<https://ubhc.rutgers.edu/clinical/partial-hospitalization/child-and-adolescent-partial-hospital-piscataway.xml>

IOP Programs

Princeton House Behavioral Health - Hamilton Outpatient: 888-437-1610 & 609-688-2788

300 Clocktower Dr., Suite 101

Hamilton, NJ 08690

Recognized by The Association for Ambulatory Behavioral Health (AABH) as a top performer in patient satisfaction, our Hamilton site offers a full spectrum of outpatient services. Clinicians and staff work collaboratively to ensure the most effective plan of care for each patient and to embrace a compassionate, holistic approach. Recent program additions include an Adolescent Dialectical Behavior Therapy (DBT) Program, a Young Adult Program for patients age 18 to the mid-20s...

Treatment options include a partial hospital program (9:30 a.m. to 3:30 p.m. five days per week) and an intensive outpatient program (9:30 a.m. to 12:30 p.m. three days per week), along with an evening Adult Addiction Recovery Program and afterschool adolescent programs.

Mercer County Department of Human Services Resource Directory

<https://www.mercercounty.org/home/showpublisheddocument/14797/637623900792100000>

Community Resources:

Rise Community Services: (609) 443-4464

116 North Main St, Hightstown NJ

Rise is a center of social support in central New Jersey... We help families and individuals overcome obstacles and achieve their full potential by providing them with services and facilitating community partnerships.

Mercer County Hispanic Association (MECHA): (609) 578-4246

231 Bakers Basin Rd, Lawrence

A private non-profit organization established to ensure that adequate representation and services are provided to meet the needs of the Latino population in Mercer County.

Womanspace: (609) 394-0136

212 Stuyvesant Ave, Trenton NJ

Provides comprehensive services to individuals and families impacted by domestic and sexual violence.

Encouraging Kids Family Resource Center: (609) 848-1400

3150 Brunswick Pike, Suite 300, Lawrenceville, NJ 08648

Trauma-informed parenting classes, workshops, parent groups, playgroups, and special education advocacy. Afterschool and weekend recreation programs for special needs families. We also provide professional development with certificates on site and in the community.

<https://encouragingkids.org/about-us>

HomeFront: 609-989-9417

1880 Princeton Ave.

Lawrenceville, NJ 08648 – 4518

Housing Assistance: Everyone needs a safe, secure place to thrive– a place where you and your children can safely sleep. HomeFront can work with you if you have lost your home, need one-time help in a crisis or need help to find a safe place you can afford. We can help with back rent or security deposits.

Education, Training & Life Skills: HomeFront can help you finish high school and we can help improve skills that will lead to better employment opportunities. We can help you improve your literacy and math skills. A high school diploma is a minimum requirement for so many jobs. We

can help you get your GED (High School Equivalency Degree). We can also teach you special skills such as Microsoft Office, hospitality and customer service and get you industry-recognized certifications.

These programs are all provided at the Hofmann Career Center at HomeFront's Family Campus, 101 Celia Way, Ewing. We provide transportation, a healthy lunch and when space is available, childcare.

Food/grocery pantries: Families who have enrolled are welcome to visit once every 30 days to receive a bag of healthy food that will feed a family of four for one week. Diapers, baby wipes, baby formula, feminine hygiene and personal hygiene products are also available.

HomeFront clients are welcome to visit our food pantry once every 30 days and receive a week's worth of groceries that will feed a family of four.

Fran's Pantry – 1880 Princeton Avenue, Lawrenceville. Open Monday and Thursday from 11 a.m. to 2 p.m. and Tuesday between 3 p.m. and 6 p.m.

Lawrenceville Community Center Pantry – 295 Eggerts Crossing Road, Lawrenceville. Open the first and third Thursday of every month from 12-4 p.m.

FreeStore Pantry – 1000 Division Street, Trenton – Open 4- 6 p.m every 2nd and 4th Wednesday of each month.

<https://www.homefrontnj.org/>

Heritage North Family Success Center: 609-393-2980

1554 Princeton Avenue

Trenton, NJ 08638

Heritage South Family Success Center: 609-695-6274

635 S. Clinton Avenue

Trenton, NJ 08611

Family Success Centers are “one-stop” shops that provide wrap-around resources and supports for families before they find themselves in crisis. Family Success Centers offer primary child abuse prevention services to families and bring together concerned community residents, leaders, and community agencies to address the problems that threaten the safety and stability of families and the community. There is no cost to access services provided by Family Success Centers (FSCs).

Core services include: Access to information on child, maternal and family health services, economic self-sufficiency and job readiness, Information and referral services (connection to off-site public and private resources), Life skills training, Housing services, Parent education, Parent-child activities, Advocacy

Central Jersey Diaper Bank: 732-296-9922

222 Livingston Avenue

New Brunswick, NJ 08901

NAMI resources:

Children & Youth Resources

[NAMI NJ Recommended Books on Mental Health and Mental Illness for K-12](#)

GENERAL INFORMATION

[CHILDREN'S SYSTEM OF CARE](#)

www.state.nj.us/dcf/families/csc

Children's System of Care serves children and adolescents with emotional and behavioral health care challenges and their families. CSOC is committed to providing these services based on the needs of the child and family in a family-centered, community-based environment.

Toll-free Access Line: 1-877-652-7624 (24 hours a day, 7 days a week) – Services for children and teens under age 21 with emotional and behavioral health care challenges and their families.

[THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY \(AACAP\)](#)

www.aacap.org

The American Academy of Child and Adolescent Psychiatry (AACAP) is the leading national professional medical association dedicated to treating and improving the quality of life for children, adolescents, and families affected by these disorders. The AACAP developed Facts for Families to provide concise and up-to-date information on issues that affect children, teenagers, and their families.

[NEW JERSEY PSYCHIATRIC ASSOCIATION \(NJPA\)](#)

www.psychnj.org

The New Jersey Psychiatric Association is a professional organization of about 1,000 physicians qualified by training and experience in the treatment of mental illness. Founded in 1935, NJPA is a District Branch of the American Psychiatric Association and is the official voice of organized psychiatry in New Jersey. The Website has a physician locator.

P.O. Box 428

Bedminster, NJ 07921

Tel: 908-719-2222

Fax: 908-719-4747

Email: info@njpsychiatry.org

[CHILD MIND INSTITUTE](#)

www.childmind.org

Dedicated to transforming mental health care for children everywhere. The organization is committed to finding more effective treatments for childhood psychiatric and learning disorders, building the science of healthy brain development, and empowering children and their families with help, hope, and answers. The Child Mind Institute does not accept funding from the pharmaceutical industry.

[CHILDREN AND ADULTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER \(CHADD\)](#)

www.chadd.org

CHADD is a national non-profit, tax-exempt (Section 501(c)(3)) organization providing education, advocacy and support for individuals with ADHD. In addition to the informative website, CHADD also publishes a variety of printed materials to keep members and professionals current on research advances, medications, and treatments affecting individuals with ADHD. These materials include Attention magazine and a free electronically mailed informational newsletter, as well as other publications of specific interest to educators, professionals, adults with ADHD, and parents.

[THE AUTISM SOCIETY](#)

www.autism-society.org

ASA is the oldest and largest grassroots organization dedicated to autism in the world. Today, more than 100,000 members and supporters are connected through a working network of over 150 chapters nationwide. ASA is dedicated to increasing public awareness about autism and the day-to-day issues faced by individuals with autism, their families and the professionals with whom they interact.

For more information on autism or ASA, call 1 (800) 3AUTISM (328-8476)

[AUTISM SPEAKS](#)

www.autismspeaks.org

Autism Speaks was founded in February 2005 by Bob and Suzanne Wright, grandparents of a child with autism. Their longtime friend Bernie Marcus donated \$25 million to help financially launch the organization. Since then, Autism Speaks has grown into the world's leading autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. We are proud of what we've been able to accomplish and look forward to continued successes in the years ahead. Autism Response Team (ART) members are specially trained to connect families with information, resources and opportunities.

Call: (888) 288-4762

En Español: (888) 772-9050

Email: familyservices@autismspeaks.org

[Autism New Jersey](#)

[Home](#)

Autism New Jersey is a nonprofit agency committed to ensuring safe and fulfilling lives for individuals with autism, their families, and the professionals who support them. Through awareness, credible information, education, and public policy initiatives, Autism New Jersey leads the way to lifelong individualized services provided with skill and compassion. We recognize the autism community's many contributions to society and work to enhance their resilience, abilities, and quality of life.

[CHILD AND ADOLESCENT BIPOLAR FOUNDATION](#)

www.thebalancedmind.org

The Balanced Mind Foundation guides families raising children with mood disorders to the answers, support and stability they seek.

[NATIONAL EATING DISORDER ASSOCIATION \(NEDA\)](#)

www.nationaleatingdisorders.org

NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.

[THE LEARNING DISABILITIES ASSOCIATION OF NJ \(LDANJ\)](#)

www.ldanj.org

LDANJ, the state affiliate of [LDA of America \(LDAA\)](#), is a nonprofit organization of volunteers dedicated to providing information, support, and advocacy for children and adults with learning disabilities. Our members include individuals with learning disabilities, their families, and the professionals who serve them.

[ASPERGER'S](#)

<https://www.nationwidechildrens.org/conditions/aspergers-syndrome>

[The Asperger / Autism Network \(AANE\)](#)

The Asperger / Autism Network (AANE) works with individuals, families, and professionals to help people with Asperger Syndrome and similar autism spectrum profiles build meaningful, connected lives.

[CHILDREN'S MENTAL HEALTH – New Report/CDC](#)

www.cdc.gov/features/childrensmentalhealth

On May 16, 2013, a new CDC report was released that describes, for the first time, federal activities that track U.S. children's mental disorders. Find out about children's mental health and what we have learned.

[F.E.A.S.T. \(Families Empowered and Supporting Treatment of Eating Disorders\)](#)

www.Feast-ed.org

F.E.A.S.T. is an international organization of and for parents and caregivers to help loved ones recover from eating disorders by providing information and mutual support, promoting evidence-based treatment, and advocating for research and education to reduce the suffering associated with eating disorders.

[CENTER FOR PARENT INFORMATION AND RESOURCES](#)

Supporting the Parent Centers who serve families of children with disabilities

[WRIGHTSLAW](#)

www.wrightslaw.com

Parents, advocates, educators, and attorneys can find accurate, up-to-date information about special education law and advocacy tips

[SAY IT OUT LOUD](#)

www.nami.org/sayitoutloud

One in five teens lives with a mental health condition and yet more than half are not getting the help they need. Stigma remains a barrier to teens seeking help. Raising awareness by sharing information and starting conversations about mental health is key in reducing stigma and increasing the likelihood that teens will seek mental health care when they need it. NAMI created Say it Out Loud to get teens talking about mental health. Say it Out Loud gives adults the tools they need to hold conversations about mental health with teens.

[National Institute for People with Disabilities of NJ](#)

With an emphasis on providing opportunities for individuals to live as independently as possible, NIPD/NJ offers supervised and supportive residential programs in New Jersey. Currently, the agency operates 10 supervised group homes, 10 supervised apartment programs, and one supportive apartment in Bergen County. The agency is also a Support Coordination agency in Sussex, Hudson, Essex, Somerset, and Warren counties. Other NIPD/NJ programs include: In-home respite services ([DDD](#) and [DCF](#)); Coffee House program, which provides recreational and social activities for adults; and a skill-building and support program for adults to work on their social skills.

[NJ Center for Tourette Syndrome](#)

NJ Center for Tourette Syndrome & Associated Disorders, Inc. (NJCTS) provide programs and services to support families, public outreach and awareness campaigns, and education for schools and healthcare professionals in NJ. It also offers programs such as educational webinars, virtual support groups, the NJCTS Tim Howard Leadership Academy, and the NJCTS Family Retreat Weekend.

[SCCAT: Statewide Clinical Consultation and Training](#) [Statewide Clinical Consultation and Training \(SCCAT\)](#)

[2-1-1](#)

Every day they connect people to day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.

[Carrier Clinic](#)

This list of mental health and addiction recovery resources includes depression support groups in NJ and throughout the country, suicide prevention organizations and hotlines, national mental health informational hotlines, resources for families, parents, children, low-income households, and more.

[Care Plus NJ](#)

A non-profit organization, provides comprehensive, recovery-focused integrated primary and mental health care and substance abuse rehabilitation services. Their outpatient services are offered on a voluntary outpatient basis to adults and children at a total of 49 sites, including

three outpatient centers, ten residential facilities, offices at three local hospitals, and seven community offices, all conveniently located throughout Northern New Jersey.

[NJ Alliance of Family Support Organization](#)

New Jersey's Family Support Organizations are family-led, community-based, non-profit agencies whose mission is to provide support, advocacy, and education to families and caregivers of children with emotional, behavioral and mental health needs. The Alliance supports the Family Support Organizations through training, technical assistance, policy development, identification of best practices, data collection and resource development.

[NJ Mental Health Cares](#)

The Mental Health Association in New Jersey's NJMentalHealthCares Helpline offers free, anonymous online mental health screenings in cooperation with Mental Health America. Self-assessments are available for depression, anxiety, substance abuse, PTSD and bipolar disorder, as well as screens for youth and parents.

[Mercer Resource Net](#)

Additional websites for children and families with behavioral and mental health in Mercer county

[PerformCare](#)

PerformCare partners with the New Jersey Children's System of Care (CSOC) to coordinate the care of your child. We are committed to helping children with behavioral, mental health, or emotional challenges gain access to the services they need. Parents, family members, school employees, mental health providers and other professionals helping children and families can contact PerformCare on behalf of a youth in need of a referral. The parent or legal guardian of the child must still give consent for the child to receive services.

[North Jersey Friendship House](#)

The role of North Jersey Friendship House is to assist persons with disabilities on their path to wellness and recovery with the goal of improving their overall quality of life.

[Middlesex County Association of Psychologists](#)

Additional websites for children and families for issues they may be going through

PARENT RESOURCES

[NAMI BASICS & NAMI BASICS ON DEMAND](#)

NAMI Basics is a NAMI signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years. All instruction and course materials are free to class participants.

[ROBERT WOOD JOHNSON UNIVERSITY HOSPITAL](#)

[www.rwjuh.edu/health information/adult mentalhealth teenhub.html](http://www.rwjuh.edu/health_information/adult_mentalhealth_teenhub.html)

Comprehensive list of mental health disorders in children and teens.

[FAMILY SUPPORT ORGANIZATIONS \(FSO\)](#)

www.state.nj.us/dcf/families/support/support

Family Support Organizations (FSO's) are family-run, county-based organizations that provide direct family-to-family peer support, education, advocacy and other services to family members of children with emotional and behavioral problems. To access services, you may call these organizations directly or call 1-877- 652-7624.

[STATEWIDE PARENT ADVOCACY NETWORK \(SPAN\)](#)

[Home](#)

The Statewide Parent Advocacy Network of New Jersey (SPAN) is a chapter of the Federation of Families for Children's Mental Health (FFCMH). SPAN is a member of the New Jersey Alliance of Family Support Organizations (NJAFSO), the New Jersey State Organization for the FFCMH and the SAMHSA-funded Statewide Family Network for New Jersey. SPAN collaborates with NJFASO and county Family Support Organizations in providing information, training, technical assistance and support to families of children with behavioral, emotional, and mental health challenges.

1-800-654-SPAN (7726)

[MOM 2 MOM](#)

www.mom2mom.us.com

A 24 hour, 7 day a week helpline coordinated by Rutgers-University Behavioral HealthCare. The helpline features peer support, telephone assessments, a network of referral services and support groups.

1-877-914-6662 (1-877-914-MOM2)

[THE BALANCED MIND](#)

www.thebalancedmind.org

A project of Depression and Bipolar Support Alliance (DBSA)

[CHILDREN WITH PTSD](#)

<https://kidshealth.org/en/parents/ptsd.html>

[FEDERATION FOR FAMILIES FOR CHILDREN'S MENTAL HEALTH](#)

www.ffcmh.org

A national family-run organization that assists children/adolescents with mental health needs. It offers training programs for family members.

[FAMILIES FOR DEPRESSION AWARENESS](#)

familyaware.org

Helps families recognize and cope with depressive disorders to get people well and prevent suicides.

FEDERAL GUIDE TO HELP PARENTS MAKE SAFE CHOICES WHEN CHOOSING A RESIDENTIAL TREATMENT PROGRAM FOR THEIR CHILDREN

www.consumer.ftc.gov/articles/0185-residential-treatment-programs-teens

The Federal Trade Commission (FTC) has released the first-ever federal consumer guide to assist parents in choosing a safe residential treatment program for their children. The guide was issued as part of FTC's investigation into the deceptive marketing practices of some residential treatment programs, which was requested by Rep. George Miller (D-CA).

SIBLING SUPPORT PROJECT

www.siblingsupport.org

A national effort dedicated to the life-long concerns of brothers and sisters of people who have special health, developmental, or mental health concerns. Community-based peer support programs for young siblings; hosting workshops, listservs, and websites for young and adult siblings; and increasing parents' and providers' awareness of siblings' unique, lifelong, and ever-changing concerns through workshops, websites, and written materials. [SibNet](#) is the Internet's first and largest groups for adult brothers and sisters of people with special health, developmental, and emotional needs.

REACTIVE ATTACHMENT DISORDER:

www.attach.org

THE CLAY CENTER FOR YOUNG HEALTHY MINDS

[Clay Center for Young Healthy Minds | Massachusetts General Hospital](#)

Founded in 2013, The Clay Center for Young Healthy Minds at Massachusetts General Hospital is built on the belief that knowledge is power. To that end, The Clay Center aims to be a reliable and trusted source of information on how to understand and support the mental health and learning needs of young people, prevent hardships and develop coping strategies for those at risk of emotional distress. Its primary goals are to:

- 1.Enhance resilience, a person's ability to maintain personal and social stability despite adversity.
- 2.Increase awareness of mental health and learning challenges and available treatments among parents, and those who work directly with young people.
- 3.Provide guidance around self-care, and when to seek help from a professional.

Society for Adolescent Health and Medicine

Mental health resources for parents of adolescents and young adults

MentalHealth.gov

A list for parents and caregivers to know the warning signs/behaviors and what to look out for and how to support your child.

State of New Jersey Department of Education

The New Jersey Department of Education supports schools, educators and districts to ensure all of New Jersey's 1.4 million students have equitable access to high quality education and achieve academic excellence.

[Children's Specialized Hospital](#)

A list of local resources for parents and caretakers of children with Autism

[Family Support Organization](#)

The vision was designed to create a system of care that focused on family strengths and community resources. A system of care is a coordinated network of community-based services and supports that are organized to meet the challenges of children and youth with complex behavioral, emotional and mental health needs. Families and youth work in partnership with public and private organizations to design an individualized plan that is effective and that builds on the strengths of individuals to address each person's cultural and linguistic needs. The system of care assists youth and families work better to remain in their home, school, and own community.

[The New Jersey Department of Human Services](#)

The New Jersey Department of Human Services (DHS) provides services for families and individuals to ensure their well being, health and development, and self-sufficiency. These include health care, services for individuals with disabilities and mental illness, counseling and assistance, child care, and other supportive services for working families and individuals.

[Kids Guide](#)

The Kids Guide is New Jersey's only guidebook created especially for kids, teen and families. Kids' Guide NJ is designed to inform and remind residents and visitors of New Jersey's wealth of cultural, recreational and educational opportunities and to promote the many businesses and services dedicated to children, teens and families.

[Atlantic Cape Family Support Organization](#)

The mission is to provide direct, community based, peer to peer support to parents or caregivers that have children with emotional, behavioral, developmental, substance abuse and/or mental health challenges that are enrolled in the Children's System of Care; to organize community awareness and resources for families; and to work collaboratively as a system partner in planning, organizing, delivering, and coordinating needed and appropriate care to individual children and families.

[Caring Counselors Inc.](#)

Caring Counselors Inc. is a collective of dedicated professionals committed to providing quality services to children, families and individuals. Many of their clinicians have worked in a variety of settings such as outpatient services, hospitals, schools, residential treatment facilities, group homes, and in-home services. Their consultants have extensive experience helping people with a myriad of mental health, emotional, and behavioral issues.

[State of New Jersey Parent Link](#)

Additional resources for parents with behavioral and mental health issues

[THE STATEWIDE PARENT ADVOCACY NETWORK](#)

Their mission is to empower and support families and inform and involve professionals interested in the healthy development and education of children and youth. Their focus is on the whole child and family, including education, health and mental health, human services, child care and early childhood development, and child welfare/prevention.

CHILDREN/YOUTH RESOURCES

[2NDFLOOR: Youth Helpline of New Jersey](#)

www.2ndfloor.org

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face and we are available 24/7 365 days a year.

[EVERY MIND MATTERS](#)

"Every Mind Matters" (EMM) is a mental illness education program of NAMI New Jersey targeted to children in Grades 5-9. This program is designed to teach children the importance of taking care of their mental health, as well as their physical health. EMM explains the meaning of stigma and how we can stamp out stigma related to persons with disabilities. The program also teaches about famous people who have made great contributions to our society, despite their disabilities.

[BRIGHT FUTURES FOR KIDS](#)

A free support and education group for children ages 4-12.

[NJ HOTLINES FOR KIDS](#)

List of hotlines and info lines for children and their parents.

[NAMI ON CAMPUS](#)

Provides information and resources to students living with mental health conditions.

[STRENGTH OF US](#)

www.strengthofus.org

An online community developed by NAMI and young adults that offers opportunities for connection and support.

[Proud2BMe](#)

www.Proud2Bme.org

Proud2BMe is an online community created by and for teens. We cover everything from fashion and beauty to news, culture, and entertainment—all with the goal of promoting positive body image and encouraging healthy attitudes about food and weight.

[OK2TALK](#)

ok2talk.org

Creates a community for teens and young adults struggling with mental health problems and encourages them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

[ULIFELINE](#)

www.ulifeline.org

An online resource center for college student mental health and emotional well-being.

[First Children's Services](#)

First Children's Services is a combination of three organizations: First Children, LLC; First Children Learning Services, LLC; Regional Enrichment and Learning Center, LLC. Born out of a common mission to achieve Life Changing Outcomes for Exceptional Kids the three companies provide a wide range of home, school and clinic based services to children and their families throughout New Jersey.

[Bergen ResourceNet](#)

BergenResourceNet is an on-line directory of Bergen County's many valuable resources. It is for all community members to use as a way to locate local resources (events, programs, webinars, services, professional development, industry news) geared toward family wellbeing. They provide a wide range of information about support, resources, and services for families in Bergen County, New Jersey.

[Challenge Central – Child and Adolescent Partial Hospitalization Program at Rutgers University Behavioral Health Care](#)

Challenge Central is UBHC's Child and Adolescent Partial Hospitalization Program in Piscataway, an intensive treatment program for youth who require and can benefit from structured psychiatric day services. The program is available Monday to Friday, 8 am – 3:30 pm and currently serves youth ages 12-17 who are experiencing emotional and behavioral challenges which negatively affect the young person's ability to function at home, at school or in the community and meet criteria for medical necessity. Transportation can be provided by arrangement within 10 mile radius. For referrals call them at 732-235-3479. [Download brochure](#)

PROFESSIONAL/EDUCATOR RESOURCES

[EDUCATING THE EDUCATORS](#)

Educating the Educators (ETE) is a program developed by NAMI New Jersey to enlighten/inform educators about mental illness and present practical tools to help motivate children with social and emotional disorders. Most children with these disorders are bright and creative. Many are gifted with extraordinary talents waiting to be explored. But they are often hindered by the exhaustion of the constant struggle to cope with the effects of their disorder.

[COUNCIL FOR EXCEPTIONAL CHILDREN](#)

www.cec.sped.org

This site features information on IDEA, has an information center on disabilities and gifted education, and resources for professional development.

ParentsMedGuide

www.parentsmedguide.org

This site includes fact sheets on the use of medications for treating depression in children and adolescents, advice on treatment plans, and advocacy tips. Also features a guide, "PhysiciansMedGuide," for general practitioners on the use of medications for depression.

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