

Perth Amboy Community Resources Guide

Crisis Evaluation

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| Raritan Bay Crisis Unit (530 New Brunswick Ave., Perth Amboy) | 24 hours psychiatric screening (also is the agency that will make referrals to UMDNJ psychiatric inpatient programs) | 732-324-5289 | Medicaid & private insurance |
| Rutgers University Behavioral Health Care (671 Hoes Lane West, Piscataway NJ) | Crisis Evaluation & Treatment; Serves youth who are experiencing moderate to severe emotional problems | 1-855-515-5700 | Medicaid & private insurance |

Counseling & Mental Health Services

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| Passion Care Center (187 Fayette St., Perth Amboy) | Bi-lingual Adolescent & Adult Treatment Center Drug & Alcohol Screenings Outpatient Programs Individual/group/family therapy Partial or Daily Programs English & Spanish | 732-410-7102 | |
| Catholic Charities (271 Smith St., Perth Amboy) <i>**on-site services**</i> | Adolescent Counseling Individual, group, substance abuse Partial Care Program (Ages 9-17) | 732-324-8200 | Sliding scale, Third Party Insurance & Medicaid |
| Perform Care & Mobile Response <i>**in-home services**</i> | Deliver services in the home or school when child is exhibiting escalating behavior- 24 hours Counseling services | 877-652-7624 | Can be used with or without insurance |
| Raritan Bay Mental Health Center (George Otlowski Center) (570 Lee St., Perth Amboy) <i>*Telehealth only (as of 10/27)*</i> | Counseling Services ages 5+ Individual, group, couple, family counseling Medication management | 732-442-1666 x2089 | Sliding scale, Third Party Insurance & Medicaid |
| Teen Support Program, Catholic Charities (East Brunswick) | <i>Adolescent Outpatient Substance Abuse Program, Random Drug Screenings, Ages 14-18</i> | 800-655-9491 | Medicaid, Medicare, Self-Pay & private insurance, sliding scale for uninsured |
| First Step Counseling (15 Calvin Place, Metuchen, Nj 08840) | Counseling Services | 732-594-0401 | Self-Pay & private insurance |
| Rutgers University Behavioral Health Care (100 Metroplex Dr., Edison) (303 George St., New Brunswick) (4326 US Highway 1 North, Monmouth Junction) (183 South Orange Ave, Newark) | Children and Adolescent Outpatient Services (ages 4-17) Medication Management Individual/ Family therapy Case Management Psychiatric Evaluations English, Spanish, Portuguese | 800-969-5300 | Can be used without insurance, with medicaid/medicare, or with private insurance |
| Gaming Approaches Toward Education 1036 Amboy Ave., Edison | Counseling Services (Ages 6-Adult) Individual therapy, group therapy, gaming therapy, parent support groups | 732-587-5339 | Can be used with private insurance, sliding scale for uninsured. Does not take Medicare/Medicaid |
| Metromind 365 Convery Blvd, Perth Amboy | 24/7 helpline, walk in consultations, rapid evaluations, treatment planning, therapy sessions, aftercare programs, medication management, neuropsychological & psychoeducational testing (ages 16+) | 973-412-3001 | |

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Partial Hospital/Day Programs

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| <p>GenPsych 1030 St. Georges Ave. Suite 301 Avenel NJ 07001</p> | <p>Adolescent Programming 13+ (8+ at alternate locations) for teens with a variety of mental health symptoms</p> <p>Group and individual counseling Medication management</p> <p>Partial Hospitalization, Intensive outpatient Program</p> | <p>855-436-7792</p> | <p>Medicaid, private insurance</p> |
| <p>For Keeps, St. Peter's University Hospital (123 How Lane, New Brunswick)</p> | <p>Short-term program for children ages 5 -17 who suffer from emotional and behavioral difficulties. **services for english speaking youth only</p> | <p>732-565-5494</p> | <p>Medicaid is accepted & transportation provided</p> |
| <p>High Focus Centers (16 Commerce Drive, Cranford)</p> | <p>Outpatient Substance Abuse & Psychiatric Treatment Programs</p> | <p>Office: 908-272-2474</p> | <p>Private insurance & transportation provided</p> |
| <p>Youth Partial Care (Catholic Charities) (26 Safran Ave., Edison, NJ)</p> | <p>Group counseling for serious emotional, behavioral, and/or psychiatric challenges, ages 9-17</p> <p>Transportation provided</p> | <p>732-738-1323</p> | <p>Accepts private insurance, medicaid, medicare, sliding scale</p> |
| <p>Princeton House Behavioral Health (1460 Livingston Ave, North Brunswick)</p> | <p><u>Children's Program (ages 6-12)</u> self control, depression, aggression, self destructive behavior, emotional and behavioral challenges</p> <p>Partial Hospitalization, Intensive Outpatient Program</p> | <p>Admissions 888-437-1610</p> | <p>Third Party Insurance & Medicaid, transportation provided</p> |
| <p>In Person (Grades 5-12- Hamilton, Moorestown, North Brunswick)</p> | <p><u>Adolescent Program (13-18)</u> emotional and behavioral challenges, addiction, specialized program for emotional eating</p> <p>Intensive outpatient program, partial hospitalization</p> | <p>Admissions 888-437-1610</p> | <p>Third Party Insurance & Medicaid, transportation provided</p> |
| <p>Princeton House Behavioral Health: Center for Eating Disorders (1460 Livingston Ave, North Brunswick)</p> | <p>Intensive inpatient treatment (Ages 8+) individuals suffering from anorexia, bulimia, other eating disorders</p> | <p>609-853-7575</p> | <p>Third Party Insurance & Medicaid,</p> |
| <p>Summit Oaks Hospital (19 Prospect St., Summit)</p> | <p>Inpatient Child & Adolescent Psychiatric Program for mental health & substance abuse, ages 5-17</p> | <p>800-753-5223</p> | |
| <p>Civil Justice Corps. (701 Chamberlain Ave., Perth Amboy)</p> | <p>GED & job skills preparation program for youth ages 16-24 not in school or working; bi-monthly stipend.</p> | <p>732-376-0500</p> | |

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Medical Services & Testing and Social Services

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| Family Assistance Center, JRF (149 Kearny Ave., Perth Amboy) | Rent/Mortgage Assistance; Food Assistance; Utility Assistance | 732-324-2180 | |
| Jewish Renaissance Medical Center (275 Hobart St., Perth Amboy) | Adult & family medicine, obstetrics and gynecology, dentistry, <i>drug & alcohol urine testing</i> | 732-376-9333 | Sliding scale, Third Party Insurance & Medicaid |
| Middlesex County Board of Social Services (New Brunswick) | Medicaid, cash assistance family (TANF), food stamps, etc. | 732-745-3500 | |
| Planned Parenthood (450 Market St., Perth Amboy) | Reproductive health services | 732-442-4499 | |
| AFC Urgent Care (1107 Convery Blvd., Perth Amboy) | Adult & family medicine <i>drug & alcohol urine testing</i> | 732-896-9962 | Free for students required to get a medical exam & drug screening |

Family & Mentoring Services

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| Big Brothers Big Sisters | One-to-one, positive mentoring relationships with a caring adult | 732-544-2224 | |
| Bright Avenue Teen Center (56 Brighton Ave, Perth Amboy) | Mentoring Program, Youth Alliance, recreation activities, personal development workshops & special trips | (732) 826-1690 ext. 4359 | |
| Women Aware, Inc. | Services for Battered Women & their children | 732-249-4504 (24 Hour Hotline) | |
| YMCA Families Fit Together (357 New Brunswick Ave., Perth Amboy) | Middle School & High School students counseling, case mgmt., & mentoring | 732-442-3632 ext. 6508 | |

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24/7 Hotlines & Tools

988 Suicide & Crisis Lifeline: The 988 Lifeline provides 24/7, free, and confidential support to people in distress – you don't need to be suicidal to reach out. Call or text 988 to be connected with a crisis counselor. Crisis counselors who speak Spanish are available by calling 988 and pressing 2.

Crisis Text Line: Text HELLO to 741-741 to be connected with a crisis counselor who will help you get through your big emotions.

NJ Peer Recovery Warmline: This line offers a peer counseling service, providing ongoing telephone support to behavioral health consumers as they work toward their recovery. (Messages received during off-hours are returned the next business day.) Call 1-877-292-5588 Mon-Fri (8AM-10 PM), Sat-Sun (5pm-10pm).

BlackLine: BlackLine provides a space for peer support and counseling, while witnessing and affirming the lived experiences of folk who are most impacted by systematic oppression with an LGBTQ+ Black femme lens. Call 1-800-604- 5841.

Caregiver Help Desk: Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8 a.m. – 7 p.m. EST.

Childhelp National Child Abuse Hotline: If you or a child you know is being hurt or doesn't feel safe at home, you can call or text 1-800-4-ACHILD (1-800-422-4453) or start an online chat at childhelp.org to reach a crisis counselor. They can help you figure out next steps to work through what is happening and stay safe.

Disaster Distress Helpline: A crisis line that individuals can contact when natural or man-made traumatic events occur, such as floods, earthquakes, and terrorist acts. The Helpline will provide information, support, and counseling. Call 1-800-985-5990.

Domestic Violence Hotline: If you're experiencing domestic violence, looking for resources or information, or are questioning unhealthy aspects of your relationship, call 1-800-799-7233, 24/7, or go to thehotline.org to virtually chat with an advocate.

Mom2Mom Helpline: Free peer support service for mothers of children with special needs. Provides peer counseling, crisis support, and explain resources based on your need. Call 1-877-914-MOM2 (1-877-914-6662).

NAMI Helpline: A free, nationwide peer support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public. Call 1-800-950-NAMI (6264), weekdays from 10 a.m. - 10 p.m. EST.

StrongHearts Native Helpline: Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. - 10 p.m. CST.

The Trevor Project: The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ youth. Trained counselors are available 24/7 to youth in crisis, feeling suicidal, or in need of a safe, judgment-free person to talk to. Call 1-866-488-7386, text START to 678-678, or start an online chat at thetrevorproject.org/get-help.

Trans Lifeline: Dial 877-565-8860 for U.S. support and 877-330-6366 in Canada. Trans Lifeline's hotline is a peer support service run by trans people, for trans and questioning callers.

Veterans Crisis Line: Veterans Crisis Line connects veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Open 24/7, call 1-800-273-8255.