



# BERGEN County DEPARTMENT OF HEALTH SERVICES

DIVISION OF MENTAL HEALTH & ADDICTION SERVICES

## Community Mental Wellbeing Resources

Finding information and figuring out where to start can be difficult. The Bergen County Division of Mental Health & Addiction Services is here to listen, provide resources and assist you in making connections.

If you are looking for individual or group therapy, a psychiatric evaluation or medication for a mental health condition, specialized day programming, vocational readiness, county funded community mental health centers are a great resource. They offer a wide range of services for youth and adults and have staff that can professionally assess your needs and make sure you are connected to the appropriate service. The centers receive grant funding, accept Medicaid, Medicare, and private insurance, and offer sliding scale fees based on ability to pay.

### West Bergen Mental Healthcare

Locations: Ridgewood & Ramsey

☎ 201-688-7098

[www.westbergen.org](http://www.westbergen.org)

### Care Plus NJ, Inc.

Locations: Paramus, Fair Lawn &

Hasbrouck Heights

☎ 201-986-5000

[www.careplusnj.org](http://www.careplusnj.org)

### Vantage Health System

Locations: Dumont & Englewood

☎ 201-567-0059

[www.vantagenj.org](http://www.vantagenj.org)

### CBH Care

Locations: Hackensack,

Lyndhurst & Westwood

☎ 201-646-0333

[www.cbhcare.com](http://www.cbhcare.com)

## In an Emergency

If you, a friend, or a family member are experiencing the signs or symptoms of a mental illness and feel you are in crisis or in danger of hurting themselves or others:

- **Call 201-262-HELP (4357)** - Crisis counselors are available 24/7 to guide you through the next steps of getting help. **If you feel you or your loved one are in imminent danger of hurting themselves or others call 911.**
- **Emergent services for youth (up to age 20.8)** with emotional, behavioral, developmental and substance use related health challenges are accessed through **PerformCare 24 hours a day, 7 days a week at: 1-877-652-7624.**

## Additional Local Resources

### ● **Bergen New Bridge Medical Center**

Inpatient and outpatient services for adults and children.

**Location:** Paramus

☎ 1-800-730-2762

[www.newbridgehealth.org](http://www.newbridgehealth.org)

### ● **Bergen County Division of Family Guidance**

Psychiatric evaluation and counseling for children and families.

**Location:** Hackensack

☎ 201-336-7360

### ● **Friendship House**

Day programming and vocational focused programs.

**Location:** Hackensack

☎ 201-488-2121

[www.njfriendshiphouse.org](http://www.njfriendshiphouse.org)

### ● **Advance Housing**

Supportive housing, case management & counseling.

**Location:** Teterboro

☎ 201-498-9140

[www.advancehousing.org](http://www.advancehousing.org)

### **Collaborative Support Programs of NJ Bergen County Community Wellness Center**

Social, advocacy, and peer support center for adults.

**Location:** Hackensack

☎ 201-489-8402

[www.cspnj.org](http://www.cspnj.org)

### **Family Support Organization of Bergen County**

Support, education & advocacy for caretakers of children with emotional, behavioral, developmental, or substance use challenges.

**Locations:** Fair Lawn

☎ 201-796-6209

[www.fsobergen.org](http://www.fsobergen.org)

## Education, Social, Peer & Family Resources

### **Intensive Family Support Services (a program of CBH Care)**

For families with adult members receiving mental health services.

☎ 201-646-0333

### **National Alliance on Mental Illness (NAMI) Greater Bergen**

Family support, education, and advocacy.

☎ 201-935-6264

[www.namigreaterbergen.org](http://www.namigreaterbergen.org)

## Advocacy, Information and Referral Resources

In addition to all the above organizations which can provide advocacy, information and/or referral information, you can also contact us at:

● **Bergen County Division of Mental Health & Addiction Services** • 201-634-2750

● **Bergen County Mental Health Law Project** • 201-634-2761

Free legal services to eligible clients involved in civil matters.

**Visit [bergenhealth.org](http://bergenhealth.org) or [healthybergen.org/mhresources](http://healthybergen.org/mhresources)  
for more information about community resources.**

**National Suicide Prevention Lifeline** • 1-800-273-TALK (8255) or text HOME to 741741

**Red Nacional de Prevencion del Suicidio** • 1-888-628-9454

**NJ Youth Helpline (2nd Floor)** • (call or text) 1-888-222-2228