



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

Care Plus NJ, Inc.

Locations: Paramus, Fair Lawn &

Hasbrouck Heights

☎ 201-986-5000

www.careplusnj.org

Vantage Health System

Locations: Dumont & Englewood

☎ 201-567-0059

www.vantagenj.org

CBH Care

Locations: Hackensack,

Lyndhurst & Westwood

☎ 201-646-0333

www.cbhcare.org

Urgent Care Center: 201-957-1800

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 911** if you feel you or your loved one are in imminent danger of hurting themselves or others and need an emergency responder.
- **National Suicide and Crisis Hotline:** 988 (call or text)
- **Call 201-262-HELP (4357):** Crisis counselors are available 24/7 to guide you through the next steps of getting help.
- **Emergent services for youth (up to age 20.8)** with emotional, behavioral, developmental and substance use related health challenges: **PerformCare 24/7 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

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

Advance Housing

Supportive housing, case management & counseling.

Location: Paramus

☎ 201-498-9140

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

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

Education, Social, Peer & Family Resources

Intensive Family Support Services (a program of CBH Care)

Free for families with adult members receiving mental health services.

☎ 201-296-6011

National Alliance on Mental Illness (NAMI) Greater Bergen

Family support, education, and advocacy.

☎ 201-935-6264

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

www.co.bergen.nj.us

Visit www.co.bergen.nj.us/departments-and-services/about-health-services

for more information about community resources, including suicide prevention.

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

Free legal services to eligible clients involved in civil matters.



National Suicide Prevention Lifeline • 988 (call or text)

www.988lifeline.org

Red Nacional de Prevention del Suicidio • 1-888-628-9454



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

Scan link to download the 2nd Floor app.