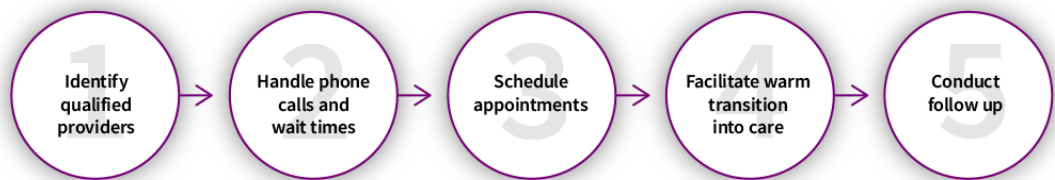


Mental Health Resources/ Recursos de salud mental

- **New Jersey Department of Education suicide prevention information.**
 - **Información sobre la prevención del suicidio del Departamento de Educación de Nueva Jersey.**
 - <https://www.state.nj.us/education/students/safety/behavior/suicide/>
- **PerformCare**
 - 877-652-7624
 - <https://www.performcarenj.org/index.aspx>
 - PerformCare is the single point of access to a wide array of behavioral health, intellectual, and developmental disability services as well as substance use treatment for youth and families throughout New Jersey.
 - PerformCare es el único punto de acceso a una amplia gama de servicios de salud conductual, intelectuales y para discapacidades del desarrollo, así como tratamiento por abuso de sustancias para jóvenes y familias en todo Nueva Jersey.
- **2nd Floor NJ Youth Helpline**
 - Call or text 1-888-222-2228
 - If you are between the ages of 10 and 24, live in New Jersey, and need to talk about an issue or problem that you are facing.
 - Si tiene entre 10 y 24 años, vive en Nueva Jersey y necesita hablar sobre un problema o problema al que se enfrenta.
- **Care for your Coronavirus Anxiety**
 - <https://www.virusanxiety.com/>
 - Resources for anxiety and your mental health in a global climate of uncertainty, including information for parents, free guided meditations, and support.
 - Recursos para la ansiedad y su salud mental en un clima global de incertidumbre, que incluyen información para padres, meditaciones guiadas gratuitas y apoyo.
- **Crisis Text Line**
 - <https://www.crisistextline.org/>
 - Text 741741 to talk with a crisis counselor at Crisis Text Line—it's free, confidential, and available all hours.
 - Envíe un mensaje de texto al 741741 para hablar con un consejero de crisis en Crisis Text Line; es gratis, confidencial y está disponible todas las horas.
- **National Suicide Prevention Lifeline**
 - Hours: Available 24 hours. Languages: English, Spanish.
 - 800-273-8255

- **Access Link**
 - Provides transportation for students and adults who meet ADA eligibility and are unable to use public transportation independently.
 - Proporciona transporte para estudiantes y adultos que cumplen con los requisitos de la ADA y no pueden usar el transporte público de forma independiente
 - http://www.njtransit.com/tm/tm_servlet.srv?hdnPageAction=AccessLinkTo
- **NJ 211**
 - <https://www.nj211.org>
 - Whether struggling with a personal challenge or recovering from a natural disaster, **NJ 211** provides connections to services that often mean the difference between hope and despair. 24/7/365 Available anytime and everywhere in New Jersey. This resource line helps with lots of resources and also Mental Health tools.
 - Ya sea que esté luchando con un desafío personal o recuperándose de un desastre natural, NJ 211 brinda conexiones a servicios que a menudo marcan la diferencia entre la esperanza y la desesperación. 24/7/365 Disponible en cualquier momento y en cualquier lugar en Nueva Jersey. Esta línea de recursos ayuda con muchos recursos y también herramientas de salud mental.
- **Care Solace**
 - The Care Team has expert experience in navigating barriers to accessing mental health care, and is available to serve students, staff, and their families 24 hours a day, 7 days per week in any language.
 - El equipo de atención tiene experiencia experta en superar las barreras para acceder a la atención de salud mental y está disponible para atender a los estudiantes, el personal y sus familias las 24 horas del día, los 7 días de la semana en cualquier idioma.



YOUTH & FAMILY SUPPORT SERVICES/SERVICIOS DE APOYO PARA JÓVENES Y FAMILIAS

- **Charity Care**
 - 856-582-2638
 - NJ Charity Care is free or reduced charge care which is provided to patients who receive inpatient and outpatient services at acute care hospitals throughout the state of New Jersey. Charity Care is available only for emergent or medically necessary hospital care.
 - NJ Charity Care es atención gratuita o con cargo reducido que se brinda a los pacientes que reciben servicios para pacientes hospitalizados y ambulatorios en hospitales de cuidados intensivos en todo el estado de Nueva Jersey. La atención de caridad está disponible solo para atención hospitalaria de emergencia o médicamente necesaria
- **DCP&P Hotline**
 - 1-877-652-2873
 - Child Protection and Permanency is New Jersey's child protection and child welfare agency within the New Jersey Department of Children and Families. Its mission is to assist all New Jersey residents to be safe, healthy, and connected. CP&P is responsible for investigating allegations of child abuse and neglect and, if necessary, arranging for the child's protection and the family's treatment.
 - Child Protection and Permanency es la agencia de protección y bienestar infantil de Nueva Jersey dentro del Departamento de Niños y Familias de Nueva Jersey. Su misión es ayudar a todos los residentes de Nueva Jersey a estar seguros, saludables y conectados. CP&P es responsable de investigar las denuncias de abuso y negligencia infantil y, si es necesario, hacer arreglos para la protección del niño y el tratamiento de la familia.
- **Big Brothers and Sisters**
 - 856-616-2340 www.bbbsnj.org

- VISION: All youth achieve their full potential. MISSION: Create and support one-to-one mentoring relationships that ignite the power and promise of youth. ACCOUNTABILITY: by partnering with parents/guardians, volunteers and others in the community we are accountable for each child in our program achieving: 1. Higher aspirations, greater confidence, and better relationships, 2. Avoidance of risky behaviors, and 3. Educational success.
- VISIÓN: Todos los jóvenes alcanzan su máximo potencial. MISIÓN: Crear y apoyar relaciones de tutoría uno a uno que enciendan el poder y la promesa de la juventud. RESPONSABILIDAD: al asociarnos con padres / tutores, voluntarios y otros en la comunidad, somos responsables de que cada niño en nuestro programa alcance: 1. Aspiraciones más altas, mayor confianza y mejores relaciones, 2. Evitación de conductas de riesgo, y 3. Éxito educativo .
- **Youth Advocate Program**
 - 856-848-0165
 - Youth Advocate Programs, Inc. (YAP), a proven, cost-effective alternative to prisons, group foster care, behavioral health, and other residential placements for youth and vulnerable adults.
 - Youth Advocate Programs, Inc. (YAP), una alternativa rentable y comprobada a las prisiones, el cuidado de crianza en grupo, la salud del comportamiento y otras ubicaciones residenciales para jóvenes y adultos vulnerables.
- **American Red Cross**
 - 856-365-7100
 - The American National Red Cross, is a non-profit humanitarian organization that provides emergency assistance, disaster relief, and disaster preparedness education.
 - La Cruz Roja Nacional Estadounidense es una organización humanitaria sin fines de lucro que brinda asistencia de emergencia, socorro en casos de desastre y educación sobre preparación para desastres.

ANXIETY/ANSIEDAD

- **Child and Adolescent (OCD, Tic, Trich, Anxiety) COTTAGE at UPENN**
 - 215-746-1230
 - www.med.upenn.edu/cottage
- **Center for Emotional Health (OCD, Anxiety, Tic, Tourette's)**
 - 856-220-9672
 - www.thecenterforemotionalhealth.com
- **Temple University Child and Adolescent Anxiety Disorders Clinic (CAADC)**
 - 215-204-5878 or 215-204-7165

- www.cla.temple.edu/psychology
- **Cooper Learning Center (locations in Voorhees and Moorestown)**
 - 856-673-4900
 - www.cooperhealth.org
- **South Jersey Behavioral Health Access Center**
 - (800)220-8081 Camden
 - www.sjbhr.org
 - Services Available:
 - Clinical assessments to determine what services are needed
 - Referrals and linkages to additional services that an individual might require
 - Psychiatric evaluations
 - Psycho-education to provide information about mental illness and symptoms and to teach coping skills and symptom management
 - Individual, family and group therapy
 - Therapy for children and adolescents
 - Medication monitoring
 - Medication education
 - Intensive outpatient services (IOP) for individuals referred from Crisis Centers, Emergency Rooms, Community Hospitals or who are at risk of becoming hospitalized
 - Therapy and medication Services for Spanish Speaking individuals
 - Tele-services for therapy and meds, following intake

GRIEF/DOLOR

- **The Sanctuary (Glassboro)**
 - 856-881-5511
 - Treatment For: Anger management, Brief intervention, Cognitive behavioral therapy, Contingency management/motivational incentives, Dialectical behavior therapy, Motivational interviewing, Matrix Model, Rational emotive behavioral therapy, Relapse prevention, Substance use counseling approach, Trauma-related counseling, and 12-step facilitation.
 - Tratamiento para: manejo de la ira, intervención breve, terapia cognitivo-conductual, manejo de contingencias / incentivos motivacionales, terapia dialéctica conductual, entrevistas motivacionales, modelo matricial, terapia racional emotiva conductual, prevención de recaídas, enfoque de asesoramiento sobre el uso de sustancias, asesoramiento relacionado con el trauma y 12- facilitación del paso.
- **Traumatic Loss Coalition (TLC) Rutgers University Behavioral Health**

- 732-235-2810
- www.ubhc.rutgers.edu/tlc
- Since 2000, the TLC has been providing support to communities affected by traumatic events such as homicide and illness; the most difficult being suicide. Through collaborative funding by NJ Department of Children & Families, Children's System of Care, the Traumatic Loss Coalitions for Youth Program has created an expanding statewide network that effectively works to prevent suicide and promote hope, healing, and resiliency in the aftermath of traumatic loss.
- Desde el año 2000, la TLC ha estado brindando apoyo a las comunidades afectadas por eventos traumáticos como homicidios y enfermedades; el más difícil es el suicidio. A través de la financiación colaborativa del Departamento de Niños y Familias de Nueva Jersey, Children's System of Care, el Programa de Coaliciones de Pérdidas Traumáticas para Jóvenes ha creado una red estatal en expansión que trabaja eficazmente para prevenir el suicidio y promover la esperanza, la curación y la resistencia después de una pérdida traumática.
- **Samaritan Center for Grief Support/Hospice**
 - 1-800-229-8183
 - Moorestown Hospice 856-552-1300
 - www.moorestownvna.org
 - Samaritan offers grief counseling for the family members of hospice patients and for individuals, couples, and families living in our community.
 - Samaritan ofrece asesoramiento sobre el duelo para los familiares de los pacientes de cuidados paliativos y para las personas, parejas y familias que viven en nuestra comunidad.
- **The Children's Home Society of New Jersey**
 - 609-695-6274
 - www.chsofnj.org
 - The Children's Home Society of New Jersey is a nonprofit organization that helps at-risk infants, children, youth, and families achieve their potential. We protect abused or neglected infants and children, strengthen families, and strive for stable, permanent, and loving homes. The Children's Home Society of New Jersey gives parents the knowledge they need to help their children and themselves long after our active services have ended.
 - La Sociedad de Hogar de Niños de Nueva Jersey es una organización sin fines de lucro que ayuda a bebés, niños, jóvenes y familias en riesgo a alcanzar su potencial. Protegemos a los bebés y niños abusados o abandonados, fortalecemos a las familias y nos esforzamos por tener

hogares estables, permanentes y amorosos. La Sociedad de Hogares de Niños de Nueva Jersey les brinda a los padres el conocimiento que necesitan para ayudar a sus hijos y a ellos mismos mucho después de que nuestros servicios activos hayan terminado.

- **The Helping Hand Grief Support Group**

- 609-953-7333 Ext. 309
- <http://helpinghandgriefsupport.org>
- The Helping Hand Grief Support Group offers support for the bereaved through education, encouragement, counseling, and understanding.
- El grupo de apoyo Helping Hand Grief ofrece apoyo a las personas en duelo mediante la educación, el aliento, el asesoramiento y la comprensión.

INDIVIDUAL, FAMILY, GROUP, & YOUTH COUNSELING/ASESORAMIENTO INDIVIDUAL, FAMILIAR, DE GRUPO Y JUVENIL

- **Acenda Integrated Health**

- 856-845-8050
- Multiple Locations in South Jersey (all ages)
- Individual, Family, IOP, PHP, Substance, Spanish-speaking Psychiatry available
- Managed Care. Medicaid, Medicare

- **A Better Tomorrow Counseling Services**

- 856-266-4983
- Turnersville, NJ (all ages)
- Individual, Couples/Family, In-home
- Managed Care

- **Apple Counseling Services**

- 856-881-1666
- Sewell, NJ (all ages)
- Individual, Family, Substance
- Managed Care, Medicaid (in-home only)

- **Artemis Center for Guidance**

- 856-589-3420
- Haddonfield, Glassboro, and Sewell, NJ (adolescents and adults)
- Individual, Couples/Family, Substance
- Managed Care

- **Associates for Life Enhancement, Inc**

- 1-800-356-2909

- Mt Laurel and Northfield, NJ (adolescents and adults)
- Individual, Couples/Family, Substance
- Managed Care
- **Assurance Behavioral HealthCare**
 - 856-528-2207
 - Cherry Hill and Woodbury, NJ (all ages)
 - Individual, Group, Couples/Family, Psych Evaluations
 - Managed Care, Medicaid, Medicare
- **Catholic Charities**
 - 1-800-360-7711
 - Burlington and Camden, NJ (all ages)
 - Individual, Group, Substance
 - Psychiatry available
 - Managed Care
- **Center for Emotional Fitness**
 - 856-857-9500
 - Cherry Hill, NJ (all ages)
 - Individual, Family, Group, Substance, Suboxone
 - Psychiatry available
 - Managed Care
- **Center for Family Guidance**
 - 856-983-3900
 - Marlton, Westhampton, and West Deptford, NJ (all ages)
 - www.ctrfamilyguidance.com
 - Individual, Family, Group, IOP, PHP
 - Psychiatry available
 - Managed Care
- **Center for Family Services**
 - 1-877-922-2377
 - Camden 856-964-1990
 - Voorhees 856-795-0808
 - Williamstown 856-728-0404
 - centerffs.org/locations
 - Individual, Family, Group, Substance, Geriatric
 - Psychiatry available
 - Managed care, Medicaid
- **Garden State Behavioral Health**
 - 856-797-8777
 - Marlton, NJ (all ages)
 - Individual, Family, Group

- Psychiatry available
- Managed Care
- **Genesis Counseling Center**
 - 856-858-9314
 - Collingswood, Camden, and Marlton, NJ (ages 4 and up)
 - Individual, Family, Group, Substance
 - Managed Care, Medicare, Medicaid, Tricare
 - www.genesiscenter.org
- **Hispanic Family Center**
 - 856-965-7393
 - www.hispanicfamilycenter.com
- **Jewish Family & Children's Services**
 - 856-424-1333
 - www.jfcssnj.org
- **Hampton Behavioral Health**
 - 609-518-2100
 - Westampton NJ (adolescents and adults)
 - IOP, PHP, Substance, Veterans, Geriatric
 - Managed Care, Medicare, Medicaid, Tricare
- **High Focus Centers**
 - 856-306-8086
 - Cherry Hill, NJ (adolescents and adults)
 - Individual, Group, IOP, PHP, Psych evaluation
 - Managed Care
- **Inspira Behavioral Health**
 - 1-800-467-7472
 - Woodbury and Glassboro, NJ (age 5 and up)
 - Individual, IOP, PHP, Substance
 - Psychiatry available
 - Managed Care, Medicaid, Medicare
- **It takes a Family**
 - 609-933-7044
 - Cinnaminson, NJ (all ages)
 - Individual, Family, Group, Psych evaluation
 - Psychiatry available
 - Managed Care, Medicaid, Medicare
- **Jefferson Health Behavioral Health**
 - 856-857-6920
 - Blackwood and Voorhees, NJ (all ages)
 - Individual, Psychiatry

- Managed Care, Medicaid, Medicare
- **Jefferson Behavioral Health**
 - 856-488-6789 prompt #2
 - Cherry Hill, Sewell (5-18) and adults
 - Group, Individual, and Psychiatry
 - Managed Care, Medicaid, Medicare
- **Jewish Family & Children's Service**
 - 856-424-1333
 - Multiple Locations in South Jersey (all ages)
 - Individual, Family, Group, Domestic Violence, DD, ICMS
 - Managed Care, Medicaid, Medicare
- **Legacy Treatment Services**
 - 609-267-5656 ext. 4
 - Mt. Holly, NJ
 - Individual, Family, IOP, DD, Spanish-speaking
 - Psychiatry available
 - Managed Care, Medicaid, Medicare
- **Meridian Counseling**
 - 856-751-0505
 - Cherry Hill and Sewell, NJ (adolescents and adults)
 - Individual, Couples/Family, Group
 - Specializes in addiction, children, trauma, and postpartum depression
 - Managed Care, Medicare
- **Moorestown Visiting Nurses**
 - 856-380-1070
 - Moorestown, NJ (age 3 and adults)
 - Individual/Family
 - Managed Care, Medicaid, Medicare
- **New Age Behavioral Health**
 - 856-797-2810
 - Marlton, NJ (adolescents and adults)
 - Individual, Family, Group, Spanish-speaking
 - Psychiatry available
 - Managed Care, Medicare
- **Oaks Integrated Care**
 - 1-800-963-3377
 - Multiple Locations in South Jersey (all ages)
 - Individual, Family, IOP, PHP, ICMS, Veterans, DD
 - Psychiatry available
 - Managed Care, Medicaid, Medicare

- **Omni Health Services, Inc.**
 - 856-541-5848
 - Camden, NJ (ages 5 and up)
 - Individual, Group, Family, Couples, Psych evaluation
 - Psychiatry available
 - Managed Care, Medicaid
- **Pinnacle Behavioral Health**
 - 856-512-8108
 - Marlton, NJ (all ages)
 - Individual, Couples, Psych evaluation
 - Psychiatry available
 - Managed Care, Tricare, Penn Behavioral Health, Medicaid
- **Princeton House**
 - 1-888-437-1610
 - Moorestown, NJ (age 6 and up)
 - Family, IOP, PHP, substance
 - Psychiatry available
 - Managed Care, Medicaid, Medicare
- **Robin's Nest**
 - 856-863-0006
 - Glassboro, Salem, and Egg Harbor Twp, NJ (all ages)
 - Individual, Family, Group, Autism, Geriatric
 - Managed Care, Medicaid
- **Rooted Psychotherapy & Counseling**
 - 856-375-2440
 - Cherry Hill, NJ (adolescents and adults)
 - Individual, couples, family, group
 - Managed Care, Medicare
- **Serenity Counseling**
 - 856-499-2013
 - Cinnaminson, NJ (adolescents and adults)
 - Individual, Family
 - Managed Care, Medicare
- **St. Remi Behavioral Health**
 - 856-282-5566
 - Marlton, NJ (all ages)
 - Individual, Psychiatry
 - Medicare, Medicaid
- **South Jersey Behavioral Health**
 - 856-361-2700

- Camden and Cherry Hill, NJ (ages 5 and up)
- Individual, Family, IOP, PHP, Spanish-speaking
- Psychiatry available
- Managed Care, Medicaid, Medicare
- **South Jersey Psychological and Counseling Services**
 - 1-844-365-7676
 - Pitman, NJ (adolescent and adults)
 - Individual, Couples/Family
 - Managed Care, Medicare, Tricare, AARP
- **Thriveworks Counseling**
 - 856-208-4396
 - Cherry Hill, NJ (adolescents and adults)
 - Individual, Couples/Family, Group, EMDR, Anger Management
 - Managed Care
- **Total Family Solutions**
 - 856-772-5809
 - Voorhees, Vineland, Avenel, and West Orange, NJ (all ages)
 - Psychiatry available
 - Managed Care, Medicare, Medicaid, United Healthcare
- **Unity Place**
 - 856-424-4142
 - Multiple locations in New Jersey (adults)
 - Cherry Hill, Hammonton, Monmouth County
 - IOP, PHP, Dual PHP
 - Medicaid Only

SHELTERS/Refugios

- **Together Youth Shelter, Glassboro (teens)**
 - 856-881-6100
 - <https://www.centerffs.org/our-services/safe-supportive-housing/together>
 - Together is one of the only short-term, walk-in shelters in southern New Jersey, providing 24-hour emergency shelter for youth, age 9-18, who find themselves in need of a safe place to live. Together provides emergency housing for youth who have experienced abuse, neglect, human trafficking or those youth who have runaway or are in need of safe housing due to a variety of circumstances.
 - Together es uno de los únicos refugios sin cita previa a corto plazo en el sur de Nueva Jersey, que ofrece refugio de emergencia las 24 horas para jóvenes de 9 a 18 años de edad que necesitan un lugar seguro para vivir.

Together proporciona vivienda de emergencia para jóvenes que han sufrido abuso, negligencia, trata de personas o aquellos jóvenes que se han escapado o necesitan una vivienda segura debido a una variedad de circunstancias.

- **Street Smarts Outreach Services (SOS) 24 hrs a day homeless & runaway youth**
 - 800-355-0660
 - Street Smart provides services to youth, ages 13 to 21, who are homeless or have been or are at risk of being sexually abused or exploited.
 - Street Smart brinda servicios a jóvenes de 13 a 21 años que no tienen hogar o que han sido o están en riesgo de ser abusados o explotados sexualmente.
- **First Call for Help Gloucester County**
 - 1-800-648-0192 or 211
- **Covenant House**
 - 1-800-999-9999 or 856-964-1900 ext 226
 - www.covenanthouse.org
- **Grand Slam Shelter Program (Camden)**
 - 1-800-648-0132
 - www.centerffs.org/programs/grandslam
- **Mother-Child Residential Services (Woodbury)**
 - 856-853-1761
 - www.centerffs.org/programs/motherchildresidential
- **Catholic Charities**
 - 1-866-682-2166
- **Volunteers of America**
 - 856-881-5550
 - www.voa.org
- **Robin's Nest (Glassboro)**
 - 856-881-8689
 - www.robinsnestinc.org
 - Robin's Nest has extensive experience in providing both residential and independent living services to youth.
 - Robin's Nest tiene una amplia experiencia en la prestación de servicios de vida residencial e independiente a los jóvenes.
- **National Runaway Hotline**
 - 1-800-621-4000
 - Homeless Education Program 856-468-6530
 - <https://www.1800runaway.org/>

Crisis Screening (Psychiatric Screen)/Examen de crisis (examen psiquiátrico)

- **Jefferson Hospital** (Cherry Hill)
 - Emergency Room 24 hours a day
 - (856) 488-6816
- **Inspira**
 - Emergency Room 24 hours a day
 - 856-845-9100
- **Cooper University Health Care**
 - Emergency Room 24 hours a day
 - (856) 342-2354

MENTAL HEALTH INPATIENT SERVICES/SERVICIOS DE SALUD MENTAL PARA PACIENTES INTERNADOS

- **Jefferson Health System; Hospital** (Cherry Hill)
 - 856-488-6789, General Access 800-528-3425
 - www.jeffersonhealth.org
- **Inspira Health System** (formerly Underwood Memorial)
 - 856-845-9100
 - www.inspirahealthnetwork.org
- **Hampton Behavioral Health Center** (Mt. Holly)
 - 609-267-7000
 - www.hamptonhospital.com
- **Rockford Center** (Delaware)
 - 866-847-4357
 - www.rockfordcenter.com
- **Princeton Medical Center**
 - (609) 853-6500
- **Inspira Health Center**
 - 856-575-4500
- **Carrier Clinic** Belle Mead, NJ
 - 800-933-3579
 - www.carrierclinic.org
- **Foundations Behavioral Health** (PA)
 - 800-445-4722, 215-345-0444
 - www.fbh.com
- **Friends Hospital (PA) Behavioral Health**
 - 800-889-0548, 215-831-4600

- www.friendshospital.com
- **Crozer Keystone Health System (PA)**
 - 800-254-3258
 - www.crozerkeystone.org
- **Summit Oaks Hospital Summit , NJ**
 - 1-800-753-5223
 - www.summitoakshospital.com