

## DIVISION OF CHILDREN AND YOUTH SERVICES (DCYS)

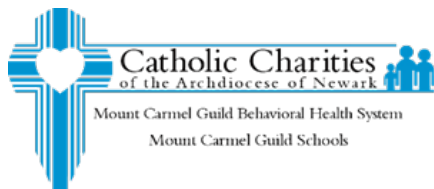
### MENTAL HEALTH AND WELLNESS SERVICES FOR YOUNG PEOPLE



**Anti-Violence Coalition of Hudson County , Mental Health Services for Young People** provides community-based clinical mental health services for children and families providing activities that cultivate a positive reflection on mental health. For more information please call (201) 589-8322, or email [pjohnson@acohc.org](mailto:pjohnson@acohc.org).



**Hunter's World, Mental Health Wellness and Resiliency Programming for Children and Youth** is aimed to fight the crisis among teens by de-stigmatizing mental health issues and teaching youth to talk about their challenges by providing peer and clinical support in a group setting. Please call (917) 406-7086 or email [info@huntersworld.org](mailto:info@huntersworld.org) for more information.



**Catholic Charities of the Archdiocese of Newark, Upbeat Youth Resiliency Program** provides weekly group activities for young people ages 7-13 in Jersey City. Group activities are designed to build resilience and provide positive in-person social interactions.. Please call (201)798-9957 or email [keliass@ccannj.org](mailto:keliass@ccannj.org) for more information



**New City Kids, Bright Futures Program** provides mental health support for youth ages 6-18 including social and emotional learning, mentoring, small group work and family support. Please call (551) 444-6361 or email [shaun@newcitykids.org](mailto:shaun@newcitykids.org) for more information.



**Hudson Pride Center, Youth Connect Mental Health Pride Assist** serves youth (ages 13-17) and young adults (ages 18-24) who are members of the LGBTQI+ community and reside in Hudson County with mental health services and other support. Please call (201) 963-4779 ext. 1110 or email [elizabeth@hudsonpride.org](mailto:elizabeth@hudsonpride.org) for more information.



**She Is Incorporated, Confident Female Leaders** is a program focused on the mental and emotional well-being for young girls ages 6-18. Please email [qaadiaroberts@yahoo.com](mailto:qaadiaroberts@yahoo.com) for more information.

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**Strong Minds America, Mental Health Support and Education for BIPOC Youth and Young Adults** provides clinical support groups to BIPOC youth and young adults ages 16-25 as well as training and technical assistance on mental health services to all within Hudson County. Please call (347) 393-0631 or email [kevin@strongminds.org](mailto:kevin@strongminds.org) for more information.



**Team Wilderness, North Star Project** is a free and confidential mental health support program that offers weekly individual counseling sessions as well as monthly outdoor/wilderness-based activities. This program is open for youth who are 12-18 years old. To submit a referral [click here](#). Please call (201) 355-4010 Ext: 3 or email [vanessa@teamwilderness.org](mailto:vanessa@teamwilderness.org) for more information.



**Partners in Prevention, Mental Health Wellness & Resiliency Programming for Children & Youth** targets youth of various ages, with up to 10 age-appropriate activities that include mental health

training, music therapy activities, in-person speakers, mental health focused movies and discussion groups. Please email [courtney@pipnj.org](mailto:courtney@pipnj.org) for more information.

## MENTAL HEALTH SERVICES FOR FAMILIES/FAMILY MEMBERS



**Mental Health Association Hudson County, Surviving the Storm Grief Support Group** provides weekly support groups to Hudson County residents who are experiencing grief/bereavement from COVID-19. Please email [jschlossberg@mhanj.org](mailto:jschlossberg@mhanj.org) for more information.



**Prevention Links, Mental Health Services for Families at Family Success Centers** address and alleviate the stress and anxiety and other mental health impacts of COVID-19 experienced by families by providing easy access to mental health support in a familiar and friendly environment.

**Prevention Links, Support Group for Parents/ Caregivers** provide monthly peer-led support groups, to provide support, information about resources and opportunities to develop and strengthen social connections.

Please email [amartinez@preventionlinks.org](mailto:amartinez@preventionlinks.org) for more information.

## DIVISION OF CHILDREN AND YOUTH SERVICES (DCYS)

## II. STATE AND OTHER LOCAL MENTAL HEALTH AND SUPPORT SERVICES FOR CHILDREN AND YOUTH

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### NEW JERSEY DEPARTMENT OF CHILDREN AND FAMILIES CHILDREN'S SYSTEM OF CARE



The **Children's System of Care (CSOC)** is New Jersey's public behavioral health system. CSOC serves youth under age 21 with emotional and mental health care needs, substance use challenges, and/or intellectual/developmental disabilities and their families. Please call **(877) 652-7624** for more information.

### HOSPITAL AND CLINIC-BASED MENTAL HEALTH SERVICES



Jersey

#### City Medical Center/RWJ Barnabas Health Mobile Crisis and HOPE HUB:

- Psychiatric emergency screening/mental health crisis line and services for Hudson County
- Phone: (201) 915-2210
- HOPE HUB is at 1825 JFK Boulevard, Jersey City

#### Jersey City Medical Center/RWJ Barnabas Health:

- **Child and Adolescent Outpatient Services:** individual, family and group therapies on an outpatient basis for clients with mental health/ behavioral health issues ranging in age from four to eighteen years old.
- **The Therapeutic Nursery Program:** This three and a half to five hour therapeutic program services pre-K children experiencing emotional and behavioral concerns that require more support than once a week outpatient visits.

- **Child and Adolescent Partial Hospitalization**

- Child After School Program (5 ½ -12)
- Child Full Day Programming (5-7)
- Adolescent Full Day Program (13-18)

Jersey City Medical Center Campus is located at 395 Grand Street, Jersey City, NJ Please call (201) 915-2272 for more information.



#### Carepoint Health/Hoboken University Medical Center - Child and Adolescent Services:

**Children's Crisis Intervention Services** (In-patient): Services to stabilize the youth during their acute crisis in a safe and therapeutic environment and provide them with the necessary tools to remain safe at home and in the community.

**The Clubhouse** a therapeutic after-school program for children, between the ages of 6 and 11.

Hoboken University Medical Center is located at 308 Willow Avenue, Hoboken, NJ 07030. Please call (201) 792-8200 for more information.

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**Bridgeway Behavioral Health Certified Community Behavioral Health Clinic (CCBHC)** provides integrated mental health, physical health and substance use disorder services across the developmental life span. CCBHC is located at 506 3rd Street, Hoboken, NJ 07030. Please call (201) 885-2539 for more information.



**My Wellbrook** provides in-person and virtual behavioral healthcare for adolescents and adults and is located at 550 Broad St Ste 606, Newark, NJ 07102. Please call (201) 350-3573 for more information.

## MENTAL HEALTH WARMLINES AND HOTLINES



**2NDFLOOR** is a confidential and anonymous helpline for New Jersey's youth and young adults. 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 call 888-222-2228 anytime or [text us at 888-222-2228](tel:888-222-2228).

services to LGBTQ young people. Text, chat, or call anytime to reach a trained counselor. Please call 1-866-488-7386 or visit [www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now) for more information.



**The 988 Suicide and Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



**The Trevor Project** provides 24/7 crisis support

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### FAMILY SUPPORT PROGRAMS



**Family Success Centers** are FREE “one-stop” shops that provide wrap-around resources and supports for families before they find themselves in crisis. They offer primary child abuse prevention services to families and bring together concerned community residents, leaders, and agencies to address the problems that threaten the safety and stability of families and the community.

- **Skyway Family Success Center** in Jersey City, (201) 884-2224
- **Liberty Family Success Center** in Kearny - (201) 622-2210
- **Palisades Family Success Center** in Union City - (201) 758-8792



**Family Partners of Hudson County Family Support Organization (FSO)** is a system partner within New Jersey's Division of Children's System of Care (CSOC). FSO works in partnership with families, children and other professionals to identify strengths, needs and appropriate resources, as well as providing community-based family support, education and advocacy for families that have children with emotional, behavioral or mental health challenges. Please call (201) 915-5140 for more information.