

Mental Health and Addiction Assistance/Support Resources

For immediate assistance during a crisis, always call 9-1-1

(This list is provided by the Howell Municipal Alliance for informational purposes only. The Howell Municipal Alliance does not endorse or take responsibility for services provided by any of the above resources.)

HOSPITALS:

Monmouth Medical Center (24/7 crisis hotline and Psychiatric Emergency Screening Services/PESS screening): 732-923-6999

CentraState Medical Center (24/7 crisis hotline): 732-780-6023

Jersey Shore University Medical Center (24/7 crisis hotline): 732-776-4555

Riverview Medical Center (24/7 crisis hotline): 732-219-5325

PSYCHIATRIC EMERGENCY SCREENING SERVICES (PESS):

Monmouth County PESS: 732-923-6999

Ocean County PESS: 732-886-4474

Howell Police Department: 732-938-4575 ext. 2237 (Dial 9-1-1 for emergencies)

Howell Municipal Alliance (substance abuse prevention): 732-938-4500 ext. 4012

Monmouth Assisting Community Through Services (ACTS): 732-683-2102; www.monmouthacts.org

Early Intervention Support Services (EISS, walk-in during business hours, call 24/7 for 18 years old and up): 3301 Route 66, Neptune, 732-922-1042

Family Crisis Intervention Unit (FCIU, 24/7 mobile support, parents only can call): 732-542-2444 day; 732-996-7645 night

Children's Mobile Response and Stabilization Services (CMRSS; 24/7, free immediate mobile response for youth's escalating emotional and behavioral issues): 877- 652-7624, 732-842-2000

Camille Mussari, Howell High School student assistance counselor (SAC): 732-919-2131 ext. 4035

Jeanna Ribon, Howell K-8 School District student assistance coordinator (SAC): 732-919-0095 ext. 8204

Monmouth County Opioid Diversion Program & 24/7 Helpline: 833-644-2273

Monmouth ResourceNet (Monmouth County support, resources, services for families and children): <http://www.monmouthresourcenet.org/>

SAMHSA's National Helpline (24/7, confidential Substance Abuse and Mental Health Services Administration; bilingual): 800-662-HELP (4357); <https://www.samhsa.gov/find-help/national-helpline>

National Suicide Prevention Lifeline (24/7 confidential support for you or loved one; bilingual): 800-273-TALK (8255); <https://suicidepreventionlifeline.org/>

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Reach NJ (24/7 addictions hotline for help, referrals, and information provided by NJ Department of Human Services): 844-REACHNJ (732-2465); www.reachnj.gov

2nd Floor Youth Helpline (24/7, confidential youth helpline; bilingual): 888-222-2228 (text or call); <https://www.2ndfloor.org/>

NJ Hopeline (24/7 peer support, suicide prevention hotline): 855-654-6735

Crisis Text Line (24/7, free support with trained crisis counselors): Text "HOME" to 741741; <https://www.crisistextline.org>

NJ Connect for Recovery (confidential call line for substance use): 855-652-3737; <https://www.njconnectforrecovery.org/>

Caring Contact (confidential crisis hotline and listening community for anxiety, depression, stress, suicidal thoughts): 908-232-2880 (call 7 a.m. to 11 p.m.) or text "HEART" to 741741 (texting available 24/7)

Mental Health Association in NJ (child/adult mental health advocacy, education, training, and services): 973-571-4100, <https://www.mhanj.org/>

CPC Behavioral Healthcare, Addiction Recovery Services Programs: 4539 U.S. Highway 9, Howell, 732-987-8200 (other locations available)

The Samaritan Center at the Jersey Shore: 36 South Street, Manasquan, 732-223-HOPE (4673); www.njsamaritan.org

Partnership for Drug-Free Kids Parent Helpline (personalized support; bilingual resources): 855-378-4373; <https://drugfree.org/landing-page/get-help-support/>

Common Ground Grief Center (for kids, teens, and their families): 67 Taylor Avenue, Manasquan, 732-606-7477; <https://www.commongroundgriefcenter.org/>

Care Management Organization (CMO; treatment and support services for longer-term care management): 877-652-7624

Family Support Organization (FSO; family-to-family peer support for children's emotional and behavioral issues): 877-652-7624, 732-542-4502

Resources for NJ's Military, Veterans and Families: <https://www.nj.gov/military/support/>

Alcoholics Anonymous (AA): <https://aa.org>

Narcotics Anonymous (NA): <https://na.org>

Al-Anon Family Groups: <https://al-anon.org>

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Nar-Anon Family Groups: <https://nar-anon.org>

National Human Trafficking Hotline (24/7, confidential, 200 languages): 888-373-7888, text 233733, <https://humantraffickinghotline.org/>

RWJ Barnabas Health, Institute for Prevention and Recovery's Tobacco Quit Program: 732-837-9416; quitcenter@rwjbh.org

RWJ Barnabas Health, Institute for Prevention and Recovery's Monmouth County Case Management Program: 732-837-9401

Community Affairs and Resource Center (CARC; multi-lingual assistance for individuals and families affected by homelessness and economic disadvantage): 732-774-3282, <https://carcnj.org>

Born This Way (Lady Gaga's foundation; youth wellness resources): <https://borthisway.foundation/>

The Trevor Project (LGBTQ crisis and support services; 24/7): 866-4887386 (text or call), <https://www.thetrevorproject.org/>

Gen-Spectrum (LGBTQ youth support group, NJ Center for the Healing Arts): 732-747-2944, nichagroup@gmail.com

CFC Recovery (intervention, treatment, and recovery resources): 833-300-HOPE (4673); <https://.healingus.org>

Recovery Advocates for the Shore (RAFTS; peer-based substance use disorder assistance for individuals and families): 833-227-6237; www.raftsnj.org

Grief Recovery After Substance Passing (GRASP): <http://grasphelp.org/about-us/contact-us/>

Christopher J. Morrissey Foundation (grief assistance and scholarships): 732-894-9561, <http://www.christopherjmorrisseyfoundation.org/>