

## **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 Alliance (substance abuse prevention): 732-938-4500 ext. 4012

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/caregivers only can call): 732-542-2444 day; 732-996-7645 night

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

PerformCare (24/7, NJ youth's system of care for behavioral health and substance use; parents/caregivers only can call; multilingual website): 877-652-7624; <https://www.performcarenj.org>

Julie Adkins, Howell High School student assistance counselor (SAC): 732-919-2131 ext. 4022

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

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/>

2<sup>nd</sup> 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

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

This Is Quitting (24/7 text-based smoking/vaping quit resource for 13-24 year olds in NJ): Text "VAPEFREENJ" to 88709; <https://truthinitiative.org/thisisquitting>

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

Mental Health Association of Monmouth County (child/adult mental health advocacy, education, training, and outpatient services): 732-542-6422; <http://mentalhealthmonmouth.org/>

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

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

NJ Mental Health Cares (7days/week, 8 am-8 pm behavioral health information and referral services): 866-202-4357; <https://www.njmentalhealthcares.org/>

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](http://www.reachnj.gov)

NJ Department of Human Services, NJ Resources Guide:  
<https://nj.gov/humanservices/dds/documents/RD%202020-web.pdf>

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

NJ Department of Children and Families' Children's System of Care: 877-652-7624

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)

CPC Behavioral Healthcare (outpatient substance use and mental health treatment services): 4539 U.S. Highway 9, Howell, 732-987-8200 (other locations available); <https://www.cpcbehavioral.org/>

High Focus Centers (outpatient substance use and mental health treatment services): 6 Paragon Way, Suite 104, Freehold, 732-303-9900 (other locations available); <https://highfocuscenters.pyramidhealthcarepa.com/>

Relevance Recovery and Wellness Facilities (outpatient substance use treatment services): 61 W. Main Street, Freehold, 866-912-2965; [www.relevancerecovery.com](http://www.relevancerecovery.com)

New Hope Integrated Behavioral Healthcare (residential and outpatient substance use and mental health treatment services): 80 Conover Road, Marlboro, 800-705-4673 (other locations available)

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

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

Council on Compulsive Gambling of NJ (24/7, confidential): 800-GAMBLER (426-2537)

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](mailto: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): 866-488-7386 (text or call),  
<https://www.thetrevorproject.org/>

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

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

Hope Sheds Light (intervention, treatment, and recovery resources): 855-850-HOPE (4673); <https://hopeshedslight.org>

Recovery Advocates for the Shore (RAFTS; peer-based substance use disorder assistance for individuals and families): 833-227-6237; <https://hopeshedslight.org/rafts-recovery-programs>

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/>

National Eating Disorders Association (NEDA): 800-931-2237 (text or call), <https://www.nationaleatingdisorders.org/help-support/contact-helpline>

StopBullying.gov (information and resources from government agencies on bullying and cyberbullying): <https://www.stopbullying.gov/>

NJ Poison Control Center (24/7): 800-222-1222; <https://www.njpies.org>

U.S. Food & Drug Administration's FDA Adverse Experience Reporting Form (for reporting issues with medications, supplements, food and cosmetics): <https://www.accessdata.fda.gov/scripts/medwatch/index.cfm>