

## **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): 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 Always dial 9-1-1 for emergencies!

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/ NJ Department of Children and Families' Children's System of Care (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>

Substance Use Referral and Education Program (SURE, community resources access with focus on underage marijuana and alcohol use): 732-542-6422 ext. 114; <https://mentalhealthmonmouth.org/programs/education/sure-program/>

Howell Alliance (substance use prevention and mental well-being information): 732-938-4500 ext. 4012

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

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National Suicide, Mental Health and Substance Use 9-8-8 Crisis Lifeline (24/7, confidential, bilingual support for you or loved one, veterans support too, call or text): 9-8-8; <https://988lifeline.org/>

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

NJ Hopeline (24/7, confidential, 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>

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, 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 Behavioral Health Resource Guide (current): [https://www.co.monmouth.nj.us/documents/41/Behavioral-Health-Reference-Guide-Section\\_for-county-web\\_2022.pdf](https://www.co.monmouth.nj.us/documents/41/Behavioral-Health-Reference-Guide-Section_for-county-web_2022.pdf)

Monmouth County Children and Youth Behavioral Health Resource Guide (current): [https://www.co.monmouth.nj.us/documents/41/Child-Behavioral-Health-Reference-Guide\\_2022-23\\_Web\\_Email.pdf](https://www.co.monmouth.nj.us/documents/41/Child-Behavioral-Health-Reference-Guide_2022-23_Web_Email.pdf)

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

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

Reach NJ (24/7 addictions hotline for help, referrals, 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/>

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Caring Contact (confidential crisis hotline and listening community for anxiety, depression, stress, suicidal thoughts; call 7 am-11 pm): 908-232-2880

CPC Integrated Health (outpatient substance use, mental health treatment services, adolescents and adults, 4539 U.S. Highway 9 in Howell and other locations): 732-987-8200;  
<https://www.cpcintegratedhealth.org/>

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

Relevance Recovery and Wellness Facilities (outpatient substance use and mental health treatment services, adolescents and adults, 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 and other locations): 800-705-4673 (other locations available); <https://newhopeibhc.org/>

The Samaritan Center at the Jersey Shore (counseling, educational opportunities, spiritual enrichment, mental health support for families and individuals, 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/>

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

Statewide Parent Advocacy Network (SPAN, family support resources): 800-654-SPAN (7726);  
<https://spanadvocacy.org/>

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://www.nar-anon.org/>

Council on Compulsive Gambling of NJ (24/7, confidential): 800-GAMBLER (426-2537);  
<https://800gambler.org/>

National Domestic Violence Hotline (24/7, confidential): 800799-SAFE (7233);  
<https://www.thehotline.org/>

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

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

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>

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://bornthisway.foundation/>

The Trevor Project (24/7, LGBTQ crisis and support services, text or call): 866-488-7386;  
<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)

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

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

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

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

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

Frank Michael Masone Foundation (recovery financial support and scholarships):  
<https://www.frankmichaelmasonefoundation.org/>

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

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, cosmetics):  
<https://www.accessdata.fda.gov/scripts/medwatch/index.cfm>