



## LOCAL COUNTY HELPLINES IN NEW JERSEY

Your local county helplines provide information on local agency & government services. Most "Contact" helplines also provide "listening services" for those wanting to just talk over any type of problem they are facing.

One new statewide helpline & listening service just for youth with any type of concern which they want to simply talk over is the "2nd Floor" Youth Helpline at 1-888-222-2228 (24-hour). Another new helpline is the NJ Foreclosure Mediation Hotline 1-888-989-5277 (8am - 6pm, weekdays) for homeowners to apply for free help from housing counselors, attorneys, and a neutral mediator to resolve their home loan delinquency. For those who rent their homes, to learn about their rights to stay in their home during a foreclosure and after the resale of the property, call Legal Services of New Jersey at 1-888-576-5529 weekdays.

See the reverse side, for additional State & national toll-free specialty helplines. For updated information on any helpline, or the latest information on any local, state, national, or online support group, just call our Self-Help Group Clearinghouse at 1-800-367-6274.

**ATLANTIC** - Intergenerational Services helpline for all information & referrals - Dial 211 or 1-888-426-9243 (24 hr.)

**BERGEN** - Community Resource Council 201-343-4900 Information & referrals, crisis intervention; Youth helpline 1-866-FOR-YOUTH (9am-5pm) \* First Call For Help Dial 211 or call 1-800-435-7555 (24 hr.) Information & referrals. Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

**BURLINGTON** - Contact of Burlington County Dial 211 or 856-234-8888 (24 hr.) Information, referrals, listening, crisis counseling, sexual assault, & telephone reassurance calls; Teens - 856-234-0634; Kidsline - 609-261-2220.

**CAMDEN** - Contact Community Services Crisis: 1-877-266-8222 (South Jersey) (24 hr.) 856-795-4980 Information, referrals, reassurance calls, listening services \* First Call For Help 1-800-331-7272 (South Jersey) or 856-663-2255 (8am-4:30pm) Information & referral to services.

**CAPE MAY** - First Call For Help 609-729-2255 (Mon.-Fri., 8:30am-4:30pm) Information and referrals to services.

**CUMBERLAND** - Contact Dial 211 or 1-877-266-8222 Listening service, provides information & referral.

**ESSEX** - Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis intervention & listening \* First Call For Help dial 211 or call 1-800-435-7555. Information & referrals.

**GLOUCESTER** - Contact Community Services Crisis calls: 1-877-266-8222; General: 856-795-4980 for reassurance calls, information, referrals & listening \* First Call For Help dial 211 or 1-800-648-0132 (24 hr.) Info, referrals, listening & crisis counseling.

**HUDSON** - First Call For Help Dial 211 or 1-800-435-7555 Information & referrals.

**HUNTERDON** - Hunterdon Helpline Dial 211 or 1-800-272-4630, 908-735-4357 and 908-782-4357 (24 hr.) Information, referrals, friendly visits & phone assurance calls.

**MERCER** - Contact 609-896-2120 or 609-585-2244 (24 hr.) Crisis counseling, listening, information & referrals. Kidsline: 609-896-4434.

**MIDDLESEX** - Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

**MONMOUTH** - 211 of Monmouth County Dial 211 or 1-800-272-4630 (24 hr.) Information & referrals.

**MORRIS** - First Call For Help Dial 211 or call 1-800-435-7555 (24 hr.) Information & referrals. Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

**OCEAN** - Contact of Ocean County 732-240-6100 or (24 hr.) Crisis helpline & listening service \* First Call For Help Dial 211 or 732-240-6105 (24 hr.) information & referrals.

**PASSAIC** - First Call For Help Dial 211 or call 1-800-435-7555 (14 hr.) Information & referrals. Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis/suicide hotline & listening helpline.

**SALEM** - Contact Community Services Crisis dial 211 or 1-877-266-8222 (24 hr.) Info, referrals, & listening service.

**SOMERSET** - Contact We Care 908-232-2880 (24 hr.) Information, referrals, crisis counseling & listening \* 211 of Northern Jersey Dial 211 or 908-725-6640 (Mon.-Fri., 8:30am-4:30pm) Information & referrals.

**SUSSEX** - Sussex County Dial 211 or 1-877-661-4357 (24 hr.) Listening, information & referrals. Also provides help in homeless emergencies.

**UNION** - Contact We Care 908-232-2880 (24 hr.) Information referrals, listening & crisis intervention \* First Call For Help dial 211 or 1-800-435-7555 for information & referral.

**WARREN** - NORWESCAP 211 Dial 211 or 1-877-661-4357 (Mon.-Fri., 8am-4:30pm). Provides information & referrals.

### LOCAL PSYCHIATRIC EMERGENCY HOTLINES

Psychiatric Emergency Services provide professional crisis intervention for psychiatric or emotional emergencies. They are all accessible 24 hours a day. For other emergencies dial 9-1-1.

- ATLANTIC:** Atlantic City Medical Center 609-344-1118
- BERGEN:** Psych Emergency Screening Prog 201-262-4357
- BURLINGTON:** Crisis Intervention 609-835-6180
- CAMDEN:** Kennedy Memorial Hospital 856-428-4357
- CAPE MAY:** Burdette Tomlin Hospital 609-465-5999
- CUMBERLAND:** Guidance Center 856-455-5555
- ESSEX:** East Orange General Hospital 973-672-9685  
Newark Beth Israel Hospital 973-926-7416  
Univ of Medicine & Dentistry 973-623-2323
- GLOUCESTER:** Comm Mental Health Center 856-845-9100
- HUDSON:** Bayonne Hospital 201-858-5286  
Jersey City Medical Center 201-915-2210
- HUNTERDON:** Hunterdon Med Ctr Crisis Line 908-788-6400
- MERCER:** Helene Fuld Medical Center 609-394-6086
- MIDDLESEX:** Univ of Medicine & Dentistry 732-235-5700
- MONMOUTH:** Monmouth Medical Center 732-923-6999  
CentraState Medical Center 732-780-6023
- MORRIS:** Saint Clares Hlth Syst 973-625-0280  
Morristown Memorial Hospital 973-540-0100  
Chilton Memorial Hospital 973-831-5078
- OCEAN:** Kimball Medical Center 732-886-4474
- PASSAIC:** Saint Mary's Counseling Center 973-470-3025  
Chilton Memorial Hospital 973-831-5078
- SALEM:** Salem County Healthcare Common 856-299-3001
- SOMERSET:** Richard Hall CMHC 908-526-4100
- SUSSEX:** Newton Memorial Hospital 973-383-0973
- UNION:** Mühlenberg Hospital 908-668-2599  
Trinitas Hospital 908-994-7131
- WARREN:** Family Guidance Center Crisis Line 908-454-5141

### STATE COMPLAINT LINES

Health Facilities 1-800-792-9770 takes complaints against hospitals, nursing homes & residential facilities \* NJ State Division of Consumer Affairs 1-800-242-5846 takes complaints against businesses \* DYFS Action Line 1-800-331-3937 takes complaints against the State Division of Youth & Family Services.



To contact our N.J. Self-Help Group Clearinghouse, in NJ just phone 1-800-367-6274 or remember it easier as 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help) o 973-989-1122. Website: [www.selfhelpgroups.org](http://www.selfhelpgroups.org)  
Our Clearinghouse helps people to find and form any type of needed support group (and to link callers with those striving to start needed new local groups). Our services are made possible by funding from the NJ State Division of Mental Health Services, and are sponsored by Saint Clare's Health System, Denville, NJ.