

# REFERENCE GUIDE

## Children & Youth Behavioral Health



Monmouth County  
2022-2023

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# SUICIDE INTERVENTIONS - HOT LINES

## 24/7 EMERGENCY SERVICES

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*Crisis with Imminent Risk of Harm to Self, Others or Property*

- **Call 911**
- \*Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center
- Child and Family Crisis Clinicians (RWJ Barnabas Health)
  - (732) 923-6999

### HOSPITAL HOTLINES 24/7

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- Monmouth Medical Center
  - (732) 923-6999
- CentraState Medical Center
  - (732) 780-6023
- Jersey Shore University Medical Center
  - (732) 776-4555
- Riverview Medical Center
  - (732) 219-5325

### OTHER HOTLINE NUMBERS

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- 2nd Floor Youth Helpline
  - 1 (888) 222-2228
- NJ Hopeline
  - 1 (855) 654-6735
- Hopeline Network
  - 1 (800) 394-4673 (HOPE)
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
  - 1 (800) 273-8255

**\*County Funding Available to Serve Residents who Meet Income Criteria**

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# SUICIDE CONCERNS/PREVENTION

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- Monmouth County Psychiatric Emergency Screening Services (PESS) at Monmouth Medical Center *free to families*
  - (732) 923-6999
- \*Mental Health Association of Monmouth County: Lifelines
  - (732) 542-6422
- American Foundation for Suicide Prevention
  - [www.afsp.org](http://www.afsp.org) - 1 (800) 333-2377
- Suicide Prevention Lifeline
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) - 1 (800) 273-8255
- Society for the Prevention of Teen Suicide
  - [www.sptsusa.org](http://www.sptsusa.org) - (732) 410-7900

## OUTPATIENT SERVICES

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- Catholic Charities Monmouth Counseling Program
  - Office (732) 747-9660; Access Center Center 1 (800) 360-7711
- CPC Behavioral Health Care
  - Freehold - Red Bank (732) 842-2000 x4221
- \*YMCA Counseling and Social Services
  - Matawan (732) 290-9040
- Jewish Family & Children's Services
  - Asbury Park, Eatontown & Morganville (732) 774-6886
- \*Jersey Shore Behavioral Health Svc
  - Neptune (732) 643-4363
- Mental Health Association of Monmouth County
  - (732) 542-6422
- Family Crisis Intervention Unit (FCIU) 106 Apple St. Tinton Falls
  - Intensive family services in community/in home; truancy, parent-child conflict  
Mon - Fri: 9:00 am - 5:00 pm - (732)-542-2444  
After Hours: (732) 996-7645

**\*County Funding Available to Serve Residents who Meet Income Criteria**

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# INFORMATION AND REFERRAL

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- Mental Health Association of Monmouth County
  - (732) 542-6422
- Monmouth County Division of Behavioral Health
  - (732) 431-7200
- NJ Children's System of Care
  - 1 (877) 652-7624 (Contracted System Administrator - PerformCare)

## EDUCATIONAL PROGRAMS / TRAINING

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- Community Affairs & Resource Center (CARC)
  - [www.carcnj.org](http://www.carcnj.org) (732) 774-3282
- Monmouth Resource Network
  - [monmouthresourcenet.org](http://monmouthresourcenet.org)
- NAMI-Monmouth
  - 732 462-6448
- Prevention First: Div. of Preferred Behavioral Health
  - 732 663-1800
- Suicide Prevention Resource Center
  - [www.sprc.org](http://www.sprc.org)
- Substance Use & Mental Health Services Administration
  - [www.samhsa.gov/prevention](http://www.samhsa.gov/prevention)
- Society for the Prevention of Teen Suicide
  - [www.sptsusa.org](http://www.sptsusa.org)
- Teen Screen: Columbia University
  - 1 (866) TEENSCREEN, 866-833-6727

## HELP LINES

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- 2nd Floor - Youth Support Line
  - [www.2ndfloor.org](http://www.2ndfloor.org) 1 (888) 222-2228
- Help Line (Information & Referral)
  - 211
- Monmouth ACTS
  - [Monmouthacts.org](http://Monmouthacts.org)

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## POST-VENTION

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- Traumatic Loss Coalition of Monmouth County (through YMCA of Greater Monmouth County)
  - (732) 956-7782
- Crisis Response Crisis Counselors
  - (732) 431-6451
- Monmouth ACTS
  - [www.monmouthacts.org](http://www.monmouthacts.org)

## SUICIDAL CONCERNS

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# SELF-HARM / SELF- MUTILATION

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**Self-mutilation is a disorder that causes the participant to intentionally harm or inflict pain on him/herself.**

## INTERVENTIONS

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- SAFE (Self-Abuse Finally Ends) You're Not the Only One:
  - [selfinjury.com](http://selfinjury.com) (800) DON'T CUT or (800) 366-8288
- Mental Health Association of Monmouth County
  - (732) 542-6422
- Monmouth County Division of Behavioral Health (Information & Referral)
  - (732) 431-6451
- Outpatient Therapy: Community providers and private practitioners through private insurance, sliding scale and clinics

## LEGAL SERVICES

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### Resources

- \*Community Health Law Project
  - [CHLP.org](http://CHLP.org) (732) 380-1012

### **\* County Funding Available to Serve Residents who Meet Income Criteria**

- Legal Aid Society
  - [monmouthbarassociation.com/legal-aid-society.com](http://monmouthbarassociation.com/legal-aid-society.com) (732) 869-5619
- South Jersey Legal Services
  - [www.LSNJ.org](http://www.LSNJ.org) (732) 414-6750
- Legal Services of NJ
  - [www.LSNJ.org](http://www.LSNJ.org) Hotline 1 (888) 576-5529
- Disability Rights New Jersey
  - [www.drnj.org](http://www.drnj.org) 1 (800) 922-7233
- Div. of Mental Health & Guardianship Advocacy
  - [nj.gov/defender/structure/mha/](http://nj.gov/defender/structure/mha/) (877) 285-2844
- NJ Office of Advocacy
  - [nj.gov/dcf/about/divisions/oa](http://nj.gov/dcf/about/divisions/oa) (877) 543-7864

**SELF-HARM/MUTILATIONS-INTERVENTION/LEGAL SERVICES**

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# BULLYING

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## Resources

- Prevention First
  - <http://www.preventionfirst.net> (732) 663-1800
- Bullying Websites
  - [familyeducation.com](http://familyeducation.com)
  - [bullyfree.com](http://bullyfree.com)
  - [stopbullyingnow.com](http://stopbullyingnow.com)
  - [antibullying.net](http://antibullying.net)
  - [kidshealth.org](http://kidshealth.org)
- New Jersey Department of Education
  - Monmouth County Office (732) 431-7810

## TRAUMATIC LOSS TERRORISM / SCHOOL VIOLENCE

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## Resources

- Disaster Response Crisis Counselors (DRCC) Monmouth County Division of Behavioral Health
  - (732) 431-6451
- Traumatic Loss Coalition of Monmouth County (through YMCA of Greater Monmouth County)
  - (732) 956-7782

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# DOMESTIC VIOLENCE

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Family violence that is physical or emotional abuse directed at partners, siblings, children or elders.

## INTERVENTIONS

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### **Call Local Police or 911**

- \*180 Turning Lives Around - (732) 264-4111
- Domestic Violence 24-Hour Hotline - 1 (888) 843-9262
- Community Affairs and Resource Center of Monmouth (CARC)
  - Asbury Park (732) 774-3282
  - Freehold (732) 431-6977
- Project HEAL (Help Empower Lead)
  - (732) 897-8190

## PREVENTIONS

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- Parents Anonymous
  - [www.parentsanonymous.org](http://www.parentsanonymous.org)
- National Parent Helpline
  - 1 (855) 427-2736
  - 1 (800) 843-5437
- Department of Child Protection & Permanency
  - (877) NJABUSE (877) 652-2873 / TTY 1 (800) 835-5510

## SEXUAL ASSAULT/RAPE INTERVENTIONS

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- Hotline (24/7)
  - 1 (888) 264-RAPE
- \*180 Turning Lives Around
  - (732) 264-4111
- Catholic Charities - Family Growth Program
  - (732) 747-9660 (Office) 1 (800) 360-7711 (Access Center)
- **Police and Medical Emergencies - 911**

**\*County Funding Available to Serve Residents who Meet Income Criteria**

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# DATE RAPE

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Date Rape is forced or coerced sex between: partners, dates, friends, friends of friends or general acquaintances. Date rape can be coerced both physically and emotionally.

- New Jersey Coalition Against Sexual Assault (NJCASA)
  - [www.njcasa.org/get-help-now](http://www.njcasa.org/get-help-now)
- National Sexual Assault Hotline
  - [www.rainn.org](http://www.rainn.org) 1 (800) 656-HOPE, 1 (800) 656-4673

**DOMESTIC VIOLENCE/SEXUAL ASSAULT/RAPE**

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# EATING DISORDERS

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Eating disorders involve behaviors, such as extreme and unhealthy reduction of food or severe overeating, as well as feelings of distress or extreme concern about body shape or weight.

## INFORMATION

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- National Eating Disorders Association
  - [nationaleatingdisorders.org](http://nationaleatingdisorders.org) Helpline: 1 (800) 931-2237
- Medline Plus - Eating Disorders
  - [nlm.nih.gov/medlineplus/eatingdisorders.html](http://nlm.nih.gov/medlineplus/eatingdisorders.html)

## INTERVENTIONS

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- Monmouth County Division of Behavioral Health - Information and Referral
  - (732) 431-6451
- Mental Health Association of Monmouth County
  - (732) 542-6422
- GenPsych
  - [GenPsych.com](http://GenPsych.com) (855) 436-7792
- PennMedicine
  - [PrincetonHCS.org](http://PrincetonHCS.org) (888) 437-1610

## GENERAL SUPPORT REFERENCES

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- Covenant House: food, clothing, hygiene, education & employment referrals; emergency shelter (ages 18-21)
  - Outreach (732) 674-4702 or (609) 289-5359
- Education Partnership Website - [www.educationpartnership-monmouth.org](http://www.educationpartnership-monmouth.org)
- New Jersey 211 Call Center - [www.nj211.org](http://www.nj211.org) 211 or 1 (877) 652-1148
- NJ Center for Tourette Syndrome & Associated Disorders - [www.njcts.org](http://www.njcts.org) (908) 575-7350
- Monmouth Resource Net Website - [www.monmouthresourcenet.org](http://www.monmouthresourcenet.org)
- Ocean Township Human Services - (732) 531-2600

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# FAMILY SUCCESS CENTERS

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Bayshore Family Success Center:

- YMCA of Greater Monmouth County [ymcanj.org](http://ymcanj.org) (732) 671-5505
- Coastal Communities Family success Center Long Branch [coastalfsc.org](http://coastalfsc.org) (732) 571-1670
- Oceans Family Success Center Greater Asbury Park Community [oceansfsc.com](http://oceansfsc.com) (732) 455-5272

## EATING DISORDERS/GENERAL RESOURCES

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# LGBTQ+ RESOURCES

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- Garden State Equality
  - [Gardenstateequality.org](http://Gardenstateequality.org) (973) 509-5428
- Jersey Shore Q-Spot-LGBT Community Center
  - [qspot.org](http://qspot.org) (732) 604-1791
- Monmouth County Consortium on LGBT Youth
  - [makeitbetter4youth.org](http://makeitbetter4youth.org)
- New Jersey Gay, Lesbian & Straight Education Network (GLSEN)
  - [njglsen.org](http://njglsen.org) (609) 448-8243
- PFLAG (Parents, Families & Friends of Lesbians & Gays)
  - [Jerseyshorepflag.org](http://Jerseyshorepflag.org) (908) 814-2155
- Project R.E.A.L (Real Empowerment on All Levels)
  - [projectrealap@gmail.com](mailto:projectrealap@gmail.com) (732) 455-5516

## SUBSTANCE USE

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### INTERVENTION

- Addictions Hotline of NJ for 18+
  - (800) 238-2333
- PerformCare: NJ Children's System of Care
  - (877) 652-7624
- YMCA Counseling and Social Services
  - (732) 290-9040
- CPC Addiction Recovery & Counseling Services
  - (800) 250-9811 opt. 3
- Monmouth County Division of Behavioral Health Information & Referral
  - (732) 431-6451
- New Hope Foundation
  - Inpatient (732) 946-3030 / Outpatient - (732) 308-0113
- Riverview Medical Center Behavioral Health (Hackensack Meridian Health)
  - (732) 345-3400

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## **PREVENTION**

- CentraState Health Awareness Ctr.
  - (732) 308-0570
- Prevention First
  - (732) 663-1800
- Alliances to Prevent Alcoholism and Drug Use
  - (732) 431-6451
- Wellspring Center for Prevention
  - (732) 254-3344

## **LATINO RESOURCES**

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- 180 Turning Lives Around
  - (732) 264-4111
- Community Affairs and Resource Center of Monmouth (CARC)
  - Asbury Park (732) 774-3282
  - Freehold (732) 431-6977
  - Mercy Center (732) 774-9397

**LGBTQ+ RESOURCES/SUBSTANCE USE/LATINO RESOURCES**

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# CHILDREN'S SYSTEM OF CARE

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Within the NJ Department of Children and Families

The NJ Children's System of Care (CSOC) provides emotional, developmental and behavioral health care services.

[www.nj.gov/dcf/about/divisions/dcsc/](http://www.nj.gov/dcf/about/divisions/dcsc/)

A 24/7 Toll-free access line (Spanish & English) is provided by PerformCare, the CSOC Contracted System Administrator (CSA). This service is free.

- PerformCare (CSA): 1 (877) 652-7624

PerformCare will schedule an in-home assessment or make referrals as noted below:

- Mobile Response and Stabilization Services (MRSS)
  - Short-term intense services that come to guardian/child within one hour of request.
- Care Management Organization (CMO)
  - Longer term care management, connection to full range of treatment / support services, and a Child and Family Team that creates individual service plans.
- **Referrals to MRSS & CMO must be made through PerformCare 1 (877) 652-7624**
- Family Support Organization (FSO)
  - Family staffed to provide family-to-family peer support, education, and advocacy. Parent support groups in Spanish & English and Youth Partnership Program for ages 13 - 20.
  - **No referral needed - call:**  
**Family-Based Services Association of NJ (732) 542-4502**
  - **The Children's Inter-Agency Council** exists to discover gaps and barriers to service and to report those gaps and barriers to the County and State. Having family voice as a part of the CIACC is critical. If you are interested in sharing your family's story and/or becoming part of the Monmouth County CIACC, please email us at:  
[CIACC@co.monmouth.nj.us](mailto:CIACC@co.monmouth.nj.us)

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# INTELLECTUAL DEVELOPMENTAL DISABILITIES

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- NJ Children's System of Care
  - [www.nj.gov/dcf/about/divisions/dcsc](http://www.nj.gov/dcf/about/divisions/dcsc)
- Families can call PerformCare when a youth is in a non- life-threatening mental health crisis for immediate assistance. Youth can also apply for "DD Eligibility" up to age 18 and call for direct services when in crisis or in need of behavioral supports, life skills, summer camp assistance, respite, educational advocacy, and assistive technology.
  - [www.performcarenj.org](http://www.performcarenj.org) 1 (877)-652-7624
- State website for health and early intervention information
  - [state.nj.us/health/fhs/sch/](http://state.nj.us/health/fhs/sch/) (732) 224-6950
- Ombudsman for I/DD Individuals and Families State office to assist families in accessing services and identifying opportunities to improve NJ's services for IDD individuals and their families
  - [disabilityombudsman.nj.gov/](http://disabilityombudsman.nj.gov/) (609) 984-7764
- Monmouth County Special Needs Registry - Voluntary registry for use by First Responders when responding to emergencies
  - [mcsnrnj.org/](http://mcsnrnj.org/)
- ARC of Monmouth General Information regardless of age, help with SSI, Medicaid, Guardianship, DDD, medical care
  - [Arcofmonmouth.org](http://Arcofmonmouth.org) (732) 493-1919
- ASPEN Asperger Syndrome Education Network, Inc Provides information, support and advocacy to individuals and families affected by Asperger Syndrome
  - [Aspennj.org](http://Aspennj.org) (732) 321-0880
- Autism Family Services of NJ
  - [Autismfamilyservicesnj.org](http://Autismfamilyservicesnj.org) (877) 237-4477
- Autism NJ Information regarding rights, education, training for caregivers, advocacy regarding public policy for individuals and families with IDD needs
  - [Autismnj.org](http://Autismnj.org) (609) 588-8200
- Caregivers of NJ
  - [njcaregivers.org/](http://njcaregivers.org/)
- Catastrophic Illness in Children Relief Fund Financial assistance program for NJ families with overwhelming medical cost.
  - [nj.gov/humanservices/cicrf/text/](http://nj.gov/humanservices/cicrf/text/) (800) 335-3863
- CHADD (Children & Adults with Attention Deficit/Hyperactivity Disorder)
  - [Chadd.org](http://Chadd.org) (800) 335-3863

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- COSAC The New Jersey Center for Outreach and Services for the Autism Community
  - [Autismnj.org](http://Autismnj.org) (800) 4-AUTISM
- Disability Rights NJ Advocacy, training, education and technical assistance to individuals with disabilities
  - [Drnj.org](http://Drnj.org) (800) 922-7233
- Epilepsy Services of NJ
  - [epilepsyservicesnj.org/](http://epilepsyservicesnj.org/)
- Family Resource Associates Early Intervention through the life span for individuals with disabilities
  - [Frainc.org](http://Frainc.org) (732) 747-5310
- Family Resource Network A comprehensive group of community-based programs and service organization designed to meet the growing needs of individuals and families with disabilities.
  - [Familyresourcenetwork.org](http://Familyresourcenetwork.org) (800) 372-6510
- SPAN Parent Advocacy Network
  - [www.spanadvocacy.org](http://www.spanadvocacy.org) (800) 654-SPAN

## **TRANSITIONAL LIVING**

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### Beacon House

- [www.catholiccharitiestrenton.org/](http://www.catholiccharitiestrenton.org/) (732) 502-9245

### Collier House

- [www.collieryouthservices.org](http://www.collieryouthservices.org) (732) 264-3222

Covenant House: Food, clothing, hygiene, education & employment referrals; emergency shelter (ages 18-21)

- Outreach (732) 674-4702 or (609) 289-5359

### Project Stepping Stone

- [www.iepyouthservices.org](http://www.iepyouthservices.org) (732) 577-9906

## **DEVELOPMENTAL DISABILITIES/TRANSITIONAL LIVING**



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# ABUSE AND NEGLECT

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## Common Signs of Child Abuse and Neglect

- Physical:
  - Bruises, welts, burns, lacerations, abrasions, fractures
- Sexual:
  - Complaints regarding genital areas, sexually transmitted diseases, unusual knowledge about or preoccupation with sex (seduction), pregnancy, alcohol/drug use, excessive delinquency
- Neglect:
  - Consistent hunger, poor hygiene, inappropriate dress, lack of supervision, unattended physical problems or medical needs, excessive absences
- Emotional:
  - Aggressive or withdrawn behavior (inhibition of play), unusual fears or compulsive behaviors, running away, sudden change in mood or behavior, anti-social behavior

## Intervention

Under NJ law, any person having reasonable cause to believe that a child has been abused or neglected in any environment (e.g., home, institution) shall immediately report to the Division of Child Protection and Permanency (DCP&P). (N.J.S.A. 9:6-8.10)

- To report suspicions 24/7 (877) NJABUSE (877 652-2873)  
***Schools should report to local law enforcement***
- 180 Turning Lives Around - Amanda's Easel
  - Art therapy for kids affected by domestic violence (732) 787-6503
- \*Catholic Charities - Family Growth Program (substantiated sexual abuse)
  - (732) 747-9660 (Office) 1 (800) 360-7711 (Access Center)

## Prevention/Information/Referral

- \*CPC Behavioral Health Care - Anger Management & Substance Use (adolescent & adult)
  - (800) 250-9811
- Jersey Shore Behavioral Health Services:
  - Neptune (732) 869-2784
- \*YMCA Counseling and Social Services (adolescent & adult)
  - (732) 290-9040
- Mobile Response and Stabilization Services
  - (877) 652-7624
- Family Based Services
  - (732) 542-4502

**\*County Funding Available to Serve Residents who Meet Income Criteria**

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## **ABUSE & NEGLECT**

- Family Helpline
  - (800) 843-5437
- Division of Prevention & Community Partnerships
  - [state.nj.us/dcf/prevention](http://state.nj.us/dcf/prevention)
- Parents Anonymous [www.parentsanonymous.org](http://www.parentsanonymous.org)

## **ABUSE & NEGLECT**

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# EMOTIONAL / BEHAVIORAL / PSYCHIATRIC

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Challenges defined as behavior(s) or emotion(s) or psychiatric condition that creates a disturbance that may interfere with normal behavior and makes daily living difficult.

## *Crisis with Imminent Risk of Harm to Self or Others*

- **Call 911**
- Monmouth County Child & Family Crisis Clinicians at County Screening (PESS) at Monmouth Medical Center
  - (732) 923-6999
- Take child to local emergency room

## *Crisis with NO Imminent Risk of Harm to Self/Others*

- Family Crisis Intervention Unit (FCIU) (732) 542-2444
- Monmouth County Child & Family Crisis Clinicians at County Screening (PESS) at Monmouth Medical Center (732) 923-6999
- Mobile Response and Stabilization Services (877) 652-7624

## **Mental Health Services/Supports**

- Amanda's Easel/180 Turning Lives Around (732) 787-6503
- \*Catholic Charities Monmouth Counseling Program
  - Office (732) 747-9660, Access Center 1 (800) 360-7711
- \*CPC Behavioral Health Care Outpatient Services (800) 250-9811
- Family Based Services (parent support) (732) 542-4502
- High Focus IOP & Partial Day Substance Use & Psychiatric Treatment Programs  
1 (800) 877-3628
- Jersey Shore University Medical Center JSUMC Outpatient Services (732) 643-4363
- Jewish Family & Children's Service (732) 774-6886
- Mental Health Association - Monmouth (732) 542-6422
- Mercy Center (Asbury Park) (732) 774-9397

**\*County Funding Available to Serve Residents who Meet Income Criteria**

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# EMOTIONAL / BEHAVIORAL / PSYCHIATRIC

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## Mental Health Services/Supports (Continued)

- Monmouth Resource Net [www.monmouthresourcenet.org](http://www.monmouthresourcenet.org)
- National Alliance on Mental Illness (NAMI)
  - [www.nami.org](http://www.nami.org) 1 (888) 999-NAMI
- NAMI-Monmouth (732) 4NAMI-4U or (732) 462-6448
- 2nd Floor Helpline (Youth support) 1 888-222-2228
- \*YMCA Counseling and Social Services (adolescent & adult)
  - (732) 290-9040

**\*County Funding Available to Serve Residents who Meet Income Criteria**

## STIGMA

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The **Monmouth County Stigma-Free Initiative** is a county-wide program that aims to reduce the stigmas associated with mental illness and substance use disorder. We are dedicated to raising awareness of the diseases of mental illness and substance use disorders to create a culture wherein residents feel supported by their community and neighbors and feel free to seek treatment for the diseases without the fear of stigma.

For more information contact us on our website: <https://www.stigmafree-monmouth.org/>

***NJ Governor's Council on Mental Health Stigma*** [www.nj.gov/mhstigmacouncil](http://www.nj.gov/mhstigmacouncil)

The campaign to educate and enlighten the public about the importance of mental health is paramount to our efforts. Mental health stigma is the last frontier of discrimination and we are in the

midst of an evolution and revolution in mental health. We now know that it is likely that everyone will experience or be touched by a mental illness at least once in their lives.

Therefore, we must remember that mental illness does not discriminate, people do.

When we discriminate against those with mental illness we are discriminating against our mothers and fathers, sons and daughters, sisters and brothers, friends and neighbors. Embracing mental health and learning more about mental illness will enrich and strengthen the communities in which we live.

**EMOTIONAL / BEHAVIORAL / PSYCHIATRIC / STIGMA**