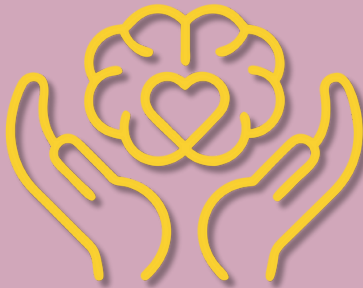


# **Hillsborough Mental Health Resource Guide**

**This guide includes local and online resources for those seeking behavioral health services, a place to chat with like-minded people, and more.**



**2025**

# Crisis Intervention Resources

For those in need of immediate support at any time

## **988 Suicide & Crisis Lifeline**

24/7 free and confidential support for people in distress, 988 also provides prevention and crisis resources for loved ones.

Dial 988, send a text to 988, or chat on the website.

[988lifeline.org](https://988lifeline.org)

## **Crisis Text Line**

A national text line that provides free, 24/7, high-quality text-based mental health support and crisis intervention for anyone who may need it, no matter their race, ethnicity, age, or identity

Text HOME or HOLA to 741-741

[crisistextline.org](https://crisistextline.org)

## **Psychiatric Emergency Screening and Services (PESS)**

Rapid mobile outreach to people in psychiatric crisis. Services are focused on crisis intervention, planning, and follow-up appointments.

Call 908-526-4100

[bridgewaybhs.org/services.somerset.pess.html](https://bridgewaybhs.org/services.somerset.pess.html)

## **Safe + Sound Somerset**

A 24/7 365 days a year service focused on providing a resource for victims of domestic and sexual violence at no charge to callers. Aside from their helpline, they also offer safe emergency housing, counselling, legal advocacy, and education on healthy relationships.

Call 866-685-1122

<https://safe-sound.org/>

## **Performcare**

An organization that offers a full array of behavioral health services for residents in New Jersey. Those in crisis and looking for services can call at any time, day or night to make an appointment for the necessary services they require.

Call 877-652-7624

<https://www.performcarenj.org/>



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# Crisis Intervention Resources

For those in need of immediate support at any time

## 2<sup>nd</sup> Floor

A 100% confidential and anonymous helpline for New Jersey youth and young adults ages 10-24 and is available 24/7 365 days a year.

Call or Text 1-888-222-2228

[2ndfloor.org](http://2ndfloor.org)

## Family Crisis Intervention Unit (FCIU)



Services for children and families include crisis intervention and stabilization, short-term family treatment, case management, linkage to community resources, and more.

Call 908-704-6330

[co.somerset.nj.us/government/human-services/youth-services/family-crisis-intervention-unit](http://co.somerset.nj.us/government/human-services/youth-services/family-crisis-intervention-unit)

## The Trevor Project



A non-profit organization focused on suicide prevention for LGBTQ+ youth. Completely confidential and free, they offer 24/7 services 365 days a year from anywhere in the U.S. via text, chat, or phone.

Call 1-866-488-7386

Text 678-678

[thetrevorproject.org/get-help/](http://thetrevorproject.org/get-help/)

## Mobile Response Stabilization Services (MRSS)



A resource focused on helping children/youth and their families who are experiencing an emotional or behavioral crisis that causes a disruption in the home with the goal of ensuring everyone is safe. Services are available 24/7 7 days a week.

Call 877-652-7624

<https://www.nj.gov/njfoadopt/services/mrss.html>

## NJ IME Addictions Access Center

A service for residents of New Jersey looking for help dealing with a substance use disorder. Individuals who call in for an appointment will receive assistance and support on a 24/7/365 basis and can be referred to the appropriate treatment addiction provider.

Call 844-276-2777

<https://ubhc.rutgers.edu/clinical/call-center/interim-managing-entity-ime.xml>



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# In-Person Resources

For those looking for in-person mental health services

## **Richard Hall Community Mental Health Center**

Services for mental health and substance use, including medication management, therapy, and 24/7 crisis services.

Call 908-253-3165

[co.somerset.nj.us/government/human-services/mental-health](https://co.somerset.nj.us/government/human-services/mental-health)

## **Collaborative Support Programs of New Jersey (Community Wellness Centers)**

In-person facilities across the state that offer opportunities to access education, support, and resources to help people in recovery realize a lifestyle centered on comprehensive wellness. To find your closest community wellness center, go to:

<https://cspnj.org/cause/cwc/>

## **Collaborative Support Programs of New Jersey (Peer Wellness Respite Program)**

A peer-run alternative to inpatient psychiatric hospitalization that focuses on strengthening coping skills and wellness self-care in order to get patients to a place that they are happy with. For more information about your nearest respite, go to:

<https://cspnj.org/cause/respite/>

## **Empower Somerset**

A local nonprofit organization dedicated toward bettering the health of the community through prevention, education and in-person services pertaining to mental and behavioral health. For more information on their available programs or the Family Success Center, go to:

<http://empowersomerset.com/>

[info@empowersomerset.com](mailto:info@empowersomerset.com)

## **Rutgers UBHC Children and Adolescent Services**



Rutgers University's certified community behavioral health clinic that offers a wide-range of outpatient services for children between the ages of 4-17. They are based in 4 different locations across the state and offer services in English, Portuguese and Spanish.

Call 1-800-969-5300

<https://ubhc.rutgers.edu/clinical/outpatient/children-and-adolescent-outpatient-services.xml>



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# Online Community Resources

For those looking to connect with others who have shared similar experiences

## **South Asian Mental Health Awareness in Jersey (SAMHAJ)**

A subset of the National Alliance on Mental Illness (NAMI) in New Jersey that provides online education, support, and advocacy for South Asians of any age and gender in New Jersey.

<https://naminj.org/support-and-education/multicultural-programs/samhaj-south-asian/>

## **Chinese American Mental Health Outreach Program (CAMHOP)**

A subset of the National Alliance on Mental Illness (NAMI) in New Jersey that provides online education, support, and advocacy for Chinese and Chinese American individuals in the state.

<https://naminj.org/support-and-education/multicultural-programs/camhop-chinese/>

## **African-American Community Together NOW (AACT-NOW)**

A group under the National Alliance on Mental Illness (NAMI) in New Jersey that provides online support, education and advocacy services for African-American individuals in New Jersey.

<https://naminj.org/support-and-education/multicultural-programs/aact-now-african-american/>

## **NAMI NJ in Spanish**

A group under the National Alliance on Mental Illness (NAMI) in New Jersey that provides online support, education and advocacy services for New Jersey's Hispanic and Latino community.

<https://naminj.org/support-and-education/multicultural-programs/nami-nj-en-espanol/nami-nj-in-spanish/>

## **New Jersey Self-Help Group Clearing House**

A resource open to all looking to start or find a self-help group in the state in order to help individuals find their place in the community.

Call 800-367-6274

<https://www.njgroups.org/>



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# Free Online Resources/Call-Lines

For those looking to connect with others at no cost

## **Behavioral Health System Navigator - Somerset County**

Provides users help with connecting to mental health and substance use treatment, prevention, and recovery support services. For more information,

Call 908-203-6130

[sbillitz@co.somerset.nj.us](mailto:sbillitz@co.somerset.nj.us)

[co.somerset.nj.us/government/human-services/operations-planning/behavioral-health-system-navigator](http://co.somerset.nj.us/government/human-services/operations-planning/behavioral-health-system-navigator)

## **7 Cups**

An on-demand emotional health service and online therapy provider that has free chat rooms and support groups for those who are looking for someone to talk with about whatever, whenever.

[www.7cups.com](http://www.7cups.com)

## **Peer Recovery Warmline**

The Mental Health Association in New Jersey Peer Recovery Warmline is a peer-run service providing ongoing telephone support to mental health consumers as they work towards recovery. It is answered by caring, trained people who have lived experiences with mental illness and are in recovery themselves.

Call 877-292-5588

## **National Alliance on Mental Illness (NAMI) HelpLine**

The NAMI NJ HelpLine is a free, statewide peer-support service providing information, resource referrals, and support to people living with a mental health condition, their family members and caregivers, mental health providers, and the public.

Call 866-626-4664

## **NJ Mental Health Cares Hotline**

Informational call line that offers mental health information and referral services to callers.

Call 866-202-HELP (4357)



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# Call-Lines

For those looking to get more information about available services or find a confidant via phone

## **NJQuitline**

A free, 24/7 and multilingual service that helps New Jersey residents quit using tobacco-based products. Individuals can go on completely confidential one-on-one or group calls with qualified professionals and peers to receive the support they need.

Call 866-651-2611

<https://www.njquitline.org/>

## **NJ Connect for Recovery Call Line**

A call line that focuses on helping people who are experiencing distress related to the substance use disorder of a family member or friend. This service is a safe, confidential, non-judgmental forum that individuals may call for emotional support, information and referrals regarding their loved one's substance use.

Call 855-652-3737

## **REACHNJ**

New Jersey's central call-line for residents who are looking for help with a substance use disorder regardless of insurance status or ability to pay. Offers referrals to treatment and support services for substance use, as well as resources for families.

Call 844-REACHNJ

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

## **LGBT National Youth Talk Line**



Provides LGBTQ+ youth with a safe space that is anonymous and confidential. Callers can speak on many different issues and concerns including, but not limited to, coming out issues, sexual orientation or gender identity/expression issues, relationship concerns, bullying, school issues, HIV/AIDS anxiety, safer sex information, and suicide. There are also 24/7 peer support and youth chatrooms for those wishing to talk with others who have had similar experiences.

Call 800-246-7743

<https://lgbthotline.org/youth-talkline/>

## **NJVet2Vet**

A 24/7 call line for military veterans of New Jersey. Those who call in can be directed to peer support and case management services or be referred to an appropriate clinical provider in the event of a crisis.

Call 866-VETS-NJ4 (838-7654)

<https://www.njvet2vet.com/>



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# 988 SUICIDE & CRISIS LIFELINE

## 24/7 CALL, TEXT, CHAT



Scan the QR Code to take one of several mental health tests. Online screening is one of the quickest ways to determine whether you are experiencing symptoms of a mental health condition.

**Please Note:** Online screening tools offer a brief overview of your mental health. If your results suggest possible symptoms of a mental health condition, consider sharing them with someone you trust. A qualified provider, such as a doctor or therapist, can offer a full assessment and discuss support or treatment options.

Hillsborough Health Department

908-369-5652



**Public Health**  
Prevent. Promote. Protect.