

# Mental Health Resources

<u>Provider</u>	<u>Phone Number</u>	<u>Description</u>
NJ Mental Health Cares	1-866-202-HELP (4357)	Emotional support related to any type of mental health need including support related to COVID-19. Free, confidential support. 8am – 8pm 7 days a week <a href="https://www.njmentalhealthcares.org/">https://www.njmentalhealthcares.org/</a>
SAMHSA	1-800-985-5990 <b>or</b> Text TALKWITHUS to 66746	Immediate crisis counseling for those experiencing emotional distress related to any natural or human caused disaster. Free, confidential support 24hrs 365 days/year. Multilingual <a href="https://www.samhsa.gov/">https://www.samhsa.gov/</a>
Mental Health Association of Essex & Morris	1-877-760-4987 1-866-445-3902 1-800-381-2059	A “warm-line” handled by peers for non-crisis support, assistance, and reassurance/understanding. 5pm – 10pm 365 days/year. *not a crisis line* <a href="https://www.mhaessexmorris.org/community-outreach-advocacy-2/#peer">https://www.mhaessexmorris.org/community-outreach-advocacy-2/#peer</a>
St. Clare’s Health	973-625-0096  After hours hotline – call 973-625-0096 to be directed	Wellness Center – comprehensive services to Morris County adults (18+) who are experiencing a crisis or challenging and difficult circumstances. Mon – Thur 9am – 8:30pm, Friday 9am – 6:30pm, Saturday 9am – 5:30pm. After hours support available during non-business hours 7 days/week. <a href="https://www.saintclares.com/Our-Locations/Behavioral-Health-Services/Wellness-and-Recovery-Center.aspx">https://www.saintclares.com/Our-Locations/Behavioral-Health-Services/Wellness-and-Recovery-Center.aspx</a>
St. Clare’s Health	973-625-6150 (during business hours) 973-625-6160 (24 hr hotline)	*Crisis hotline* - emergency evaluations for adults and children. 24hr hotline <a href="https://www.saintclares.com/Our-Services/Psychiatric-Emergency.aspx">https://www.saintclares.com/Our-Services/Psychiatric-Emergency.aspx</a>
Tri-County Behavioral Care	973-691-3030	Immediate teletherapy for those experiencing any mental health needs. <a href="https://tcbllc.org/">https://tcbllc.org/</a>
NAMI helpline	1-800-950-6264  Text NAMI to 741741	Free, nationwide peer support service for those with Mental Health needs. Line is not taking live calls – voicemails will be returned within 24-48 hours. <a href="https://www.nami.org/">https://www.nami.org/</a> Crisis Text Line – open 24/7

<u>Morris County Mental Health Providers</u>		<u>Website – some sites includes ways to cope with COVID-19</u>
Mental Health Association of Essex and Morris	973-334-3496	<a href="https://www.mhaessexmorris.org/">https://www.mhaessexmorris.org/</a>
NewBridge Services	973-839-2520	<a href="https://newbridge.org/">https://newbridge.org/</a>
Community Hope	973-463-9600	<a href="https://www.communityhope-nj.org/">https://www.communityhope-nj.org/</a>
NJAS/EDGE	973-285-0006	<a href="http://www.njas-inc.org/">http://www.njas-inc.org/</a> <a href="https://www.edgepridecenter.org/">https://www.edgepridecenter.org/</a>
St. Clare’s Behavioral Health	1-888-626-2111 Informational helpline	<a href="https://www.saintclares.com/Our-Locations/Behavioral-Health-Services.aspx">https://www.saintclares.com/Our-Locations/Behavioral-Health-Services.aspx</a>

