



MENTAL HEALTH URGENT CARE CLINIC

CBH Care's Wellness & Support Center provides mental health urgent care services to adults age 18 and older.

Call 24 hours per day
201-957-1800

569 Broadway, Westwood, NJ



IT'S OK NOT TO BE OK

YOUTH AND FAMILY

NJ Children's System of Care -
Crisis Services, Care Management & Support
[serving families with youth up to age 21]
Call 24 hours per day **1-877-652-7624**

NJ Youth Helpline - Call or text 24 hours per day
1-888-222-2228

NJ Help & Info Line **Dial 211**

SUICIDE PREVENTION & CRISIS HELP 24/7

National Suicide Prevention Lifeline **1-800-273-8255**

Crisis Text line **741741**

Veterans Crisis **1-800-273-8255 or text 838255**

Trevor Lifeline - LGBTQIA -- **1-866-488-7386 or text 678 678**

NJ Addiction Hotline - **1-844-276-2777**

National Sexual Assault Hotline - **1-800-656-HOPE [4673]**



MENTAL HEALTH TREATMENT

Bergen New Bridge Medical Center	201-967-4000
Care Plus NJ	201-265-8200
CBH Care	201-646-0195
Vantage Health System	201-567-0059
West Bergen Mental Healthcare	201-485-7172

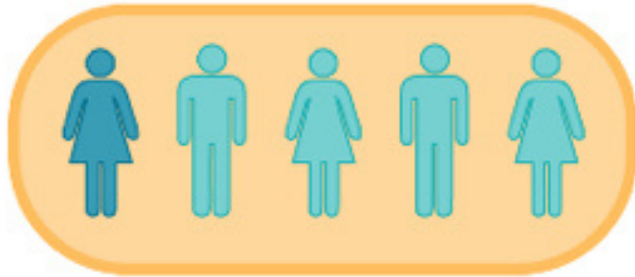
LEARN the SIGNS



HACKENSACK PROUD TO BE STIGMA-FREE

The Hackensack Stigma-Free Committee is dedicated to eliminating the stigma associated with mental illness by raising awareness, promoting understanding and empathy and encouraging all residents to talk about mental health every day.

Mental Health Matters For Everyone



1 in 5

American adults will have a diagnosable mental health condition in any given year¹



50 PERCENT

of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.²



START A
CONVERSATION
TODAY



WHAT IS STIGMA?

Stigma is a mark of disgrace which results from judgement of others. When an individual is labelled by their illness, they experience judgement and prejudice. Stigma brings feelings of shame, distress, embarrassment, hopelessness, and reluctance to seek help. As a result, stigma is the primary reason individuals do not seek help when they experience symptoms of mental illness.



Learn more and
connect with
Hackensack Stigma
Free