



MENTAL HEALTH URGENT CARE

CBH Care's Wellness & Support Center provides mental health urgent care services to adults age 18 and older who live in Bergen or Passaic County.

Call 24/7 - 201-957-1800



YOUTH & FAMILY

NJ Children's System of Care -

*Crisis Services, Care Management & Support
[serving families with youth up to age 21]*

Call 24/7 - 1-877-652-7624
www.performcarenj.org

2nd Floor - NJ's Youth Helpline

Call or text 24/7 - 1-888-222-2228
www.2ndfloor.org

IT'S OK NOT TO BE OK

SUICIDE PREVENTION & CRISIS HELP 24/7

National Suicide & Crisis Lifeline - Dial/Text **9 8 8**

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]**



Taking an online screening is a quick and easy way to determine whether you are, or someone else is, experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are common and treatable.

And recovery is possible.

TAKE a SCREENING



Log onto: www.mhanational.org

201-646-0195
www.cbhcare.org

CBH Care
*Healing minds since 1969 through
compassionate care and expert treatment.*

Follow us





CBH Care has been working since 1969 to help people recover from a mental illness and to live life well. The list below highlights the wide range of treatment and support services CBH Care offers.

MENTAL HEALTH URGENT CARE

(serving adults age 18 and over)
201-957-1800

COUNSELING & PSYCHIATRIC CARE

(serving youth, families, adults and seniors)
201-646-0195

POST-PARTUM TREATMENT

Call 24/7 - 800-328-3838

**ADOLESCENT THERAPEUTIC
AFTER-SCHOOL PROGRAM**

201-646-0195

**SPECIALIZED AFTER-SCHOOL
PROGRAM**

(serving adolescents who live with an intellectual or developmental disability and a mental illness)
201-646-0195

**ADULT THERAPEUTIC DAY
PROGRAM**

201-646-0195

**KARE - A PSYCHIATRIC
RESIDENTIAL REHABILITATION
PROGRAM FOR ADOLESCENTS**

(Log onto or call NJ Children's System of Care to learn more: www.performcarenj.org)
1-877-652-7624

**INTENSIVE FAMILY SUPPORT
SERVICES**

(Supports families who have a loved one who lives with mental illness.)
201-646-0333

IN-COMMUNITY SERVICES

(serving older adults, people experiencing homelessness, families caring for a loved one who lives with a mental illness and individuals who need assistance as a result of a mental illness)
201-646-0195

HELPFUL WEBSITES & RESOURCES

- www.healthybergen.org
- www.mhanational.org
- www.nj211.org
- www.njhonline.com
- www.suicidepreventionlifeline.org
- www.veteranscrisisline.net
- www.take5tosavelives.org
- www.rememberingtj.org
- www.2ndfloor.org
- www.adaa.org
- www.tcadr.org
- www.cllctivly.org
- www.thetrevorproject.org
- www.nami.org
- www.asianmhc.org
- www.changedirection.org
- www.bringchange2mind.org
- www.centerforparenteducation.org
- www.ifred.org
- www.hopeandsafetynj.org
- www.ywcannj.org
- www.rainn.org
- www.nationaleatingdisorders.org



There is hope.

