Counseling Treatment Resource List

➢ Catholic Charities
288 Rues Lane, East Brunswick, NJ
Tel: 732-324-8200  Website: https://www.ccdom.org/middlesex
Adolescent outpatient mental health services, Spanish speaking counselors, sliding scale

➢ Stress and Anxiety Services of New Jersey
A-2 Brier Hill Court, East Brunswick, NJ 08816
Tel: (732) 390-6694  Website: http://www.stressandanxiety.com/
Adolescent outpatient mental health services, Insurance not accepted/may submit own claims

➢ The Center for Counseling and Therapy Services
15 W Prospect Street, East Brunswick, NJ
Tel: (732) 254-0600  Website: https://www.centerfortherapy.net/
Adolescent outpatient mental health services, May submit own insurance claims

➢ Positive Reset
6 Cornwall Ct. Ste. B, East Brunswick, NJ 08816
Tel:. 732-955-4141
Website: http://www.positivereset.com/ChildandAdolescent.html
Individual outpatient therapy for adolescents, Most Insurances accepted, Spanish speaking counselors available

➢ GenPsych
Multiple Locations: Bridgewater, Brick, Hamilton, Livingston
Tel: (855) 436-7792  Website: www.genpsych.com
Mental health/eating disorder, Partial Hospitalization Program (PHP)/Intensive Outpatient Program (IOP), Insurance accepted

➢ Innerspace
2433 County Rd 516, Old Bridge, NJ 08857
Tel:(732) 332-8270  Website: www.innerspacecounseling.com
Mental health/Co-occurring substance abuse disorder, IOP, Insurance accepted

➢ High Focus
6 Paragon Way # 104, Freehold, NJ 07728
Tel: (732) 303-9900  Website: https://highfocuscenters.pyramidhealthcarepa.com
Teen psychiatric/substance abuse disorders/ co-occurring disorders, IOP, Most insurance accepted

➢ Penn Medicine: Princeton House
Multiple Locations  Tel: 1 (888) 437-1610
Website: https://www.princetonhcs.org/care-services/princeton-house-behavioral-health
Adolescent mental health/substance abuse/co-occurring disorders, PHP/IOP

Last update: 4/9/2019
➢ Rutgers University Behavioral Healthcare (UBHC)
   671 Hoes Lane, Piscataway, NJ
   Tel: 1-800-969-5300 (access center) Website: https://ubhc.rutgers.edu/services/children_family/index.html
   Various levels of care including Adolescent outpatient and PHP program

➢ Carrier Clinic
   252 County Road 601, Belle Meade, NJ
   Tel: 1(800) 933-3579 Website: https://carrierclinic.org/
   Adolescent PHP, Hospitalization for psychiatric and co-occurring disorders including substance abuse,
   Most insurance accepted including Medicaid/Medicare

➢ Summit Oaks Hospital
   19 Prospect Street, Summit, NJ
   Tel:(908) 522-7077 Website: https://summitoakshospital.com/
   Teen mental health treatment/hospitalization, addresses co-occurring disorders/substance abuse

➢ Psychology Today Therapist
   Search: https://www.psychologytoday.com/us/therapists
   Search for private community counselor based on a variety of criteria

Substance Abuse Treatment Centers

➢ The Counseling Center
   4345 US HWY 9N, Freehold, NJ
   Tel: (732) 431-5300 Website: http://thecounselingcenter.com/
   Adolescent IOP (grades 8-12 minimum age 14), Insurance accepted

➢ The Center for Great Expectations
   303 George Street Suite 104, New Brunswick, NJ 08901
   Tel:(732) 993-6403 x323 Website: https://www.cge-nj.org/
   Residential Treatment program for pregnant and parenting adolescents

➢ Daytop New Jersey
   Mendham, New Jersey
   Tel:862-260-9460 Website: https://daytopnj.org/
   Residential treatment for adolescents with substance abuse and co-occurring disorders, most
   insurance accepted

➢ New Hope Integrated Behavioral Health Care
   80 Conover Rd. Marlboro, NJ 07746
   Tel: (800) 705-4673 Website: https://newhopeibhc.org/
   Adolescent Substance Abuse Program Residential, Outpatient (separate location)

Last update: 4/9/2019
Crisis Intervention

➢ Mobile Response and Stabilization Services
  Tel: (877) 652-7624  Website: https://www.nj.gov/dcf/families/csc/mobile/
  In-home intervention available 24/7 to help children and youth who are experiencing emotional and behavioral crisis

➢ Rutgers University Behavioral Healthcare (UBHC)
  671 Hoes Lane, Piscataway, NJ
  Tel: (855) 515-5700  Website: https://ubhc.rutgers.edu/
  Acute Psychiatric Services (APS), psychiatric emergency services and crisis intervention

➢ Raritan Bay Medical Center
  Perth Amboy (ER Psychiatric Screening)
  Tel: (732) 442-3700  Website: https://www.rbmc.org/

Helplines/Referral Centers

➢ Middlesex Blue Cares 24-hour hotline
  Tel: (732) 596-4199
  Answered by Peer Recovery coaches who assist callers with referrals or immediate services, regardless of insurance

➢ Middlesex County Center for Empowerment: Sexual Violence Counseling, Advocacy, and Prevention Education
  Edison, New Jersey
  Tel: (877) 665-7273  Website: http://www.middlesexcountynj.gov/government/departments/psh/pages/center-for-empowerment.aspx
  Available 24 hours/7 days a week

➢ Wellspring Prevention
  620 Cranbury Road, Suite 105, East Brunswick, New Jersey
  Website: https://wellspringprevention.org
  Advocacy, prevention, training for substance abuse disorders

➢ Trevor Lifeline
  Tel: (866) 488-7386  Website: https://www.thetrevorproject.org/
  Crisis and suicide prevention helpline LGBT youth and young adults

➢ NJ Hopeline
  Tel: (855) 654-6735  Website: http://www.njhopeline.com/
  New Jersey Suicide Prevention hotline

➢ 2nd Floor: Youth Helpline
  Tel: (888) 222-2228  Website: https://www.2ndfloor.org/about/

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