

# WHERE TO GO FOR HELP...

## MENTAL HEALTH AND SUBSTANCE ABUSE GUIDE FOR GLOUCESTER COUNTY



Provided by:

**GLOUCESTER COUNTY BOARD OF CHOSEN FREEHOLDERS**

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**[www.gloucestercountynj.gov](http://www.gloucestercountynj.gov)**

**Department of Health & Human Services**

**Division of Human & Disability Services**

**115 Budd Blvd**

**Woodbury, NJ 08096**

**856-384-6842**

***If you need help now:***

- ❖ If you or a loved one is experiencing thoughts of or has a plan of suicide or harm to self or others immediately call Psychiatric Emergency Screening Services at 856-845-9100. If you or your loved one is in imminent danger, call 9-1-1 immediately.

***If you need someone to talk to:***

- ❖ If you are age 10-24, call 2<sup>nd</sup> Floor at 888-222-2228.
- ❖ The NJ Hopeline is a peer support and suicide prevention hotline, and can be accessed by calling 855-654-6735
- ❖ You can also access 24/7 support at the National Suicide Prevention Lifeline at 1-800-273-8255.
- ❖ If you are unsure if you or a loved one is experiencing a mental health crisis, call Psychiatric Emergency Screening Services at 856-845-9100.

***If you are in need of mental health services:***

- ❖ If you are in need of mental health services, such as counseling or medication monitoring, the best place to start is to call the back of your insurance card and ask for a list of in-network providers.
- ❖ To speak to someone about information and referrals, contact NJ Mental Health Cares at: 866-202-4357 or 877-294-4356 (TTY)
- ❖ To search online, visit: [cgsresourcenet.org](http://cgsresourcenet.org)

***If you are a law enforcement officer:***

- ❖ COP 2 COP is a free and confidential 24-hour telephone Helpline. It is available exclusively for law enforcement officers and their families to help deal with personal or job related stress and behavioral healthcare issues. To access this service, call 1-866-267-2267

***If you are a veteran:***

- ❖ New Jersey Vet2Vet is a 24 hour/7-day a week helpline coordinated by Rutgers University Behavioral Health Care. The helpline features peer counseling for veterans, members of the Air/Army National Guard, and family members. To access this service, call 1-866-838-7654

***If you are a family member of someone experiencing with mental illness:***

- ❖ You can access support and education through Intensive Family Support Services (IFSS), a program offered through Acenda Integrated Health. For more information, call IFSS at, 856-848-8050.

***If you would like more information about mental health and mental illness:***

- ❖ If you would like information about suicide warning signs, call 1-855-654-6735
- ❖ To search various topics surrounding mental health, mental illness, and addiction, visit Substance Abuse and Mental Health Services Administration at: [samhsa.gov](http://samhsa.gov)
- ❖ For more information about NJ state programming, visit: [nj.gov/humanservices](http://nj.gov/humanservices)

***If you are a parent or caregiver to a minor in need of services for mental health concerns, substance use, or developmental or intellectual disability:***

- ❖ Call PerformCare at: 1-877-652-7624.

***If you are interested in volunteering as a Disaster Response Crisis Counselor:***

- ❖ Visit: [njdrcc.org](http://njdrcc.org)

***If you have a disability and have had a problem related to your disability such as discrimination or denial of services, you may be eligible for help through Disability Rights NJ:***

- ❖ Call 1-800-922-7233, 609-633-7106 (TTY)

***If you are a Gloucester County resident in need of additional mental health resources:***

- ❖ Call the Gloucester County Office of Mental Health at 856-384-6842

***If you would like to get involved with addiction prevention education:***

- ❖ Please call the Gloucester County Municipal Alliance coordinator at 856-384-6887

***If you suspect someone is in danger of overdose:***

- ❖ Please call 911 immediately and stay with them until help arrives

***If you are a NJ resident, and need treatment for substance use:***

- ❖ Call the NJ IME Addictions Access Center, 1-800-276-2777; or
- ❖ Call the NJ Connect for Recovery Hotline at 1-855-652-3737

***If you are a Gloucester County resident and need funding for substance use treatment:***

- ❖ Call the Gloucester County Office of Addiction Services at 856-384-6886

***If you are in recovery and looking for a 12 step meeting:***

- ❖ Narcotics Anonymous (NA) [nanj.org](http://nanj.org), or call 1-800-992-0401
- ❖ Alcoholics Anonymous (AA) [aasj.org](http://aasj.org) or call 1-856-486-4444

***If you have a loved one suffering from substance use and need support:***

- ❖ Call ReConnections Family Support Center at 856-651-7553 x40011

***If you would like to be trained to administer Narcan:***

- ❖ Call the Gloucester County Office of Addiction Services at 856-384-6929

***If you are interested in learning more about peer to peer self-help groups:***

- ❖ Call: 1-800-367-6274 or visit: [njgroups.org](http://njgroups.org)

***Community education and involvement:***

- ❖ For a list of upcoming trainings or events, search the Gloucester County homepage ([gloucestercountynj.gov](http://gloucestercountynj.gov)), like the Gloucester County Facebook page, check NJ.com, or call the Gloucester County Division of Human and Disability Services at: 856-384-6842

**Please note that Gloucester County does not endorse any one particular mental health or addictions treatment agency, and that we partner with all county stakeholders to ensure residents are receiving the best possible care available.**



**The County of Gloucester complies with all state and federal rules and regulations against discrimination in admission to, access to, or operations of its programs, services, and activities. In addition, County encourages participation of people with disabilities in its programs and activities and offers special services to all residents 60 years of age and older. Inquiries regarding compliance may be directed to the County's ADA Coordinator at (856) 384-6842/ New Jersey Relay Service 711**