

## **Resources for Youth & Families**

### **Youth & Family Crisis Resources:**

- **Bridgeway Psychiatric Emergency Screening Services (PESS):** 908-526-4100, 24/7 crisis intervention, stabilization, family crisis services, and rapid mobile outreach focused on hospital diversion <https://www.bridgewayrehab.org/services.somerset.pess.html>
- **Perform Care:** 877-652-7624, available 24/7, parent/legal guardian or youth (if youth is 18+ years old) must call Perform Care to access Mobile Response & Stabilization Services (MRSS) or the Care Management Organization (CMO). <https://www.performcarenj.org/>
  - **Mobile Response (MRSS):** meets with youth/families in-person (can meet at family's home, in the community, school) to de-escalate youth experiencing emotional/behavioral crisis. MRSS will create safety plan, link family to supports/services, and stay open for 8 weeks to monitor effectiveness of services & link to ongoing treatment. MRSS can be accessed 24/7/365. To make a referral, parent/legal guardian or youth (if 18+ years old) must call Perform Care **(877-652-7624)**, providers & schools are encouraged to call with family present.
  - **Care Management Organization (CMO):** provides in-home case management & links youth with services/supports to address emotional/behavioral health challenges, intellectual or developmental disabilities, or substance use. To access, parent/legal guardian or youth (if 18+ years old) must call Perform Care.
- **Family Crisis Intervention Unit (FCIU):** 908-704-6330, immediate intervention, assessment, short-term family counseling, case management, and court intervention (after all other interventions have been exhausted) to address youth/family conflict, runaway behavior, truancy, human trafficking, or any serious threat to the well-being/safety of a youth. Youth must reside with their parent/guardian in Somerset County, referrals can be made by family, providers, police, schools
- **2<sup>nd</sup> Floor Youth Helpline:** 888-222-2228, available 24/7, access via phone call or text, for youth 10-24 years old <https://www.2ndfloor.org/>
- **Crisis Text Line:** 24 Hour Crisis Text Line, to access text HOME to 741741 <https://www.crisistextline.org/>

### **Suicide Prevention:**

- **988 Suicide & Crisis Lifeline:** 24/7 support for anyone experiencing a suicidal crisis, emotional distress, or substance use crisis, access via phone (call or text 988) or online chat <https://988lifeline.org>
- **NJ Suicide Prevention Hopeline:** 1-855-654-6735, available 24/7, access via phone call, text, email or chat <https://njhopeline.com/>
- **The Trevor Project:** 24/7 crisis intervention & suicide prevention for LGBTQ youth (under 25 years old), access via phone (call 866-488-7386 or text START to 678678) or online instant message <https://www.thetrevorproject.org/get-help-now/>

### **Substance Use:**

- **ReachNJ:** 1-844-732-2465, 24/7 addictions hotline for those with a substance use disorder or their family/friends <https://nj.gov/humanservices/reachnj/>
- **NJ Addiction Services Hotline:** 1-844-276-2777, 24/7 hotline that assists with providing referrals to substance use treatment

### Abuse/Neglect, Domestic Violence, Sexual Assault:

- **Division of Child Protection & Permanency (DCPP):** 877-652-2873, investigates child abuse & neglect allegations, conducts Child Welfare Assessments, goal is to stabilize children in their home & keep families together. Anyone can report an allegation to DCPP by calling the State Central Registry (SCR), which is available 24/7
- **Safe + Sound Somerset 24 Hour Helpline:** 866-685-1122, 24/7 crisis hotline for anyone affected by domestic violence, sexual assault, or sexual violence, access via phone call or text <https://www.safe-sound.org/services/crisis-intervention/>

### Outpatient Treatment Services:

- **Richard Hall Community Health & Wellness Center:** 908-253-3165, located in Bridgewater, mental health treatment (accepts Medicaid) <https://www.co.somerset.nj.us/government/human-services/mental-health>
- **Catholic Charities:** 908-722-1881, located in Bridgewater, mental health treatment <https://ccdom.org/somerset-counseling> (accepts Medicaid)
- **Jewish Family Service of Somerset, Hunterdon & Warren Counties:** 908-725-7799, located in Somerville, mental health treatment <https://jewishfamilysvc.org/> (accepts Medicaid)
- **Family & Community Services of Somerset:** 732-356-1082, located in Bound Brook, substance use & mental health treatment <http://fcssomerset.org/> (accepts Medicaid)
- **Future Project:** 844-687-5397, located in Bridgewater, mental health treatment <https://futureproject1999.com/our-services/> (accepts Medicaid)
- **Guided Life Structures:** 908-704-0011, located in Somerville, substance use treatment <http://www.guidedlifestructures.org/>
- **High Focus:** 877-613-5413, located in Branchburg, mental health treatment (for adolescents), substance use & mental health treatment (age 18+) <https://highfocuscenters.pyramidhealthcarepa.com/>
- **GenPsych:** 855-436-7792, located in Bridgewater, mental health treatment <https://www.genpsych.com/>
- **Center for Discovery:** 877-217-4031, located in Bridgewater, eating disorder Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP) <https://www.centerfordiscovery.com>

### Support Groups:

- **Family Support Organization (FSO) of Hunterdon, Somerset & Warren:** 908-223-1191, parent-to-parent support for families with children that are receiving services from Perform Care (MRSS or CMO), support groups & workshops for families who are not involved with Perform Care <https://fso-hsw.org/>
- **National Alliance on Mental Illness (NAMI) Somerset:** support groups for individuals & families affected by mental illness <https://www.namini.org/support/affiliates/somerset/>
- **Eating Disorder Group (Robert Wood Johnson):** 908-685-2847 <https://www.rwjbh.org/events/event/?event=17410>
- **All Recovery Meetings (Robert Wood Johnson):** non-denominational group meetings that support all pathways to recovery <https://www.rwjbh.org/treatment-care/institute-for-prevention-and-recovery/all-recovery-meeting/>
- **HiTops:** 609-683-5155, located in Princeton, support groups for youth (ages 11-18), trans/non-binary guardian & youth groups, youth/adult mentorship, parent/guardian workshops [www.hitops.org](http://www.hitops.org)

- **RWJ Somerset Babs Siperstein PROUD Center:** health care services & support groups for LGBTQ+ community, located in Somerville  
<https://www.rwjbh.org/rwj-university-hospital-somerset/treatment-care/babs-siperstein-proud-center/>

### General Information & Resources:

- **Food Banks, Pantries, Soup Kitchens:** <https://www.co.somerset.nj.us/residents/covid-19-status/food-access>
- **Somerset County Library System:** programs for children, teens & adults <https://sclsnj.org/>
- **NJ211:** provides linkage to health & human service resources, available 24/7, access by dialing 211, texting your zip code to 898-211, or searching online: <https://www.nj211.org/>
- **Somerset County Office Youth Services:** Directory of Youth Serving Agencies & Programs  
<https://www.co.somerset.nj.us/home/showdocument?id=39238>
- **Juvenile Institutional Services: Question & Answer Line:** 908-704-6355 or [QAL@co.somerset.nj.us](mailto:QAL@co.somerset.nj.us) monitored 24/7, messages will be returned within 24 hours. **FireWatch Program:** 908-704-6353, provides immediate risk assessment & linkage to fire safety education for youth suspected of inappropriate use of fire
- **Tri County Resource Net:** search for a variety of different resources/providers for: behavioral health, intellectual/developmental disabilities, arts/recreation, basic needs, family & support services, legal/advocacy, support groups, summer camp, etc. <https://www.tricountyresourcenet.org/>

### 24 HOUR CRISIS CARD:

Explains which agency to contact when youth are experiencing a variety of crisis situations

#### YOUTH 24 HOUR CRISIS INTERVENTION

IMMEDIATE DANGER THREAT —————→ CALL 9-1-1	
IF:	DO THIS:
<ul style="list-style-type: none"> <li>• Suicidal</li> <li>• Homicidal</li> <li>• Destroying Property</li> <li>• Psychotic (any age)</li> </ul>	<b>P.E.S.S.</b> Psychiatric Emergency Screening Service <b>908-526-4100</b>
<ul style="list-style-type: none"> <li>• Family Conflict</li> <li>• Runaway Behavior</li> <li>• School Refusal</li> <li>• Human Trafficking (ages 0-17)</li> </ul>	<b>F.C.I.U.</b> Family Crisis Intervention Unit <b>908-704-6330</b>
<ul style="list-style-type: none"> <li>• Child Abuse, Neglect</li> <li>• Ensuring Child Safety &amp; Well-Being (ages 0-17)</li> </ul>	<b>D.C.P. &amp; P.</b> Division of Child Protection & Permanency <b>877-NJ-ABUSE</b>
<ul style="list-style-type: none"> <li>• Emotional or Behavioral Crisis</li> <li>• Immediate In-Home Outreach (ages 3-21)</li> </ul>	<b>M.R.S.S.</b> Mobile Response Stabilization Services PerformCare <b>877-652-7624</b>

#### Juventud 24 Horas Intervención de Crisis

AMENAZA DE PELIGRO INMEDIATO —————→ LLAMAR 9-1-1	
A SER:	LLAMAR:
<ul style="list-style-type: none"> <li>• Suicida</li> <li>• Homicida</li> <li>• Destruyendo Propiedad</li> <li>• Psicótico (cualquier edad)</li> </ul>	<b>P.E.S.S.</b> Examen de Emergencia Psiquiátrica <b>908-526-4100</b>
<ul style="list-style-type: none"> <li>• Conflicto Familiar</li> <li>• Comportamiento Fugitivo</li> <li>• Rechazo Escolar</li> <li>• Trata de Personas (edades 0-17)</li> </ul>	<b>F.C.I.U.</b> Unidad de Intervención en Crisis Familiares <b>908-704-6330</b>
<ul style="list-style-type: none"> <li>• Abuso Infantil, Negligencia</li> <li>• Garantizar la Seguridad y Bienestar de los Niños (edades 0-17)</li> </ul>	<b>D.C.P. &amp; P.</b> División de Protección y Permanencia de Niños <b>877-NJ-ABUSE</b>
<ul style="list-style-type: none"> <li>• Crisis Emocional o de Conducta</li> <li>• Alcance Inmediato en el Hogar (edades 3-21)</li> </ul>	<b>M.R.S.S.</b> Servicios de Estabilización de Respuesta Móvil PerformCare <b>877-652-7624</b>