



Resource Links

Drug, Alcohol & Mental Health Emergencies

DIAL "911"

Mahwah Police Department (<http://mahwahpd.org/>) – 201-529-1000 (tel:+12015291000) or 911 (tel:911)
221 Franklin Turnpike, Mahwah, NJ

Mahwah Substance Abuse (</blog/2023/6/7/substance-abuse-drug-addiction-hotline-mahwah-nj>) – 845-548-8781 (tel:+18455488781)

Dana Romano, *Community Liaison*

Bergen New Bridge Medical Center (<https://www.newbridgehealth.org/>) - 800-730-2762 (tel:+18007302762) (Available 24/7)

or 201-967-4000 (tel:+12019674000) (main #)
230 East Ridgewood Avenue, Paramus, NJ
(go to ER at this location/police will not be contacted if you reach out for help at the ER)

Suicide & Crisis Lifeline (Nationwide) - Dial "988 (tel:988)"

National Suicide Hopeline - 800-784-2433 (tel:+18007842433) / 855-654-6735 (tel:+18556546735)

National Suicide Prevention Lifeline - 800-273-8255 (tel:+18002738255)
or **Crisis Text Line** – text **TALK** to **741741**

201-262-HELP (<http://www.careplusnj.org/psychiatric-emergency-screening-program/>) (website) - 201-262-4357 (tel:+12012624357)

Provides emergency mental health services to Bergen County Residents 24/7

Download Our Mobile App!



Android Phones: Scan with your phone's camera to download

Drug & Alcohol Addiction

DETOX/INPATIENT FACILITIES

American Addiction Centers - 646-832-9216 (tel:+16468329216) (Available 24/7)
Dana Romano

Saint Clare's Behavioral Health Center (<https://www.saintclares.com/>) - 973-316-1905
(tel:+19733161905), option 4
Call: Mon-Fri 8am-4:30pm
130 Powerville Road, Boonton, NJ

OUTPATIENT FACILITIES

CarePlusNJ, Inc. (<https://www.careplusnj.org/>) - 201-265-8200 (tel:+12012658200)
Call: Mon-Thurs 9am-9pm, Fri 8am-5pm
610 Valley Health Plaza, Paramus, NJ

The Counseling Center at Fair Lawn (<http://www.FairLawnCounselingCenter.com>) - 201-797-0001 (tel:+12017970001) (Available 24/7)
16-01 Broadway, Fair Lawn

Samaritan DaytopVillage, Inc. (<http://www.samaritanvillage.org/>) - 845-353-2730
(tel:+18453532730)
620 Route 303, Blauvelt, NY

High Focus Centers (<http://www.highfocuscenters.com>) - 201-291-0055 (tel:+12012910055) -
intake hotline 800-877-3628 (tel:+18008773628)
Call: 8am-9pm M-F, 8am-5pm Sat/Sun
40 Eisenhower Drive, #100, Paramus

New Pathway Counseling Service, Inc. (<http://www.newpathway.com>) - 201-436-1022
(tel:+12014361022)
20 Powers Dr., Paramus

BlueCrest Recovery Center (<https://www.bluecrestrc.com/>) - 973-298-5776
(tel:+19732985776) / 973-240-9526 (tel:+19732409526) (Available 24/7)
482 Notch Road, Woodland Park, NJ

North Jersey Recovery Center (<https://northjerseyrecovery.com>) - 844-353-4993
(tel:+18443534993)
22-08 NJ-208, Suite 2, Fair Lawn, NJ

Retreat and Recovery at Ramapo Valley
(<https://www.hackensackmeridianhealth.org/en/Locations/Retreat-and-Recovery-at-Ramapo-Valley>) - 833-734-0171 (tel:+18337340171)
1071 Ramapo Valley Road, Mahwah, NJ

Mountainside (<https://mountainside.com>) - 201-500-9619 (tel:+12015009619) / 800-500-0399 (tel:+18005000399)
500 N. Franklin Turnpike, Suite 302, Ramsey, NJ



All Other Phones: Scan with your phone's camera to download

COMMUNITY RESOURCES

Bergen County Office of Alcohol & Drug Dependency

(<https://www.co.bergen.nj.us/addiction-services>) - 201-634-2740 (tel:+12016342740)

Hackensack, NJ

The Center for Alcohol & Drug Resources (<https://www.tcadr.org/>) - 201-261-2800

(tel:+12012612800)

Fair Lawn, NJ

IME Addiction Access Center/Reach NJ - 844-276-2777 (tel:+18442762777) *(Available 24/7)*

800-561-4299 (tel:+18005614299) / 800-238-2333 (tel:+18002382333) / 844-REACH-NJ

(tel:+18447322465)

18 & over – if no health insurance or on Medicaid, they will help you find a facility

NJ Connect for Recovery – 855-652-3737 (tel:+18556523737)

Parents Anonymous Helpline - 800-843-5437 (tel:+18008435437) *(Available 24/7)*

Community Resources for any family issue: (suicide, mental health, addiction, abuse, etc.)

Perform Care - 877-652-7624 (tel:+18776527624) *(Available 24/7)*

Under 21, Mental Health and Substance Abuse referrals

SAMHSA National Mental Health/Addiction Helpline - 800-662-HELP (tel:+18006624357)

SUPPORT GROUPS

Alcoholics Anonymous (<http://www.aa.org/>)

Al-Anon (<https://al-anon.org>) – 888-425-2666 (tel:+18884252666)

(family/friends of alcoholics)

Families Anonymous (<https://familiesanonymous.org>) - 800-736-9805 (tel:+18007369805)

(families/friends of addicts)

Hope & Healing After an Addiction Death

(<https://www.facebook.com/Hopeandhealingafteranaddictiondeath>) - 201-786-8572

(tel:+12017868572)

GRASP: Grief Recovery After a Substance Passing (Rockland County)

(<http://grasphelp.org/rockland-county-chapter/>)

Caren Schwartz - 845-548-2086 (tel:+18455482086)

Friends Of Recovery (<https://forrockland.org>)

Narcotics Anonymous (<https://na.org>)

Nar-anon (<https://nar-anon.org>) – 800-477-6291 (tel:+18004776291)

(family/friends of addicts)

SMART Recovery (<https://smartrecovery.org>)

(support group for addicts)

Women Supporting Women - email (<mailto:wsw4health@gmail.com>)

(moms/female caregivers of addicts)

Suicide

Suicide & Crisis Lifeline (Nationwide) - Dial "988 (tel:988)"

- 988 Factsheet (PDF) (/s/988-factsheet.pdf)

American Association of Suicidology (<https://www.suicidology.org>)

IMALIVE (<https://www.imalive.org>)

American Foundation for Suicide Prevention (<https://www.afsp.org>)

National Suicide Hopeline - 800-784-2433 (tel:+18007842433) / 855-654-6735 (tel:+18556546735)

National Suicide Prevention Lifeline - 800-273-8255 (tel:+18002738255)

or **Crisis Text Line** – text **TALK** to **741741**

NJ Hopeline – 855-654-6735 (tel:+18556546735)

(Peer Support/Suicide)

Suicide Awareness Voices of Education (<https://www.save.org>)

Survivors After Suicide (SAS)

Group meets 1st & 3rd Wednesday of each month

Vantage Health System

2 Park Avenue, Dumont

Vicki - 201-790-6080 (tel:+12017906080) / Alyssa - 201-693-8956 (tel:+12016938956)

Suicide Prevention Resources (<https://tlcafspnewjersey.padlet.org/newjersey2/nfjgrvkhqh5fr6ok>) (compiled by TLC & AFSP NJ)

Mental Health

COMMUNITY RESOURCES

201-262-HELP (tel:+12012624357) *(Available 24/7)*

(Provides emergency mental health services to Bergen County Residents 24/7)

Depression & Bipolar Support – 800-273-TALK (tel:+18002738255)

Depression Hotline – 630-482-9696 (tel:+16304829696)

Perform Care - 877-652-7624 (tel:+18776527624) *(Available 24/7)*

Under 21, Mental Health referrals

SAMHSA National Mental Health Helpline - 800 662-HELP (tel:+18006624357)

COMMUNITY CENTERS

CarePlusNJ, Inc. (<https://www.careplusnj.org/>) - 201-265-8200 (tel:+12012658200)

Call: Mon-Thurs 9am-9pm, Fri 8am-5pm

610 Valley Health Plaza, Paramus, NJ

Christian Health Care Center (<https://www.christianhealthcare.org>) - 201-848-5200 (tel:+12018485200)

301 Sicomac Avenue, Wyckoff, NJ

Comprehensive Behavioral Healthcare, Inc. (<https://www.cbhcare.com>) - 201-646-0195 (tel:+12016460195) / 201-957-1800 (tel:+12019571800) / 201-646-0333 (tel:+12016460333)
25 East Salem Street, Hackensack, NJ

Vantage Health System (<https://www.vantagenj.org>) - 201-567-0059 (tel:+12015670059)
2 Park Avenue, Dumont, NJ

West Bergen Mental Health (<https://www.westbergen.org>) - 201-485-7172 (tel:+12014857172)
860 Wyckoff Avenue, Mahwah, NJ

Teens / Youth

2nd Floor Helpline (<https://www.2ndFloor.org>) - 888-222-2228 (tel:+18882222228) (Available 24/7)
Ages 10-24 - Call or Text any issue

201-262-HELP (tel:+12012624357) (Available 24/7)
(Provides emergency mental health services to Bergen County Residents 24/7)

Children's Mobile Response - 877-652-7624 (tel:+18776527624) (Available 24/7)
Children & youth in Bergen County

IMALIVE (<https://www.imalive.org>)

National Suicide Hopeline - 800-784-2433 (tel:+18007842433)

Digitally Distracted (<https://www.tomkersting.com>)

National Suicide Prevention Lifeline - 800-273-8255 (tel:+18002738255)
or **Crisis Text Line** - text **TALK** to **741741**

NJ Hopeline - 855-654-6735 (tel:+18556546735)
(Peer Support/Suicide)

The Renfrew Center for Eating Disorders (<https://www.renfrewcenter.com>) - 800-736-3739 (tel:+18007363739)
174 Union Street, Ridgewood, NJ

Center for Discovery (<https://centerfordiscovery.com>) - 844-468-8565 (844-468-8565)
(eating disorder treatment)
45 Eisenhower Drive, Paramus, NJ

Thursday's Child National Helpline for Endangered Youth (<https://www.thursdayschild.org>) - 800-USA-KIDS (tel:+18008725437) / 818-831-1234 (818-831-1234)

Cyber Bullying

Cyber Bullying Research Center (<https://www.cyberbullying.org>)

StopBullying.gov (<https://www.stopbullying.gov>)

StaySafeOnline.org (<https://www.staysafeonline.org>)

Eating Disorders

Eating Disorders Helpline – 800-931-2237 (tel:+18009312237)

The Koch Center (<https://www.thekochcenter.com>) - 201-670-6450 (tel:+12016706450)
71 Franklin Turnpike, Ste. 8, Waldwick, NJ

The Renfrew Center for Eating Disorders (<https://www.renfrewcenter.com>) - 800-736-3739 (tel:+18007363739)
174 Union Street, Ridgewood, NJ

The New Jersey Center for Cognitive Behavioral Therapy (<https://www.njccbt.com>) - 201-669-1369 (tel:+12016691369)
239 Madison Avenue, Wyckoff, NJ

Center for Discovery (<https://centerfordiscovery.com>) - 844-468-8565 (844-468-8565)
(eating disorder treatment)
45 Eisenhower Drive, Paramus, NJ

Grief / Loss

Hearts & Crafts Counseling (<https://www.heartsandcraftscounseling.org>) - 201-818-9399 (tel:+12018189399)
442 Broadway, Hillsdale, NJ

Hope and Healing after an Addiction Death - 201-960-4146 (tel:+12019604146) / email (<mailto:bcole5@aol.com>)

The Nesting Place (<https://www.thenestingplacenj.com>) - 201-623-3269 (tel:+12016233269)
Pregnancy Loss
115 Pine Street, Ridgewood NJ

TAPS - 800-959-TAPS (tel:+18009598277) (*Available 24/7*)
(*grieving loss of military loved one*)

Grief.com (<https://grief.com>)
(*David Kessler resources*)

Family Support

2nd Floor Helpline (<https://www.2ndFloor.org>) - 888-222-2228 (tel:+18882222228) (*Available 24/7*)
Ages 10-24 - Call or Text any issue

Children's Mobile Response - 877-652-7624 (tel:+18776527624) (*Available 24/7*)
Children & youth in Bergen County

Domestic Violence Helpline – 800-572-7233 (tel:+18005727233)

Family Support of Bergen County – 201-796-6209 (tel:+12017966209)
For families of children with emotional or behavioral issues

MOMzMOM Helpline – 877-914-MOM2 (tel:+18779146662)

(special needs children)

NJ Child Abuse Hotline – 877-NJ-ABUSE (tel:+18776522873)

NJ FamilyCare – 800-701-0710 (tel:+18007010710)

(CHIP/Medicaid)

Parents Anonymous Helpline – 800-843-5437 (tel:+18008435437) *(Available 24/7)*

Community Resources for any family issue (suicide, mental health, addiction, abuse, etc.)

Thursday's Child National Helpline for Endangered Youth (<https://www.thursdayschild.org>) - 800-USA-KIDS
(tel:+18008725437)

Pregnancy and Post-Partum Self Care

The Nesting Place (<https://www.thenestingplacenj.com>) - 201-623-3269 (tel:+12016233269)

115 Pine Street, Ridgewood NJ

Sexual Violence

Healing Space Sexual Violence Hotline – 201-487-2227 (tel:+12014872227)

NJ Coalition Against Sexual Assault Hotline – 800-601-7200 (tel:+18006017200)

Rape Crisis Hotline – 201-487-2227 (tel:+12014872227)

Other Helplines

Gambling Helpline (<https://800gambler.org>) – 800-426-2537 (tel:+18004262537)

Gambler Anonymous (<https://area12ga.com>)

Hearing Impaired – 800-792-8339 (tel:+18007928339) / 609-588-2657 (tel:+16095882657)

(interpreters available to assist with referrals)

NJ211 Helpline – 211 (tel:211)

Poison Control – 800-222-1222 (tel:+18002221222)

NJ Ease Senior Helpline – 877-222-3737 (tel:+18772223737)

Veterans Crisis Line – 800-273-TALK (tel:+18002738255)

Website Resources

Bergen Resource Net

(<https://www.bergenresourcenet.org>)

Bergen County Residents

Bicycle Helmet Safety (<https://www.nhtsa.gov/road-safety/bicycle-safety>)

Disease Control (<https://www.cdc.gov>)

Domestic Violence (<https://www.hopeandsafetynj.org>)

Drug & Alcohol

www.drugfree.org (<http://www.drugfree.org>)
www.cadca.org (<http://www.cadca.org>)
www.dontserveteens.gov
(<http://www.dontserveteens.gov>)
www.samhsa.gov (<http://www.samhsa.gov>)
www.knowaddiction.nj.gov
(<http://www.knowaddiction.nj.gov>)
www.njconnectforrecovery.org
(<http://www.njconnectforrecovery.org>)
www.learnaboutsam.org
(<http://www.learnaboutsam.org>)
www.thetruth.com (<http://www.thetruth.com>)
www.getsmartaboutdrugs.com
(<http://www.getsmartaboutdrugs.com>)
www.dea.gov (<http://www.dea.gov>)
www.co.bergen.nj.us/addiction-services
(<http://www.co.bergen.nj.us/addiction-services>)
www.tcadr.org (<http://www.tcadr.org>)
www.talknownj.org (<http://www.talknownj.org>)
www.nj.gov/njparentlink
(<http://www.nj.gov/njparentlink>)
www.parentchecknj.com
(<http://www.parentchecknj.com>)
www.familiesanonymous.org
(<http://www.familiesanonymous.org>)
www.aa.org (<http://www.aa.org>)
www.na.org (<http://www.na.org>)
www.al-anon.org (<http://www.al-anon.org>)
www.nar-anon.org (<http://www.nar-anon.org>)
www.smartrecovery.org
(<http://www.smartrecovery.org>)
www.steeredstraight.org
(<http://www.steeredstraight.org>)

Family Support of Bergen County

(<https://www.fsobergen.org>)

General Helplines (<https://www.nj211.org>)

Healthcare (<https://www.njfamilycare.org>)

Medical News Today

(<https://www.medicalnewstoday.com>)

Mental Health

2020 Mental Health Community Resource List
([/s/2020-Mental-Health-Community-Resource-List.pdf](https://www.njhopenline.com))
www.njhopenline.com (<http://www.njhopenline.com>)
www.mentalhealth.gov
(<http://www.mentalhealth.gov>)
Embracing the Chaos
(<https://padlet.com/tlcmiddlesexcounty/aseyohj32xdrxj3>)
• How to help adults and youth navigate what comes next

September 11th (<https://www.voicesofseptember11.org>)

Sexual Assault (<https://www.njcasa.org>)

Suicide

www.afsp.org (<http://www.afsp.org>)
www.imalive.org (<http://www.imalive.org>)
www.suicidology.org (<http://www.suicidology.org>)
www.save.org (<http://www.save.org>)

Senior Services (<https://www.adrcnj.org>)

Stigma Free: Mahwah

(<https://www.mahwahstigmafree.com>)

Teens

www.2ndFloor.org (<http://www.2ndFloor.org>)
www.imalive.org (<http://www.imalive.org>)
www.thursdayschild.org
(<http://www.thursdayschild.org>)

Veterans

www.veteranscrisisline.net
(<http://www.veteranscrisisline.net>)
www.militaryonesource.mil
(<http://www.militaryonesource.mil>)
www.taps.org (<http://www.taps.org>)

Wellness (<https://www.cooperinstitute.org>)

Mahwah Links

Mahwah Police Department (<https://www.mahwahpd.org>) - 201-529-1000 (tel:+12015291000)

Township of Mahwah (<https://www.mahwahtwp.org>) - 201-529-5757 (tel:+12015295757)

475 Corporate Drive, Mahwah, NJ

Mahwah Schools Foundation (<https://www.themsf.org>) - 201-512-9670 (tel:+12015129670)

Mahwah Township Public Schools (<https://www.mahwah.k12.nj.us>) - 201-762-2400 (tel:+12017622400)

Mahwah Youth Sports Boosters (<https://sports.bluesombrero.com/Default.aspx?tabid=758848>)

*****The content of this resource page is for informational purposes only. Please consult your doctor for a diagnosis and treatment for your individual mental health. If you are experiencing a medical emergency, are in danger, or are feeling suicidal...*

CALL 911 IMMEDIATELY!