

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, can access 24/7 via phone, <https://www.performcarenj.org/> 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).
 - **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/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
- **2nd Floor Youth Helpline:** 888-222-2228, can access 24/7 via phone call or text, for youth 10-24 years old, <https://www.2ndfloor.org/>
- **Crisis Text Line:** 24 Hour Crisis Text Line, start by texting HOME to 741741, <https://www.crisistextline.org/>

Suicide Prevention:

- **NJ Suicide Prevention Hopeline:** 1-855-654-6735, can access 24/7, via phone call, text, email or chat, <https://njhopeline.com/>
- **National Suicide Prevention Lifeline:** 1-800-273-8255, 24/7 crisis hotline, <https://suicidepreventionlifeline.org/>
- **The Trevor Project:** 24/7 crisis intervention & suicide prevention for LBGTQ youth (under 25 years old), can access via phone (call 866-488-7386), text messaging (text START to 678678) or online instant messaging <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:** 24/7 hotline that assists with providing referrals to substance use treatment, 1-844-276-2777

Abuse/Neglect, Domestic Violence, Sexual Assault:

- **Division of Child Protection & Permanency (DCPP):** investigates allegations of child abuse & neglect, conducts Child Welfare Assessments, goal is to stabilize children in their home and keep families together. Anyone can report an allegation to DCPP by calling the State Central Registry (SCR), which is available 24/7. **Contact number for SCR:** 877-652-2873
- **Sexual Assault Supportive Services (Zufall Health Center):** 908-526-7444, 24/7 confidential for anyone affected by sexual assault or sexual violence, <https://www.zufallhealth.org/services/community-programs/sexual-assault-support-services-sass/>
- **Safe & Sound Somerset Domestic Violence Hotline:** 866-685-1122, 24/7 crisis hotline for anyone affected by domestic violence, can access via phone call or text, <https://www.safe-sound.org/services/crisis-intervention/>

Outpatient Treatment Services:

- **Richard Hall Community Health & Wellness Center:** located in Bridgewater, **substance use & mental health treatment (accepts Medicaid)**, 908-253-3165, <https://www.co.somerset.nj.us/government/human-services/mental-health>
- **Catholic Charities:** located in Bridgewater, 908-722-1881, <https://ccdom.org/somerset-counseling> **(accepts Medicaid)**
- **Jewish Family Service of Somerset, Hunterdon & Warren Counties:** located in Somerville 908-725-7799, <https://jewishfamilysvc.org/> **(accepts Medicaid)**
- **Family & Community Services of Somerset:** located in Bound Brook, **substance use & mental health treatment**, 732-356-1082, <http://fcssomerset.org/> **(accepts Medicaid)**
- **High Focus:** located in Branchburg, mental health treatment (for adolescents), **substance use & mental health treatment (age 18+)**, 877-613-5413, <https://highfocuscenters.pyramidhealthcarepa.com/>
- **GenPsych:** located in Bridgewater, 1-855-436-7792, <https://www.genpsych.com/>
- **Guided Life Structures:** located in Somerville, **substance use treatment**, 908-704-0011, <http://www.guidedlifestructures.org/>

Support Groups

- **Family Support Organization (FSO) of Hunterdon, Somerset & Warren:** parent-to-parent support for families with children that are receiving services from the Children's System of Care/Perform Care (MRSS or CMO), provides support groups & workshops for families who are not involved with the Children's System of Care/Perform Care, 908-223-1191, <https://fso-hsw.org/>
- **NAMI Somerset:** online support groups for individuals (18 years old+) with mental health challenges & family members of a loved one with mental health challenges, <https://www.naminj.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:** support groups for youth 11-18 years old, trans/non-binary guardian & youth groups, youth/adult mentorship, parent/guardian workshops (located in Princeton), 609-683-5155, www.hitops.org

- **NJ Self-Help Group Clearinghouse:** 800-367-6274, provides links to support groups & self-help groups, <https://www.njgroups.org/>
- **RWJ Somerset Babs Siperstein PROUD Center:** health care services and 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, 24/7 access by dialing 211, texting your zip code to 898-211, or searching online: <https://www.nj211.org/>
- **Somerset County Office of 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 monitored 24/7, messages will be returned within 24 hours. **FireWatch Program:** provides immediate risk assessment & linkage to fire safety education for youth suspected of inappropriate use of fire 908-704-6353
- **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"> • Suicidal • Homicidal • Destroying Property • Psychotic (any age) 	CALL P.E.S.S. Psychiatric Emergency Screening Service 908-526-4100
<ul style="list-style-type: none"> • Family Conflict • Runaway Behavior • School Refusal • Human Trafficking (ages 0-17) 	CALL F.C.I.U. Family Crisis Intervention Unit 908-704-6330
<ul style="list-style-type: none"> • Child Abuse, Neglect • Ensuring Child Safety & Well-Being (ages 0-17) 	CALL D.C.P. & P. Division of Child Protection & Permanency 877-NJ-ABUSE
<ul style="list-style-type: none"> • Emotional or Behavioral Crisis • Immediate In-Home Outreach (ages 3-21) 	CALL M.R.S.S. Mobile Response Stabilization Services PerformCare 877-652-7624

Juventud 24 Horas Intervención de Crisis	
AMENAZA DE PELIGRO INMEDIATO	LLAMAR 9-1-1
A SER:	LLAMAR:
<ul style="list-style-type: none"> • Suicida • Homicida • Destruyendo Propiedad • Psicótico (cualquier edad) 	LLAMAR P.E.S.S. Examen de Emergencia Psiquiátrica 908-526-4100
<ul style="list-style-type: none"> • Conflicto Familiar • Comportamiento Fugitivo • Rechazo Escolar • Trata de Personas (edades 0-17) 	LLAMAR F.C.I.U. Unidad de Intervención en Crisis Familiares 908-704-6330
<ul style="list-style-type: none"> • Abuso Infantil, Negligencia • Garantizar la Seguridad y Bienestar de los Niños (edades 0-17) 	LLAMAR D.C.P. & P. División de Protección y Permanencia de Niños 877-NJ-ABUSE
<ul style="list-style-type: none"> • Crisis Emocional o de Conducta • Alcance Inmediato en el Hogar (edades 3-21) 	LLAMAR M.R.S.S. Servicios de Estabilización de Respuesta Móvil PerformCare 877-652-7624