

# COVID-19 Emergency Response Resource Directory

## Mental Health

If you would like to submit additional resources please email us at [dmi@gw.njsp.org](mailto:dmi@gw.njsp.org)



New Jersey Drug Monitoring Initiative  
HEALTH & PREVENTION SHARING NETWORK  
Working Together To Create Solutions



Program Name	Coverage Area	Description	Contact	Website
<b>New Jersey Mental Health Cares</b>	New Jersey	NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns.	1-866-202-Help (4357) TYY: 877-294-4356 <a href="mailto:help@njmentalhealthcares.org">help@njmentalhealthcares.org</a>	<a href="http://www.njmentalhealthcares.org">www.njmentalhealthcares.org</a>
<b>NAMI New Jersey</b>	New Jersey	NAMI NJ is dedicated to improving the lives of people affected by mental illness.	732-940-0991 In a crisis text NAMI to 74174	<a href="http://www.naminj.org/where-to-get-help/state-services/">http://www.naminj.org/where-to-get-help/state-services/</a>
<b>SAMHSA</b>	Nationwide	Disaster Distress help line, 24/7 365 days a year. Substance abuse, mental health services and crisis counseling.	1-800-985-5990	<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>
<b>FCP/DOW Community Program Directory</b>	New Jersey by County	The Family and Community Partnerships' Community Program Directory provides public access to statewide resources that are designed to support family success and keep children safe.	1-800-572-SAFE (7233) TYY:888-252-SAFE (7233)	<a href="https://www.nj.gov/dcf/families/dhcp/index.html">https://www.nj.gov/dcf/families/dhcp/index.html</a> <a href="https://www.nj.gov/dcf/families/dhcp/D_FCPDirectory.pdf">https://www.nj.gov/dcf/families/dhcp/D_FCPDirectory.pdf</a>
<b>AFSP</b>	Online Resource	Resources for mental health during this time.		<a href="https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/">https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/</a>
<b>Coronavirus Anxiety Resources</b>	Nationwide	The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more.	-	<a href="https://www.virusanxiety.com/?fbclid=IwAR2FFrjgYGpUB6aLdfY9-bxxYUCBzxFjIjMsSjqqg5qb1YP80gLBr3QRHHA">https://www.virusanxiety.com/?fbclid=IwAR2FFrjgYGpUB6aLdfY9-bxxYUCBzxFjIjMsSjqqg5qb1YP80gLBr3QRHHA</a>
<b>Vets4Warriors</b>	National	A 24/7 program for veterans who have served In wars	833-422-2765	<a href="https://www.vets4warriors.com/">https://www.vets4warriors.com/</a>
<b>Mom2Mon</b>	New Jersey	Mothers with special needs children 8am - 8pm	877-914-6662	<a href="http://www.mom2mom.us.com/GlassbookProject.htm">http://www.mom2mom.us.com/GlassbookProject.htm</a>

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<b>Worker2Worker</b>	New Jersey	for DCP&P workers 8am - 8pm	855-327-7482	
<b>Aid NJEA</b>	New Jersey	school staff members and their families	866-243-6532	<a href="https://www.njea.org/aid-njea/">https://www.njea.org/aid-njea/</a>
<b>High Focus Centers</b>	New Jersey	Outpatient rehab and mental health treatment programs that fit your recovery needs. IN with all private insurance for telehealth. Assessment and treatment are now on line. Middle School aged offered mental health partial and intensive outpatient. Adolescents-mental health and co-occurring partial and IOP, and for substance use disorder IOP. Adult services include mental health, co-occurring, substance use disorder partial and IOP. Schedule your telehealth therapy today	800-877-3628	<a href="https://highfocuscenters.pyramidhealthcarepa.com/">https://highfocuscenters.pyramidhealthcarepa.com/</a>

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