

**Bedminster is Proud to be**  
**STIGMA-FREE**

**Resource Guide for Hotlines,  
Crisis/Emergency Services, Support  
Groups and Treatment Services**

June 2022



**Township of Bedminster  
One Miller Lane  
Bedminster, NJ 07921  
(908) 212-7000  
[www.bedminster.us](http://www.bedminster.us)**



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# DIRECTORY

## Hotlines:

National Suicide Hotline ( <i>Call or text</i> )	998
National Suicide Hotline	1 (800) 273-8255
Suicide Text Line	741-741
2NDFLOOR ( <i>Call or text</i> )	(888) 222-2228
NJ Addictions Services	(844) 276-2777
NJ Connect for Recovery	(855) 652-3737
Perform Care (24hr mobile response)	(877) 652-7624
Reach NJ	(844) 732-2465
Teen Line	(800) 852-8336 or Text <b>TEEN</b> to 839863
Youth Line	(877) 968-8491

## Crisis/Emergency Services:

Bridgeway PESS	(908) 526-4100
Family Crisis Intervention Unit	(908) 704-6330

## Support Groups:

AL-ANON/ALATEEN	(888) 944-5678
Community in Crisis	(973) 876-3378
Family Support Center	(908) 782-3909
Family Support Organization	(908) 223-1191
Alcoholics Anonymous	(908) 687-8566
Narcotics Anonymous	(800) 992-0401

# YOUTH ACTIVITIES

## EmPoWER Somerset Youth Advisory Board

50 Division St, Suite 302, Somerville, NJ 08876

Monday–Friday 9am–5pm

(908) 722-4900

The Youth Advisory Board (YAB) is a group of young individuals striving to vocalize the needs and strengths of youth by serving as ambassadors on behalf of a public health program. The mission of YAB is to empower and express ideas of youth, and to bridge the gap between the state and the youth of their communities.

## Greater Somerset County YMCA

142 Mt Airy Rd, Basking Ridge, NJ 07920

Monday–Friday 9am–5pm

(908) 630-3535

Greater Somerset County YMCA is a nonprofit community benefit organization, rooted in Christian values. YMCA is dedicated to help all individuals grow in spirit, mind and body. Aiding their core principles of caring, honesty, respect and responsibility.

Their mission is to improve overall health and well-being, ignite youth empowerment, inspire action, and demonstrate the importance of connections in and across the communities they serve. For more information regarding this facility and locations visit [www.gscymca.org](http://www.gscymca.org).

## Middle Earth

520 North Bridge St, Bridgewater, NJ 08807

Monday–Friday 9am–5pm

(908) 725-7223

Middle Earth provides each individual, primarily youth, with prevention and intervention services to help them make positive decisions, obtain marketable skills for employment, serve the community, develop leadership, and help improve their academics.

## **Somerset Treatment Services**

118 West End Ave., Somerville, NJ 08876

Monday & Friday 9am–4:30pm

Tuesday–Thursday 9am–8pm

(908) 722-1232

Receive the support you need to overcome issues related to substance use disorders or HIV/AIDS at Somerset Treatment Services. For nearly 50 years, their recovery center located in Somerville, has worked with individuals to enhance their lives through services designed to meet their specific needs. Clients and their loved ones are provided the highest, quality care to assist them on the path to recovery. Throughout the journey of drug rehab, their professional staff supports you every step of the way.

## **Princeton House Behavioral Health**

905 Herrontown Rd, Princeton, NJ 08540

Office Open 24/7

(800) 242-2550

Today, 50 years after its founding, Princeton House provides a full spectrum of behavioral health and addiction services for people of all ages. In addition to focused inpatient services at our Princeton site, more than 40 outpatient programs are provided at five distinct sites that span the state from Moorestown to North Brunswick to Eatontown. Their mission is to deliver exceptional care and optimize treatment outcomes by promoting evidence-based treatment, continuous improvement of quality, ongoing professional and community education, and innovative approaches to behavioral healthcare.

## **Treatment Services:**

Hackensack Meridian

Health Care Clinic

(908) 933-3579

Catholic Charities Substance

Abuse Services

(908) 722-1881

New Hope Integrated

Behavioral Health Care

(800) 705-4673

Family & Community Services

(732) 356-1082

Guided Life Structures

(908) 704-0011

Richard Hall Community

Mental Health Center

(908) 725-2800

Somerset Treatment Services

(908) 722-1232

Princeton House

Behavioral Health

(800)242-2550

## **Youth Activities:**

EmPoWER Somerset

Youth Advisory Board

(908) 722-4900

Greater Somerset

County YMCA

(908) 630-3535

Middle Earth

(908) 425-7223

Pioneer FSC Family Activities

(908) 722-4400

Somerset County 4-H

(908) 526-6644

Somerset County

Youth Council

(908) 704-6307

# LOCAL HOTLINE RESOURCES

## NEW: National Suicide Prevention Hotline

Call or Text 988

On July 16th, the new number for the National Suicide Prevention Lifeline went live. 988 is now available for call, text or chat for those who are experiencing a mental health-related or suicidal crisis. This line is also available for those looking for support to help a loved one through a crisis.

## National Suicide Hotline

1 (800) 273-8255

24/7 service via a toll-free hotline

or Text 741-741

The National Suicide Prevention Lifeline is a United States-based suicide prevention network with over 160 crisis centers that **provides a 24/7 service via a toll-free hotline**. The National Suicide Hotline is available to anyone in suicidal crisis or emotional distress.

## 2ND FLOOR

(888) 222-2228

24/7 Mobile Response

2NDFLOOR is a confidential and anonymous helpline for New Jersey's youth and young adults. They are here to help you find solutions to the problems that you face and are **available 24/7 365 days a year**. If you have a problem, question or non-life threatening situation, dial or text the youth helpline at **(888) 222-2228**.

## NJ Addictions Services Hotline

(844) 276-2777

24/7 Mobile Response

If you or a loved one is in need of substance abuse treatment or just looking for info and referral, contact the IME Addictions Access Center **(844) 276-2777**. This number provides clinically trained and supervised telephone specialists who are **available 24/7** to educate, assist, and refer

## Family & Community Services

339 West 2nd St, Bound Brook, NJ 08805

Monday–Tuesday 9am–6pm

(732) 356-1082

Wednesday–Thursday 9am–7pm, and Friday 9am–4pm

For 60 years, Family & Community Services of Somerset County (FCSSC) has provided professional mental health and substance abuse therapy to people and families in need. A team of qualified professionals consisting of mental health/addictions counselors and bilingual psychiatrists for our clients provide confidential counseling services to enhance the quality of life.

## Guided Life Structures

286 East Main St, Somerville, NJ 08876

Monday–Thursday 12am–7:30am

(908) 704-0011

Saturday 9am–11am

Guided Life Structures is an outpatient drug and alcohol treatment facility centrally located in Somerville, New Jersey. They provide integrated mental health and substance abuse services within a comprehensive continuum of care through guidance and education based on the 12-step philosophy of recovery.

## Richard Hall Community

### Mental Health Center

500 North Bridge St, Bridgewater, NJ 08807

Monday–Thursday 8am–9pm

(908) 725-2800

Friday 8am–5pm

Richard Hall Community Mental Health Center is a welcoming and inclusive behavioral health organization that is recovery oriented and person-centered. Richard Hall Community Center provides a safe and nurturing environment to promote an individual's right to self-determination, and a healthy mind and body.

## **Catholic Charities Substance Abuse Services**

540 US-22, Bridgewater, NJ 08807

[www.ccdom.org](http://www.ccdom.org)

(908) 722-1881

The primary focus at Catholic Charities Substance Abuse Services is mental health and drug abuse counseling provided for all ages groups. Catholic Charities/Somerset treats substance abuse therapy, accepts customers on antipsychotic drugs and medication for psychiatric illnesses with a number of the most innovative methods yielding a lot of success. The therapy strategies include cognitive/behavioral therapy, substance abuse counseling approach, trauma-related counseling, 12-step facilitation approach, motivational interviewing, anger management and relapse prevention.

## **New Hope Integrated Behavioral Health Care**

80 Conover Rd, Marlboro, NJ 07746

Office Open 24/7

(800) 705-4673

Founded more than 40 years ago as New Hope Foundation, New Hope Integrated Behavioral Health Care is a non-profit organization serving those in need of treatment for substance use, gambling and other co-occurring mental health disorders. Dedicated to providing exceptional quality and state-of-the-art care. Today, New Hope ranks among the nation's leading organizations of our type, constantly striving to advance the quality of addiction treatment through ongoing professional education and in participating in select research projects.

individuals and families who may be battling addictions. Calls are free and the information shared is confidential. These addiction specialists will conduct a brief assessment on the phone, as well as conduct a financial eligibility screening to assess for appropriate payment options for substance use treatment. The specialist will provide referrals based on information collected, and will also offer to transfer you to an agency if you choose to wait on the phone to be connected to treatment.

## **NJ Connect for Recovery**

(855) 652-3737

Free Counseling: 8am – 10pm Weekdays, 5pm – 10pm Weekends, and 3pm – 10pm Holidays

NJ Connect for Recovery is a free, confidential call line focused on helping family members and friends coping with a loved one's substance use disorder. A service of the Mental Health Association in New Jersey, this Hotline provides a safe, nonjudgmental place for individuals and family members to get counseling, and assistance from professional staff members on substance use issues. They provide emotional support, education, ongoing family and peer guidance and access to treatment options through REACHNJ. Calls are answered live through their call line **(855) 652-3737** from **8am – 10pm on Weekdays, 5pm – 10pm on Weekends, and 3pm – 10pm on Holidays.**

## **Perform Care**

(877) 652-7624

Free Counseling: 24-Hour Mobile Response

PerformCare serves millions of members nationwide, including over 50,000 youth and families in New Jersey. PerformCare New Jersey is the Contracted System Administrator (CSA) for the State of New Jersey's Department of Children and Families, Children's System of Care (CSOC). PerformCare is the single point of access to a wide array of behavioral health, intellectual and developmental disability services as well as substance use treatment for youth and families throughout New Jersey. As the CSA, PerformCare provides youths and their families with the services, resources, tools, and support they need to optimally participate in treatment within their homes, schools, and community settings. PerformCare provides the avenue for families to request clinically appropriate, needs-based services with a single phone call any time of the day or night.

## Teen Line

(800) 852-8336  
Text TEEN to 839863

Nationwide 6pm to 10pm PST  
Nationwide 6pm to 9pm PST

For more than 40 years, Teen Line has provided a safe, anonymous space for young individuals to talk about their problems regarding bullying, difficulties with relationships, frustrations with school, anxiety, stress, depression, loneliness, and suicidal thoughts. Teen Line is a non-profit organization located in Los Angeles, CA, but its reach is international. They support teens from across the globe who reach out for personal teen-to-teen support from someone their age who truly gets it. Trained teen volunteers can be reached nightly by calling **(800) 852-8336** from **6pm—10pm PST** or by **texting "TEEN" to 839863** from **6pm—9pm PST**.

## Youth Line

(877) 968-8491  
Free Counseling: 24-Hour crisis, support, and helpline for youth.  
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YouthLine is a teen-to-teen youth crisis and support service provided by Lines for Life, a non-profit dedicated to preventing substance abuse and suicide. YouthLine operates a national helpline that provides crisis support and referrals via call, text, and chat. **The YouthLine is answered by trained teen volunteers daily from 4pm-10pm PST (and by adults at all other times)**. Translation services are available upon request. They also operate a peer-supported outreach program to destigmatize mental health challenges, increase awareness for mental health and wellness, and encourage youth to reach out for help. This helpline and outreach program are supported by our youth development program, which builds skills and confidence around mental health and wellness.

## Narcotics Anonymous

[www.na.org](http://www.na.org)

(800) 992-0401

*18+ / Teen must be accompanied by an adult*

Narcotics Anonymous founded in 1953, is a nonprofit fellowship for men and women for whom drugs had become a major problem. Narcotics Anonymous is a global community-based organization with a multilingual and multicultural membership. Members hold nearly 67,000 meetings weekly in 139 countries today. Narcotics Anonymous uses a 12-step model developed for people with various substance use disorders and is known as the second-largest 12-step organization. Email [fsmail@na.org](mailto:fsmail@na.org) or visit [www.na.org](http://www.na.org) for more information regarding the organization and for a list of all local meetings.

## TREATMENT SERVICES

### Hackensack Meridian Health Carrier Clinic

252 County Route 601, Belle Mead, NJ 08502

Monday–Wednesday 12am–12am

(908) 933-3579

Friday–Sunday 12am–12am

Carrier Clinic is one of the largest independent, nonprofit, behavioral health facilities in Central NJ. They specialize in inpatient psychiatric treatment and substance abuse treatment/rehabilitation for adolescents, teens, adults, and older adults. Outpatient services are provided for ECT treatment and drug abuse addiction. Carrier Clinic is a safe, compassionate, and respectful environment, set on a beautiful 100+ acre country setting at the foothills of the Sourland Mountains located in Belle Mead, NJ. Carrier Clinic's caring and supportive staff is among the best in their respective fields, all driven by the similar goal of returning each individual back to their family, workplace, community, and the things they enjoy.

## **NAMI NJ**

1562 US-130, North Brunswick, NJ 08902

Monday–Friday 9am–5pm

(732) 940-0991

NAMI Family Support Group is a 60-90 minute support group for adult friends and family members (18+) of people with mental health conditions. NAMI NJ was founded in 1985 by a group of concerned New Jersey family members who had loved ones struggling with mental illness. This facility is a non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. Through education, support, advocacy and public awareness programs NAMI NJ fosters understanding about mental illness, confronts stigma often associated with mental disorders, advocates for public policies that benefit those affected by mental illness, and promotes research into the causes, treatment and recovery of mental health disorders.

## **Alcoholics Anonymous**

2400 Morris Ave., Suite 106, Union, NJ 07083

Monday–Friday 10am–6pm

(908) 687-8566

Alcoholics Anonymous is an international mutual aid fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Alcoholics Anonymous is dedicated to abstinence based recovery from alcoholism through its members and its spiritually inclined Twelve Step program. Following its Twelve Traditions, AA and autonomous AA groups are self-supporting through the voluntary contributions from members. The only requirement for membership is a desire to stop drinking. Visit [www.aa.org](http://www.aa.org) for more information regarding the organization and for a list of all local AA meetings.

## **CRISIS/EMERGENCY SERVICES**

### **Bridgeway PESS**

282 East Main Street, Somerville, NJ 08876

Sunday & Monday: Appointment ONLY

Tuesday–Saturday 12pm–8pm

(908) 526-4100

Bridgeway Behavioral Health Services facilitates, promotes, and fosters recovery from mental illness and co-occurring problems. Bridgeway inspires and supports individuals to become productive citizens who are fully engaged in their communities by creating opportunities for wellness, independent living, learning, working and social inclusion. Persons receiving services at Bridgeway are offered a wide range of vocational, educational, living and social opportunities to assist them to improve their skills, self-esteem, and sense of belonging to the larger community. These services are provided within a framework of operating principles that promote psychiatric rehabilitation, wellness and recovery. **Open Tuesday–Saturday 12pm–8pm and Sunday & Monday, by appointment only.**

### **Family Crisis Intervention Unit**

27 Warren St, Somerville, NJ 08876

Monday–Thursday 8:30am–8:00pm

Friday 8:30am–4:30pm

(908) 704-6330

The Family Crisis Intervention Unit serves children and families who are in crisis as a result of juvenile-family conflicts, those who are a serious threat to the well-being and physical safety of a juvenile, those who exhibit runaway behavior, youth involved in human trafficking, or youth who are truant from school. The Unit provides immediate intervention, assessment, family therapy, and case management services in an effort to stabilize the crisis and avoid the need for court involvement and/or placement. **Staff is available after business hours for emergencies and crisis response 24/7 at**



(908) 526-4100.

## SUPPORT GROUPS

### AL-ANON/ALATEEN

518-7 Old Post Rd, #355, Edison, NJ 08817

[contactus@nj-al-anon.org](mailto:contactus@nj-al-anon.org)

(888) 944-5678

Founded in 1951, Al-Anon offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help. Alateen is part of the Al-Anon Support Group that is designed for the younger relatives and friends of individuals with a drinking problem. The Al-Anon Family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. Along with practicing the Twelve Steps they provide a welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

### Community in Crisis

9 Church Street, Bernardsville, NJ 07924

[info@communityincrisis.org](mailto:info@communityincrisis.org)

(973) 876-3378

The Hub offers a welcoming environment to everyone seeking information, resources and volunteer opportunities that can help support them and others in the face of the opioid epidemic. With a focus on fostering healthy lifestyles, the Hub will offer our youth, adolescents, adults and families workshops, coffee and conversation, speaker series, volunteer programs and presentations. The Hub will also provide, in a non-judgmental location, workshops and resources for individuals in post-acute care recovery and their families as they integrate back into their environment and support system.

### Family Success Center

5 East Main Street, Flemington, NJ 08822

Monday – Friday 9am–5pm

(908) 782-3909

The Family Success Center is a not-profit agency located in Flemington, NJ and Asbury Park, NJ. The FSC provides a welcoming and family friendly environment to all of its community members. Their mission is to strengthen individuals and families through collaborative activities, educational workshops, and one-on-one partnerships. The focus is to empower families with the knowledge and skills needed to maintain healthy relationships and peaceful, mindful lives. All services provided are free of charge, offered in a warm and welcoming home environment and available to all regardless of class, race, sex, gender and sexual orientation.

### Family Support Organization

315 West Washington Ave., Suite 3, Washington, NJ 07882

Monday – Friday 9am–5pm

(908) 223-1191

In the late 90's, a dedicated group of parents approached the State of New Jersey with a plan to reform children's mental health. These parents recognized that the system in place at that time was not meeting the needs of children with complex emotional, mental health or behavioral challenges. System of Care helps children, youth and families function better at home, in school, in the community and throughout life. System of Care is not a program, it is a philosophy of how care should be delivered. With an approach to services that recognizes the importance of family, school and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural and social needs. The Family Support Organization of Hunterdon, Somerset and Warren Counties is a partner within New Jersey's Division of Children's System of Care. This system was created to help children with complex emotional, mental health or behavioral issues.