



INNERSPACE COUNSELING RESOURCE LIST

This list is not all inclusive of available resources but is meant as a help in working with students. Please feel free to submit suggestions, additions, or if anything is no longer active or relevant to our **Community Outreach Liaison Melissa Maranzano at 732-307-5673.**

PARTIAL CARE & INTENSIVE OUTPATIENT PROGRAMS:

- INNERSPACE COUNSELING (OLD BRIDGE): **732-332-8270** IOP for ages 8+ and PHP for ages 12+

HOSPITALS/ MENTAL HEALTH SCREENING CENTERS:

- MONMOUTH MEDICAL CENTER (LONG BRANCH): **732-923-6999**
- RUTGERS UBHC (PISCATAWAY): **732-235-5700**
- RARITAN BAY MEDICAL CENTER (PERTH AMBOY): **732-442-3794**
- CENTRASTATE (FREEHOLD): **732-294-2595**
- JERSEY SHORE UNIVERSITY MEDICAL CENTER (NEPTUNE): **732-776-4555**
- RIVERVIEW MEDICAL CENTER (RED BANK): **732-219-5325**

CRISIS HOTLINES:

- 2ND FLOOR YOUTH HELPLINE: **888-222-2228**
- FAMILY CRISIS INTERVENTION UNIT: **732-542-2444**
- TRAUMATIC LOSS COALITION: **732-956-7782**
- MONMOUTH CARES: **877-652-7624**
- NEW JERSEY HOPELINE: **855-654-6735**
- NATIONAL SUICIDE PREVENTION HELPLINE: **800-273-TALK (8255)**

CHILD ABUSE HOTLINE (STATE CENTRAL REGISTRY): **1-877 NJ ABUSE** or 1-877-652-2873 To report child abuse and/or neglect.

PERFORMCARE: **877-652-7624** For accessing services for children and adolescents (up to age 21) with behavioral health challenges, emotional challenges, and/or intellectual/ developmental disabilities.

DISABILITY: NJ Division of Disability Services (DDS) **1-888-285-3036** For assistance navigating statewide disability-related supports and services.

HOME ENERGY ASSISTANCE HOTLINE: **800-510-3102**

FOR NJ DEPARTMENT OF HUMAN SERVICES RESOURCES CLICK HERE:

https://www.state.nj.us/humanservices/dds/documents/RD/2019/FINAL_2019_DHS_NJ_Resource%20Guide.pdf