Dear Neighbors,

To help constituents, we've developed the following list of Mental Health resources in New Jersey’s Third Congressional District and beyond.

This list includes organizations with a wide variety of services, from family counseling to crisis interventions. We're always looking for more organizations to add; if there are other organizations you would recommend to help our neighbors, please contact our office.

Sincerely,

[Signature]

TOMS RIVER: (732)-504-0490
WILLINGBORO: (856)-703-2700
WASHINGTON DC: (202)-225-4765
KIM.HOUSE.GOV
Ocean County Resources:

- **Preferred Behavioral Health**
  - Substance use services, mental health services
  - 700 Airport Rd, Lakewood, NJ 08701
  - [www.preferredbehavioral.org/services/substance-use-services/](http://www.preferredbehavioral.org/services/substance-use-services/)
  - Facebook: [www.facebook.com/PreferredBehavioralHealthGroup](http://www.facebook.com/PreferredBehavioralHealthGroup)
  - Instagram: [@preferredbehavioral](http://www.instagram.com/preferredbehavioral)
  - Twitter: [@PBHNJ](http://twitter.com/PBHNJ)
  - (732) 367-4700, x.7186

- **Healy Counseling Associates**
  - Gambling, anger management, adolescent services
  - 1310 Hooper Ave, Suite 1, Toms River, NJ, 08753
  - [www.healycounseling.com](http://www.healycounseling.com)
  - Facebook: [www.facebook.com/healycounselingnj](http://www.facebook.com/healycounselingnj)
  - (732) 797-0400

- **The Counseling Center at Toms River, NJ**
  - Mental health and behavioral health services
  - 1198 Lakewood Rd, Toms River, NJ, 08753
  - [www.tomsrivercounselingcenter.com](http://www.tomsrivercounselingcenter.com)
  - (732) 736-6559

- **Barnabas Behavioral Health**
  - Mental health and behavioral health services
  - 1691 U.S. Highway 9 CN 2025, Toms River, NJ 08754
  - (732) 914-1688

- **Bright Harbor Healthcare**
  - Counseling, crisis, outpatient, and substance abuse services
  - 687 Atlantic City Blvd, Bayville NJ 08721
  - [www.brightharbor.org](http://www.brightharbor.org)
  - Facebook: [www.facebook.com/BrightHarborHealthcare](http://www.facebook.com/BrightHarborHealthcare)
  - Instagram: [@brightharborhealthcare](http://www.instagram.com/brightharborhealthcare)
  - Twitter: [@Bright_Harbor](http://twitter.com/Bright_Harbor)
  - (732) 349-5550

- **St. Francis Counseling Services**
  - Counseling for families, adults, and children, available in English and Spanish
  - 4700 Long Beach Blvd, Long Beach Twp., NJ 08008
  - [stfranciscenterlbi.org](http://stfranciscenterlbi.org)
  - (609) 494-8861
Burlington County Resources:

- **Alpha Child and Family Center**
  - Counseling for individuals, couples, children, and families
  - 101 Route 130 South, Suite 560 - Jefferson Building, Cinnaminson, NJ 08077
  - www.alphachildandfamily.com
  - (856) 499-0434

- **Legacy Treatment Center**
  - Extensive mental health services
  - Main Office: 1289 Route 38 W Suite 203, Hainesport, NJ 08036
  - www.legacymentalhealthcenter.org
  - (609) 267-5656

- **Jewish Family and Children’s Service**
  - Mental health and addiction services, counseling for children, adults, and families
  - 1301 Springdale Road, Suite 150, Cherry Hill, NJ 08003
  - www.jfcssnj.org
  - (856) 424-1333

- **Oaks Integrated Care**
  - Mental health, addiction and developmental disability services
  - 770 Woodlane Rd, Mount Holly, NJ 08060
  - www.oaksintcare.org
  - Administration: (609) 267-5928
  - Access Center: 1 (800) 963-3377

- **Catholic Charities**
  - Mental health and addiction services
  - 25 Ikea Drive, Westampton NJ 08060
  - www.catholiccharitiestrenton.org/locations/burlington-county/
  - 1-800-360-7711
New Jersey Statewide Resources:

- **NJ Psychiatric Association**
  - Find a psychiatrist resource
  - 208 Lenox Ave #198, Westfield, NJ 07090
  - www.njpsychiatry.org/
  - (908) 588-3540

- **NJ Psychological Association**
  - Find a psychologist resource
  - www.psychologynj.org/find-a-psychologist/#/
  - (973) 243-9800

- **Mental Health Association in New Jersey (MHANJ)**
  - Mental health and substance abuse resources
  - 673 Morris Ave Suite 100, Springfield, NJ 07081
  - www.mhanj.org
  - Facebook: www.facebook.com/MentalHealthAssociationinNewJerseyInc/
  - Twitter: @MHANJ1
  - (973) 571-4100

- **NJ Connect for Recovery**
  - Help for those with family members who have substance abuse disorders
  - www.njconnectforrecovery.org
  - Facebook: www.facebook.com/njconnectforrecovery
  - Instagram: @njconnectforrecovery
  - (855) 652-3737

- **NJ Mental Health Cares**
  - Behavioral health information and referral service
  - www.njmentalhealthcares.org
  - (866)-202-4357

- **SOBA New Jersey**
  - Outpatient care, detox programs, mental health treatment
  - www.sobanewjersey.com/
  - Facebook: www.facebook.com/SOBANewJersey/
  - 888-229-7989
MENTAL HEALTH RESOURCES

Federal Resources

- **National Alliance on Mental Illness**
  - www.nami.org/Home
  - Facebook: www.facebook.com/NAMI
  - Instagram: @namicommunicate
  - Twitter: @NAMICommunicate
  - Help Line: 1 (800) 950-6264

- **National Institute of Mental Health**
  - www.nimh.nih.gov
  - Facebook: www.facebook.com/nimhgov
  - Instagram: @nimhgov
  - Twitter: @NIMHgov
  - (301) 443-4513

- **Mental Health America**
  - www.mhanational.org
  - Facebook: www.facebook.com/mentalhealthamerica
  - Instagram: @mentalhealthamerica
  - Twitter: @MentalHealthAm
  - (866) 615-6464

- **Depression & Bipolar Alliance**
  - www.dbsalliance.org/
  - Facebook: www.facebook.com/DBSAlliance
  - Instagram: @dbsalliance
  - Twitter: @DBSAlliance
  - 1 (800) 826-3632

- **Substance Abuse & Mental Health Services Administration**
  - findtreatment.gov or findtreatment.samhsa.gov
  - Facebook: www.facebook.com/samhsagov
  - Instagram: @samhsagov
  - Twitter: @samhsagov
  - National Help Line: 1 (800) 662-4357
  - National Suicide Prevention Lifeline: 1 (800) 273-8255