



## **Mental Health & Addiction Services for the Jewish Community**

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

**If you are currently experiencing a crisis, please call 9-1-1, or if you need immediate referral services in your local area call 2-1-1.**

**Contact the Suicide Prevention Hotline at 1-800-273-Talk (8255)**

Greater MetroWest ABLE is committed to ending the stigma of mental illness, creating awareness, and connecting individuals and families to the support services needed to promote a whole, healthy lifestyle for those who are affected by mental illness.

### **Overview:**

Mental illness, according to the National Alliance on Mental Illness, is a condition that affects a person's thinking, feeling, or mood. Such conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis. Also associated with mental illness is the stigma that precedes it, which can create a barrier to seeking help and can further debilitate those who are suffering ([www.nami.org](http://www.nami.org)).

### **Possible Signs & Symptoms of Mental Illness:**

Distinguishing between typical behaviors and signs of mental illness can be a challenging task. Sometimes identified symptoms can be a result of a medical condition or substance abuse, so one must rule out these causes before attributing behavioral issues to mental illness. According to Mental Health America, it's important to watch for sudden changes in behaviors and thoughts. A combination of these changes occurring simultaneously may indicate a problem, and professional assessment should be sought. Mental Health America identifies the following signs ([www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)):

**In Adults, Young Adults, and Adolescents:**

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries, and anxieties
- Social withdrawal
- Dramatic changes in eating and/or sleeping habits
- Strong feelings of anger
- Strange thoughts (delusions)
- Seeing or hearing things that aren't there (hallucinations)
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Numerous unexplained physical ailments
- Substance use

**In Older Children and Pre-Adolescents:**

- Substance use
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Changes in ability to manage responsibilities, at home and/or at school
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger

**In Younger Children:**

- Changes in school performance
- Poor grades despite strong efforts
- Changes in sleeping and/or eating habits
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

**Treatment:**

As mental illness affects everyone in a different way, the prescribed treatment will also differ from individual to individual. Treatment plans may include a combination of methods, or just one. Treatment plans can include but are not limited to self-help, medication, psychotherapy, case management, group therapy, day treatment or partial hospital treatment, residential treatment, hospitalization, and specific therapies that include but are not limited to cognitive-behavior therapy (CBT) and behavior modification ([www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)).

## Quick Resource list of services located Regionally and Morris, Essex, & Union Counties:

### *Jewish (mostly) Treatment Programs:*

#### **New Jersey Based**

Behavioral Crossroads, LLC (Kosher Recovery)

205 West Parkway Dr., Suites 1 & 2

Egg Harbor Township, NJ 08234

[www.behavioralcrossroads.com](http://www.behavioralcrossroads.com)

Intake & Admissions: (877) 645-2502, option 2

Mental health & addiction services, Medicare is not accepted, Outpatient

Behavioral Crossroads Recovery, LLC (Kosher Recovery)

509 So. Blackhorse Pike (Rt. 168)

Turnersville, NJ 08012

[www.behavioralcrossroads.com](http://www.behavioralcrossroads.com)

Intake & Admission: (877) 645-2502, option 2

Mental health & addiction services, Medicare not accepted

#### **National**

BaMidbar Wilderness Therapy

c/o Ramah in the Rockies

300 S. Dahlia St., Suite 205

Denver, CO 80246

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

(303) 261-8214, ext. 102

Mental health & addiction services, nature-based therapy for young adults 18+, need-based scholarships available

Beit T'Shuvah

8831 Venice Blvd.

Los Angeles, CA 90034

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

(310) 204-5200

Addiction services, insurance accepted, sliding fee scale

Tikvah Lake — A Recovery Oasis (inpatient)

Orlando, FL 32801

[www.tikvahlake.com](http://www.tikvahlake.com)

(954) 516-2494

Addiction & mental health services

Life Steps Counseling Center (inpatient)

415 Federal Highway  
Boynton Beach, FL 33435  
[www.lifesteptreatment.com](http://www.lifesteptreatment.com)  
(888) 357-8277  
Addiction & mental health treatment

Chabad Residential Treatment Center (for adult males)

5675 W. Olympic Blvd.  
Los Angeles, CA 90036  
[www.chabadrehab.com](http://www.chabadrehab.com)  
Telephone: 323-965-1365  
Addiction & mental health services

1750 S La Cienega Blvd  
Los Angeles, California 90035  
[www.chabadrehab.com](http://www.chabadrehab.com)  
Telephone: 323-524-2097  
Addiction & mental health services

***Organizations that Offer Additional Services:***

**New Jersey Based**

Jewish Family Service of Central NJ

655 Westfield Ave.  
Elizabeth, NJ 07208  
[www.jfscentralnj.org](http://www.jfscentralnj.org)  
(908) 352-8375  
NJ Licensed Outpatient Mental Health Clinic  
Family & individual counseling

Jewish Family Service of MetroWest (2 locations)

256 Columbia Turnpike, Suite 105  
Florham Park, NJ 07932  
[www.jfsmetrowest.org](http://www.jfsmetrowest.org)  
(973) 765-9050

570 W. Mt Pleasant Ave., Suite 106  
Livingston, NJ 07039  
(973) 740-1233  
Family & individual counseling

Jewish Family Service & Children's Center of Clifton-Passaic

925 Allwood Road 2<sup>nd</sup> Floor  
Clifton, NJ 07012  
Website: [www.jfscifton.org](http://www.jfscifton.org)  
Telephone: 973-777-7638  
Child, Adolescent, and Adult Mental Health Services

Jewish Family Services of Middlesex

32 Ford Avenue, Second Floor  
Milltown, NJ 08850  
Website: [www.jfsmiddlesex.org](http://www.jfsmiddlesex.org)  
Telephone: 732-777-1940  
JACS Meetings, Counseling (individual & family) & Support groups for addiction.

Jewish Family Services of Northern New Jersey

***Branches:***

*-Teaneck*

1585 Teaneck Road  
Teaneck, New Jersey 07666  
Telephone: 201-837-9393

*-Wayne*

1 Pike Drive  
Wayne, New Jersey 07470  
Telephone: 201-837-9090

*-Fair Lawn Branch*

17-10 river Road  
Fair Lawn, New Jersey 07410  
Telephone: 201-837-9090  
Website: [www.jfcsnj.org](http://www.jfcsnj.org)

***General Mental Health Service Providers:***

Mental Health Association of Morris & Essex Counties

33 South Fullerton Ave.  
Montclair, NJ 07042  
[www.mhaessexmorris.org](http://www.mhaessexmorris.org)  
(973) 509-9777 (Essex), (973) 334-3496 (Morris)

Mental Health Association in New Jersey, Inc.

2333 Morris Ave., Building C Suite 206 & 208  
Union, NJ 07083  
[www.mhanj.org](http://www.mhanj.org)  
(908) 810-1001

National Alliance on Mental Illness (NAMI)

***Branches:***

*NAMI Union County New Jersey*  
P.O. Box 724  
New Providence, NJ 07974  
(908) 233-1628

*NAMI Morris County New Jersey*  
P.O. Box 260  
East Hanover, NJ 07936  
(973) 285-7578

[www.naminj.org/affiliates/union.html](http://www.naminj.org/affiliates/union.html)

*NAMI of Essex & Passaic Counties*

*New Jersey*  
(862) 202-9142

Substance Abuse and Mental Health Services Administration

[www.samhsa.gov](http://www.samhsa.gov)  
(877) 726-4727, (800) 487-4889 (TTY)

United Way Caregivers Coalition (Morris, Somerset, Suburban Essex, Sussex, & Warren)  
Support groups and peer training  
[www.UnitedWayNNJ.org/CaregiversCoalition](http://www.UnitedWayNNJ.org/CaregiversCoalition)  
(888) 338-9227

***Referral Service Websites specific to Jewish Clients:***

RELIEF (mental health referrals, education, and support)  
150 James St., Suite #208  
Lakewood, NJ 08701  
(732)-905-1605  
[www.reliefhelp.org](http://www.reliefhelp.org)

Jewish Recovery Center  
(561) 717-8136  
[www.jewishrecovery.com](http://www.jewishrecovery.com)  
[info@jewishrecoverycenter.com](mailto:info@jewishrecoverycenter.com)

***Psychiatric Screening Units:***

***Essex County***

\*East Orange General  
300 Central Ave.  
East Orange, NJ 07019  
24-hour hotline, (973) 266-4478

\*Newark Beth Israel Medical Center  
201 Lyons Ave.  
Newark, NJ 07112  
24-hour hotline, (973) 926-7444

\*University Behavioral Healthcare  
150 Bergen St.  
Newark, NJ 07101  
24-hour hotline, (973) 623-2323

***Morris County***

\*Prime Healthcare Services-St. Clare's  
25 Pocono Rd.  
Denville, NJ 07834  
24-hour hotline, (973) 625-0280

\*Chilton Medical Center  
97 West Parkway  
Pompton Plains, NJ 0744

\*Morristown Memorial Hospital  
100 Madison Ave.  
Morristown, NJ 07962  
24-hour hotline, (973) 971-7911

***Union County***

\*Trinitas Regional Medical Center  
655 East Jersey St.  
Elizabeth, NJ 07206  
24-hour hotline, (908) 994-7131

\*Overlook Medical Center  
99 Beauvoir Ave.  
Summit, NJ 07901  
24-hour hotline, (201) 841-8078

\*Rahway Hospital  
865 Stone St.  
Rahway, NJ 07065  
24-hour hotline, (732) 381-4949 or  
(732) 499-6165

\*Muhlenberg Regional Med. Center  
Park Ave. & Randolph Rd.  
Plainfield, NJ 07061  
24-hour hotline, (908) 668-2599

***Supportive & Informational Websites:***

Crisis Text Line (free, 24/7 support for people experiencing crisis)  
[www.crisistextline.org](http://www.crisistextline.org)  
Text HOME to 741741 from anywhere in the U.S., anytime, about any crisis

American Foundation for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

Chazkeinu (Support Group for Women who suffer with mental illness)  
[www.chazkeinu.org](http://www.chazkeinu.org)

***Hotlines:***

National Suicide Prevention Lifeline  
(800) 273-8255

New Jersey Suicide Prevention Hopeline  
(855) 654-6735

The Peer Recovery (warm line)  
(877) 292-5588

Veterans Crisis Line (800) 273-8255 (press 1)

**Links to more extensive resources guides:**

State of New Jersey  
Department of Human Services (Division of Mental Health and Addiction Service)  
Directory of Mental Health Services  
[http://www.nj.gov/humanservices/dmhas/home/hotlines/MH\\_Dir\\_COMPLETE.pdf](http://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf)

\*The purpose of this Mental Health & Addiction Services guide is to serve as a quick tool to inform you of available resources. Greater MetroWest ABLE does not endorse any program or service provided in this guide. This guide is strictly for informational purposes and does not serve as a substitute for professional guidance and referrals.