

DBSA SUCCASUNNA - RESOURCES

At DBSA Succasunna, we are aware how it can be difficult to navigate the maze of resources regarding mental health. The magnitude of resources listed below are derived from many sources, of which DBSA Succasunna included as many as possible; this list is not all-inclusive, as there are additional services which do exist. Of course, if you know of a resource/service not included here, please contact DBSA Succasunna to let us know. Please be advised that DBSA Succasunna has not been in direct contact with these resources nor endorses any of the services or products offered. DBSA Succasunna is only providing contact information should you wish to investigate them further. The following topics are covered:

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1. CRISIS INTERVENTION

Chilton Memorial Hospital Psychiatric Emergency Service	(973) 831-5078
Morristown Memorial Hospital Psychiatric Emergency Service	(973) 540-0100
Saint Clare's Hospital Psychiatric Emergency Service Screening	(973) 625-0280 (973) 625-6150
Sussex County Psychiatric Emergency Hotline	(973) 383-0973
Warren County Psychiatric Emergency Hotline	(908) 454-5141
Sexual Assault Hotline	(973) 829-0587
National Suicide Hotline	(800) 273-TALK (800) 273-8255

FAMILY

Jersey Battered Women's Services, Inc. (JBWS) Crisis hotline	(973) 267-4763
Family Intervention Services Crisis	(973) 285-0366 (973) 292-9257
Parent's Anonymous Distress line	(800) 843-5437
Child Abuse Hotline	(877)-NJABUSE (877) 652-2873

2. ADDICTION AND SUBSTANCE ABUSE

Addictions Hotline	(800) 322-5525
Alcoholics Anonymous	(800) 245-1377
Narcotics Anonymous	(800) 992-0401
Morris County Prevention is Key Substance abuse Information & Referral	(973) 625-1998
Atlantic Behavioral Health Services/ Morristown Memorial Hospital	(888) 247-1400
New Bridge Services Substance Abuse Alternative (Montville) Outpatient Services	(973) 316-9333

Dual Diagnosis www.hoseahouse.org/infirmar/dualex.html
A listing of links to sites for information on dealing with dual diagnosis (mental illness plus substance abuse)

3. EATING DISORDERS

NJ Eating Disorders Helpline	(800) 624-2268
Overeaters Anonymous Info Line	(973) 746-8787
Mental Health First Aid Guidelines for Eating Disorders	www.mhfa.com.au/Guidelines.shtml

4. NJ INFORMATION & REFERRAL (I&R)

Child & Family Resources (Child care I&R)	(973) 927-6060
First Call for Help, 2-1-1 General I&R serving NJ's Morris, Passaic, Bergen, Union, Essex, and Hudson Counties	2-1-1
Mental Health Association of New Jersey	www.mhanj.org
Morris County EASE One stop shopping for information on senior services	(800) 564-4656
NJ Mental Health Cares	(866) 202-HELP (866) 202-4357
NJ State Office on Disability Services I&R	(888) 285-3036
NJ Self-Help Group Clearinghouse	(800) 367-6274 www.njgroups.org
Statewide Parent Advocacy Network, Inc. Parents of children with disabilities/special needs I & R)	(800) 654-7726

5. COUNTY INFORMATION & REFERRAL (I&R)

Mental Health Association of Morris County Mental Health I&R/Outreach	(973) 334-3496 www.mhamorris.org
Morris County EASE Senior Services I&R	(800) 564-4656
Morris County Prevention is Key Substance Abuse I&R	(973) 625-1998
Sussex County Help Line	(973) 209-HELP (973) 209-4357
Sussex County Office for the Disabled	(973) 579-0570 Xt 1211

6. COUNSELING/SHORT TERM TREATMENT

Atlantic Behavioral Health Services/ Morristown Memorial Hospital	(888) 247-1400
Family Services of Morris County	(800) 984-1414

Grace Counseling Center (Madison)	(973) 822-0707
Hope House (Dover)	(973) 361-5555
International Institute (multilingual)	(201) 653-3888
Jewish Family Services	(973) 765-9050
NewBridge Services NE Morris and Parts of Passaic County	(973) 316-9333
North Jersey Counseling Ctrs for Mental & Spiritual Health (Randolph)	(973) 252-5120
Pastoral Counseling Svc of Northern NJ/Clergy Consultants (Flanders)	(973) 927-0600
Pathways Counseling Center (Pompton Lakes)	(973) 835-6337
Saint Clare's Behavioral Health Northwestern & Southern Morris	(888) 626-2111
Barnert Hospital ACCESS (Deaf & Hearing Impaired)	(973) 977-6690 (973) 977-2294 - TTY

7. PROFESSIONAL ASSOCIATIONS & VERIFICATION OF CREDENTIALS

American Psychological Association	(800) 374-2721 www.apa.org
American Psychiatric Association	(888) 357-7924 www.apa.org
American Association for Geriatric Psychiatry	(301) 654-7850 www.aagpgpa.org
National Association of Social Workers	(800) 932-0004
NJ Board of Marriage Counselor Examiners	(973) 504-6415
NJ Board of Medical Examiners	(609) 292-4843
NJ Board of Psychological Examiners	(973) 540-6470
NJ Board of Social Work Examiners	(973) 504-6495
NJ Psychiatric Association	(800) 345-0143

8. PARTIAL-DAY PROGRAMS

Capitol Care (Budd Lake)	(973) 426-1440
Community Care Behavioral Health (Morris Plains)	(973) 540-9550

NewBridge Services (Pompton Plains) (973) 316-9333

Saint Clare's Behavioral Health (Cedar Knolls) (973) 401-2121

Saint Clare's Behavioral Health (Denville) (973) 625-7045

9. PACT (PROGRAMS IN ASSERTIVE COMMUNITY TREATMENT)

For adults with a serious and persistent mental illness. There are strict registration criteria e.g., previous hospitalization is required.

Morris (973) 625-7084
(888) 626-2111

Sussex (973) 625-7084
(888) 626-2111

Warren (908) 835-8660

10. FAMILIES & YOUTH

Child Abuse Hotline (877) NJABUSE
(877) 652-2873

Children's Crisis Intervention Services (973) 316-1982
Treatment for youth ages 5-17 (888) 626-2111

Crisis Mobile Response Stabilization Service (877) 652-7624

Family Intervention Services Crisis (973) 285-0366
(973) 292-9257

Family Services of Morris County (800) 984-1414

Intensive Family Support Services Family Group (973) 792-2953
Find one in your county (866) 626-4437

Jersey Battered Women's Services, Inc. (JBWS) (973) 267-4763
Crisis hotline

Morris-Sussex Youth Advocate Program (973) 383-8800

National Alliance on Mental Illness (NAMI) of Morris County (908) 879-5687
Family support group

National Alliance on Mental Illness (NAMI) of Sussex County (973) 823-0122

NewBridge Multi-Family Support Group (973) 839-2521 Xt. 462
Family Members and Consumers

New Jersey Parents Caucus (973) 659-9922
Caring for Emotionally-Troubled Children

Parents of Kids with Bipolar Disorder	www.pokibid.org
Parent's Anonymous Distress Line	(800) 843-5437
Saint Clare's Behavioral Health Services	(888) 626-2111
Saint Clare's Intensive Family Support Services Support Groups/Psychoeducation/Case Management for Families of Seriously Mentally Ill	(973) 625-7095
State Hospital Transfer (To transfer a patient to a NJ hospital, call the Division of Mental Health Services Interstate Compacts Information Number)	(609) 777-0700
Statewide Parent Advocacy Network, Inc. Parents of Children with Disabilities/Special Needs I&R)	(800) 654-7726
Families for Depression Awareness	www.familyaware.org
Active Minds on Campus Active Minds is the nation's only peer-to-peer organization dedicated to mental health awareness among college students.	www.ActiveMindsOnCampus.org

11. ESTATE PLANNING

Mental Health Association of Morris County (For referral to a lawyer who specializes in estate planning for families with a loved one who is mentally ill)	(973) 334-3496 Xt. 107 www.mhamorris.org
Plan Lifetime Assistance Network (Somerville)	(908) 575-8300

12. CHILDHOOD MENTAL ILLNESS

Child & Adolescent Bipolar Foundation A Web-based organization for parents of children diagnosed with bipolar disorder. They will put you in contact with other parents in your area.	www.bpkids.org
Parents of Kids with Bipolar Disorder	www.pokibid.org
The Bipolar Child	www.bipolarchild.com
American Academy of Child and Adolescent Psychiatry	(202) 966-7300 www.aacap.org
Starfish Advocacy Association Providing Support to Families of Children with Neurological Disorders	www.starfishadvocacy.org

The Brain Piece

www.thebrainpiece.com

Connecting the Pieces: The Discovery of
Early Onset Bipolar Disorder

13. MEDICAL & DENTAL

Dover Community Clinic	(973) 328-3344
Family Health Center of Morristown	(973) 889-6800
Visiting Nurse Association	(973) 539-1216
Dentistry for the Disabled, Mountainside Hospital	(973) 429-6892
Donated Dental Services - NJ Foundation of Dentistry for Persons with Disabilities	(732) 821-2977
Morristown Memorial Hospital Dental Clinic	(973) 971-5233
Morristown Memorial Hospital Medical Clinic	(973) 971-5233
UMDNJ Dental Care	(973) 972-4242

14. INSURANCE

Medicare Information	(800) 633-4227
SHIP (State Health Insurance Program) Provides free counseling for Medicare enrollees and their caregivers.	(973) 989-5773
Medicaid Information	(973) 631-6440
NJ Family Care	(800) 701-0710
Eligibility Screenings for Food stamps/Medicaid/ Home Energy Assistance/Welfare Programs	www.njhelps.org
Community Health Law Project Managed-Care Questions, Problems &/or Disputes	(888) 838-3180

15. MEDICATION ASSISTANCE & EDUCATION

Express-Scripts – Rx Outreach Offers access to more than 125 Medications	(800) 769-3880 www.rxoutreach.com
PAAD Pharmaceutical Assistance to the Aged & Disabled Program (Novartis Corp.)	(888) 285-3036 (800) 762-4636 (800) 447-6673 (888) 455-6655 (800) 792-9745

Partnership for Prescription Assistance (PPA) Interactive website sponsored by PhRMA and its 47 member companies, designed to help you find patient assistance programs	(888) 477-2669 www.pparx.org
RxAssist A current and comprehensive directory of patient assistance programs	(401) 729-3284 www.rxassist.org
RxHope The largest independent Web-based patient assistance program resource. RxHope remains the only one that is supported by both PhRMA and participating pharmaceutical companies.	(732) 507-7400 www.rxhope.com
RX4NJ	(888) 793-6765
Pharmaceutical Programs for Financial Assistance With Medications	www.helpingpatients.org
Search for Drug information, side effects, drug interactions, etc.	www.rxlist.com www.medicinenet.com
The Medicine Program www.themedicineprogram.com/free-medicine.html Assists you in applying to multiple patient assistance programs. Offers free prescription card to help you save up to 65% on medication costs.	(800) 921-0072
Together Rx Access http://togetherrxaccess.com A prescription discount card for those who have no prescription drug coverage are not eligible for Medicare and are legal residents of the U.S. or Puerto Rico	(800) 444-4106
16. VOCATIONAL & VOLUNTEER WORK	
Career Connections Employment Resource Institute (Employment assistance)	(973) 571-4100
Consumer Connections Prepares consumers for positions of employment within mental health field	(800) 367-8850
Division of Vocational Rehabilitation	(973) 631-6304
Equal Employment Opportunity Commission Discrimination in the workplace Morris County Employment & Training Services (One Stop Career Center)	(973) 654-6385 (800) 870-3478 (973) 285-6880

NJ Work Incentive Network (NJWINS for Morris County) (973) 244-0850

Saint Clare's Supported Employment (973) 625-7097

Volunteers for Morris County (973) 538-7200
Volunteer Opportunities Information & Referral

17. SELF-HELP ORGANIZATIONS (NATIONAL)

Depression & Bipolar Support Alliance (DBSA) (800) 826-3632
Free literature available, bipolar disorder on-line www.dbsalliance.org
screening tool, find a support group, chat rooms, etc.

Depression and Related Affective Disorders Association (DRADA) www.drada.org
Based in Baltimore, DRADA works in Cooperation
With the Psychiatry Department of
Johns Hopkins University School of Medicine

Children & Adults with Attention-Deficit/Hyperactivity Disorder www.chadd.org

NAMI (National Alliance on Mental Illness) (800) 950-6264
www.nami.org

National Mental Health Consumer's Self Help Clearinghouse (800) 553-4KEY
(800) 553-4539
www.mhselfhelp.org

Life Your Life Well from Mental Health America www.liveyourlifewell.org
Website designed to help you cope better with
Stress and create more of the life you want

18. SELF-HELP ORGANIZATIONS (STATE & LOCAL)

New Jersey Self-Help Group Clearinghouse (800) 367-6274
NJ Self-Help Group Clearinghouse provides information www.njgroups.org
by phone on over 4,500 local self help groups in NJ including anxiety,
depression, bipolar disorder, obsessive-compulsive disorder,
eating disorders, families of the mentally ill, dual diagnosis, etc.

DBSA New Jersey www.dbsanewjersey.org

NAMI New Jersey www.naminj.org

Collaborative Support Programs of NJ (CSPNJ) (973) 340-2346
Consumer-run organization

The New York Mood Disorders Support Group www.mdsg.org
Founded in 1981, the Mood Disorders Support Group (MDSG)
of New York maintains a comprehensive website with
information about lectures, support group meeting schedule,

news articles, and links to other sites.

19. SOCIAL/RECREATIONAL

Community Companions Program Through Mental Health Association of Morris County	(973) 334-3496 Xt. 108
Consumer Advocacy Program	(973) 334-3496 Xt. 112
Morris Self-Help Center	(973) 334-2470
Peer-to-Peer Support Line Toll free staffed 5 – 10 pm by consumers	(877) 760-4987
Social Clubs (Boonton, Dover, and Morris) Through Mental Health Association of Morris County	(973) 334-3496 Xt. 112

20. TRANSPORTATION

Access Link Disabled persons unable to board & ride regular NJ Transit buses	(800) 955-2321
American Red Cross Southeastern Chapter Morris Area Chapter	(973) 377-0455 (973) 538-2160
AVI	(800) 799-2232
Colonial Coach	(973) 267-2733
Community Coach	(800) 522-4514
Community Ride Through Mental Health Association of Morris County	(973) 334-3496 Xt. 112
Dial-A-Ride Dover	(973) 366-8502
Northeast Region	(973) 835-8885
Jefferson Township	(973) 208-6123
MAPS - Morris Area Para transit System North	(973) 208-6123
Northeast	(973) 835-8885
Southeast	(973) 377-0455
West /Central	(973) 366-9378
Medical Transportation (Medicaid)	(973) 326-7860
Morris County Department of Transportation	(973) 829-8103
Morris County Metro	(973) 829-8100
Morris County Wheels	(973) 326-7282

Morris-On-The-Move (Mt. Olive, Netcong, Mine Hill, Dover)	(973) 892-8501
NJ Transit Bus & Rail Info	(800) 772-2222
NJ Transit Department of Special Services	(973) 491-7385
NJ Transit Reduced Fare Card (62+ or disabled without Medicare card)	(973) 378-6401 (973) 378-6327
Parsippany Transit System	(973) 263-7093
Sussex County Transit	(973) 579-0480

21. HOUSING/RENTAL ASSISTANCE/SHELTER

Department of Community Affairs	(973) 631-6285
Homelessness prevention programs	(973) 631-6287
Housing Authority of Boonton	(973) 335-0846
Dover	(973) 361-9444
Madison	(973) 377-0258
Morris County	(973) 540-0389
Morristown	(973) 538-6343
Housing Partnership for Morris County (Affordable apartment guide)	(973) 659-9222
Morris County Fair Housing Council Tenant-landlord problems, housing discrimination	(973) 538-2975
NJ Division of Family Development	(800) 792-9773
Community Hope For people who have mental illness	(973) 463-9600
Homeless Outreach for the Mentally Ill/Safe Haven Program	(973) 334-3496 Xt. 105
Homeless Solutions (Morristown)	(973) 993-0833
Hope House Shared Housing Program	(973) 361-5555
Interfaith Council for Homeless Families	(973) 644-2757
Jersey Battered Women's Service Emergency Shelter Hotline From 9am to 5pm	(973) 267-4763 (973) 455-1910
Market Street Mission – Morristown (men only)	(973) 538-0431
Morris County Division on Aging, Disabilities, and Veterans Boarding Homes	(800) 564-4656

Morris County Homeless Emergency Hotline	(800) 640-9783
Morris County Office of Temporary Assistance Social Service for the Homeless	(800) 640-9783
NewBridge Services (mentally ill)	(973) 316-9333
Saint Clare's Behavioral Health (mentally ill)	(888) 626-2111
Salvation Army, Morristown (females only)	(973) 538-0997

22. FOOD

Community Soup Kitchen (Morristown)	(973) 267-0709
Interfaith Food Pantry	(973) 538-8049
Morris County Office of Temporary Assistance	(973) 326-7800
Trinity Lutheran Church, Faith Kitchen (Dover)	(973) 366-2821
Eligibility Screenings for Food stamps/Medicaid/ Home Energy Assistance/Welfare programs Also contact local welfare offices & religious affiliations	www.njhelps.org

23. FINANCIAL & UTILITY ASSISTANCE

Morris County Office of Temporary Assistance	(973) 326-7800
Lifeline: Utility Assistance	(800) 792-9745
NJ Shares Energy Assistance Regional Office (Non-welfare utility customers who have exhausted other resources; must have power discontinued or have power disc. notice)	(866) 657-4273
Heating Energy and Assistance Applications	www.state.nj.us/dca/dcr/forms/heaappl.pdf
Eligibility Screenings for Food stamps/Medicaid/ Home Energy Assistance/Welfare programs	www.njhelps.org

24. LEGAL

Adult Protective Services For complaints against boarding homes, rooming houses, and in cases of abuse and neglect	(973) 326-7282
Legal Services of NJ, Hotline Information and advice for low-income residents	(888) 576-5529
Legal Services of Northwest Jersey	(973) 285-6911

Civil matters for low-income residents	
Morris County Bar Association, Lawyer Referral	(973) 267-6089
Morris County Mental Health Administrator System complaints	(973) 285-6852
NJ Office of the Public Defender Mental health and guardianship advocacy	(609) 292-1780
NJ Protection and Advocacy Individuals with mental illness institutionalized within the last 90 days	(800) 922-7233
Sussex County Mental Health Board	(973) 579-0570 Xt 1212
Sussex County Mental Health Administrator	(973) 579-0200 Xt 1212
Warren County Mental Health Administrator	(908) 475-6331

25. ADVOCACY

Coalition of Mental Health Consumer Organizations (COMHCO)	(973) 345-6834 www.mhanj.org/cap.htm
Freedom from Fear - National Non-Profit Mental Illness Advocacy Organization	(888) 289-0550 www.freedomfromfear.org
Statewide Parent Advocacy Network, Inc. Parents of children with disabilities/special needs I&R	(800) 654-7726

26. LEARN MORE ABOUT THE ILLNESSES

U.S. Department of Health & Human Services Substance Abuse and Mental Health Services Administration (SAMSHA)	(800) 789-CMHS (800) 789-2647
Center for Mental Health Services	www.mentalhealth.org
National Institute on Mental Health	(301) 443-4513 www.nimh.nih.gov
National Mental Health Association	(800) 969-6642 www.nmha.org
The Mental Illness Education Project	(800) 805-5581 www.miepvideos.org
Medline Plus Service of the National Library of Medicine - Mayo Clinic www.medlineplus.nlm.nih.gov/medlineplus/bipolardisorder.html	www.mayoclinic.com

“Doctor’s Guide” Latest Medical News & Information for

- patients, family members, and friends diagnosed with depression.
www.docguide.com/news/content.nsf/PatientResAllCateg/Depression
- NARSAD – The Mental Health Research Association www.narsad.org
- The International Foundation for Research
Education on Depression (IFRED) www.depression.org
- Pendulum Resources www.pendulum.org
Your Gateway to Affective Disorders on the Web
“The Bipolar Disorders Portal”
- Managing Mood Disorders - Audio presentations on treating
depression and anxiety in children, adults, and older adults. www.depression-anxiety.com
- Continuing Medical Education “Ask the Doctor” www.mhsoure.com/expert
Ronald Pies, MD (Clinical Professor at Tufts University)
- Depression Central - Clearinghouse for information on all types
of depressive disorders. Maintained by Dr. Ivan Goldberg www.psycom.net
- Depression & Bipolar Support Alliance www.dbsalliance.org
- International Society for Mental Health Online www.ismho.org
- Mental Health America www.mentalhealthamerica.org
- Mental Health Watch - Designed and sponsored by Canadian
psychiatrist Dr. Philip Long. Site contains information
on diagnosis & medications. Also a wide variety of
articles, news, recovery stories, and newsletters from
professionals and other sources. www.mentalhealthwatch.org
- Information & Resources www.mental-health-matters.com
Find Information on Mental Health
- Mental Health Services Directory www.getmentalhealth.com
Find Treatment for Mental Health
- DANA Foundation and DANA Alliance www.dana.org
Site for brain information
- Healthyplace.com Mental Health Newsletter www.healthyplace.com
- The New Freedom Initiative’s Online Resource for
Americans with Disabilities www.disAbility.gov
- Suicide Awareness Voices of Education (SAVE) Foundation www.save.org
Includes suicide prevention information
- American Association of Suicidology www.suicidology.org

American Foundation for Suicide Prevention

www.afsp.org

International Suicide Prevention Inc.

www.supportisp.org

SUPRE/Suicide Prevention World Health Organization

www.who.int/mental/health

National Mental Health Consumers' Self-Help ClearingHouse

www.MHSelfHelp.org

Physicians for Patients

www.depression.physiciansforpatients.com

www.bipolar.physiciansforpatients.com

Site is a physician enhanced online support community. A Physician is dedicated to each site to help guide discussions and answer questions. The resource will enable people to share information and obtain alternative opinions. Dr. Brian Gondos is the doctor dedicated to the depression and bipolar disorder sites and is board certified in Psychiatry and trained at Harvard University.

Anxiety Disorders Association of America

www.ADA.org

A site to raise awareness and share news about anxiety disorders