

Counseling Treatment Resource List

For emergencies, please call 9-1-1

Outpatient Therapy Services

- [Catholic Charities](#)
East Brunswick Family Service Center
288 Rues Lane,
East Brunswick, NJ, 08816
Tel: 732-324-8200
Spanish speaking counselors available
Sliding scale

- [Stress and Anxiety Services of New Jersey](#)
A-2 Brier Hill Court
East Brunswick, NJ 08816
Tel: (732) 390-6694
Insurance not accepted clients must submit own claims

- [The Center for Counseling and Therapy Services](#)
15 W Prospect Street
East Brunswick, NJ
Tel: (732) 254-0600
Sliding Scale: Aetna/Blue Cross Blue Shield accepted

- [Positive Reset](#)
6 Cornwall Ct. Ste. B
East Brunswick, NJ 08816
Tel.: 732-955-4141
Spanish speaking counselors available
Medicaid/Medicare, Commercial Insurance, and self pay accepted

- [Psychology Today Therapist Search](#)
Search for private community counselor based on a variety of criteria

Intensive Outpatient/Partial Hospitalization Programs

- [GenPsych](#)
multiple locations, Bridgewater, Brick, Hamilton, Livingston
Tel: (855) 436-7792
Insurance Accepted

- [Innerspace](#)
2433 County Rd 516,
Old Bridge, New Jersey 08857
Tel:(732) 332-8270

- [High Focus](#)
6 Paragon Way # 104
Freehold, NJ 07728
Tel: (732) 303-9900
Most insurance accepted
- [Penn Medicine](#)
(multiple locations)
Tel: 1 (888) 437-1610
Insurance Accepted
- [Rutgers UBHC](#)
Tel: 1-800-969-5300 (access center)

Grief Support Groups

- [Good Grief](#)
5 Mapleton Road
Princeton, NJ 08540
Tel: 908-522-1999
- [Compassionate Friends](#)
Central New Jersey Chapter
Saint Bernadette Church
20 Villanova Rd
Parlin NJ 08859
Tel: (732) 520-9149
- [Common Ground Grief Center](#)
67 Taylor Ave.
Manasquan, NJ 08736
Tel: (732) 606-7477
- [Dougy Center](#)
Program Finder for Peer Grief Support

Substance Abuse Treatment Centers

- [The Center for Great Expectations](#)
303 George Street Suite 104
New Brunswick, NJ 08901
Tel:(732) 993-6403 x323
Residential Treatment program for pregnant and parenting adolescents
- [New Hope Integrated Behavioral Health Care](#)
80 Conover Rd.Marlboro
NJ 07746

Tel: (800) 705-4673

Adolescent Substance Abuse Program Residential, Outpatient (separate location)

➤ [Middlesex Blue Cares](#)

Tel: (732) 596-4199

24-hour hotline peer recovery coaches who assist with referrals or immediate services, regardless of insurance

➤ [Wellspring Prevention](#)

620 Cranbury Road, Suite 105

East Brunswick, New Jersey

Advocacy and Prevention

Crisis Intervention

➤ [Mobile Response and Stabilization Services](#)

Tel: (877) 652-7624

In-home intervention available 24/7 children and youth experiencing emotional and behavioral crisis

➤ [Rutgers University Behavioral Healthcare \(UBHC\)](#)

671 Hoes Lane

Piscataway, New Jersey 08854

Tel: (732) 235-5700

Acute Psychiatric Services (APS), psychiatric emergency services and crisis intervention

➤ [Raritan Bay Medical Center](#)

Perth Amboy (ER Psychiatric Screening)

Tel: (732) 442-3700

Helplines/Referral Centers

➤ [Trevor Lifeline](#)

Tel: (866) 488-7386

Crisis and suicide prevention helpline LGBT youth and young adults, text

➤ [2nd Floor Youth Helpline](#) confidential/anonymous helpline for New Jersey's youth

Tel: (888) 222-2228

➤ [NJ Hopeline](#) New Jersey Suicide Prevention hotline

Tel: (855) 654-6735

➤ [Middlesex County Center for Empowerment: Sexual Violence Counseling, Advocacy, and Prevention Education](#) Available 24 hours/7 days a week

Tel: (877) 665-7273