

Counseling Treatment Resource List

- Catholic Charities
288 Rues Lane, East Brunswick, NJ
Tel: 732-324-8200 Website: <https://www.ccdom.org/middlesex>
Adolescent outpatient mental health services, Spanish speaking counselors, sliding scale

- Stress and Anxiety Services of New Jersey
A-2 Brier Hill Court, East Brunswick, NJ 08816
Tel: (732) 390-6694 Website: <http://www.stressandanxiety.com/>
Adolescent outpatient mental health services, Insurance not accepted/may submit own claims

- The Center for Counseling and Therapy Services
15 W Prospect Street, East Brunswick, NJ
Tel: (732) 254-0600 Website: <https://www.centerfortherapy.net/>
Adolescent outpatient mental health services, May submit own insurance claims

- Positive Reset
6 Cornwall Ct. Ste. B, East Brunswick, NJ 08816
Tel.: 732-955-4141
Website: <http://www.positivereset.com/ChildandAdolescent.html>
Individual outpatient therapy for adolescents, Most Insurances accepted, Spanish speaking counselors available

- GenPsych
Multiple Locations: Bridgewater, Brick, Hamilton, Livingston
Tel: (855) 436-7792 Website: www.genpsych.com
Mental health/eating disorder, Partial Hospitalization Program (PHP)/Intensive Outpatient Program (IOP), Insurance accepted

- Innerspace
2433 County Rd 516, Old Bridge, NJ 08857
Tel:(732) 332-8270 Website: www.innerspacecounseling.com
Mental health/Co-occurring substance abuse disorder, IOP, Insurance accepted

- High Focus
6 Paragon Way # 104, Freehold, NJ 07728
Tel: (732) 303-9900 Website: <https://highfocuscenters.pyramidhealthcarepa.com>
Teen psychiatric/substance abuse disorders/ co-occurring disorders, IOP, Most insurance accepted

- Penn Medicine: Princeton House
Multiple Locations Tel: 1 (888) 437-1610
Website: <https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>
Adolescent mental health/substance abuse/co-occurring disorders, PHP/IOP

- Rutgers University Behavioral Healthcare (UBHC)
671 Hoes Lane, Piscataway, NJ
Tel: 1-800-969-5300 (access center) Website: https://ubhc.rutgers.edu/services/children_family/index.html
Various levels of care including Adolescent outpatient and PHP program
- Carrier Clinic
252 County Road 601, Belle Meade, NJ
Tel: 1(800) 933-3579 Website: <https://carrierclinic.org/>
Adolescent PHP, Hospitalization for psychiatric and co-occurring disorders including substance abuse,
Most insurance accepted including Medicaid/Medicare
- Summit Oaks Hospital
19 Prospect Street, Summit, NJ
Tel:(908) 522-7077 Website: <https://summitoakshospital.com/>
Teen mental health treatment/hospitalization, addresses co-occurring disorders/substance abuse
- Psychology Today Therapist
Search: <https://www.psychologytoday.com/us/therapists>
Search for private community counselor based on a variety of criteria

Substance Abuse Treatment Centers

- The Counseling Center
4345 US HWY 9N, Freehold, NJ
Tel: (732) 431-5300 Website: <http://thecounselingcenter.com/>
Adolescent IOP (grades 8-12 minimum age 14), Insurance accepted
- The Center for Great Expectations
303 George Street Suite 104, New Brunswick, NJ 08901
Tel:(732) 993-6403 x323 Website: <https://www.cge-nj.org/>
Residential Treatment program for pregnant and parenting adolescents
- Daytop New Jersey
Mendham, New Jersey
Tel:862-260-9460 Website: <https://daytopnj.org/>
Residential treatment for adolescents with substance abuse and co-occurring disorders, most
insurance accepted
- New Hope Integrated Behavioral Health Care
80 Conover Rd. Marlboro, NJ 07746
Tel: (800) 705-4673 Website: <https://newhopeibhc.org/>
Adolescent Substance Abuse Program Residential, Outpatient (seperate location)

Crisis Intervention

- Mobile Response and Stabilization Services
Tel: (877) 652-7624 Website: <https://www.nj.gov/dcf/families/csc/mobile/>
In-home intervention available 24/7 to help children and youth who are experiencing emotional and behavioral crisis
- Rutgers University Behavioral Healthcare (UBHC)
671 Hoes Lane, Piscataway, NJ
Tel: (855) 515-5700 Website: <https://ubhc.rutgers.edu/>
Acute Psychiatric Services (APS), psychiatric emergency services and crisis intervention
- Raritan Bay Medical Center
Perth Amboy (ER Psychiatric Screening)
Tel: (732) 442-3700 Website: <https://www.rbmc.org/>

Helplines/Referral Centers

- Middlesex *Blue Cares* 24-hour hotline
Tel: (732) 596-4199
Answered by Peer Recovery coaches who assist callers with referrals or immediate services, regardless of insurance
- Middlesex County Center for Empowerment: Sexual Violence Counseling, Advocacy, and Prevention Education
Edison, New Jersey
Tel: (877) 665-7273 Website: <http://www.middlesexcountynj.gov/government/departments/psh/pages/center-for-empowerment.aspx>
Available 24 hours/7 days a week
- Wellspring Prevention
620 Cranbury Road, Suite 105, East Brunswick, New Jersey
Website: <https://wellspringprevention.org>
Advocacy, prevention, training for substance abuse disorders
- Trevor Lifeline
Tel: (866) 488-7386 Website: <https://www.thetrevorproject.org/>
Crisis and suicide prevention helpline LGBT youth and young adults
- NJ Hopeline
Tel: (855) 654-6735 Website: <http://www.njhopeline.com/>
New Jersey Suicide Prevention hotline
- 2nd Floor: Youth Helpline
Tel: (888) 222-2228 Website: <https://www.2ndfloor.org/about/>