**Mental Health & Substance Abuse Resources**

**MIDDLESEX COUNTY**

### 1. MENTAL HEALTH ASSOCIATION OF NEW JERSEY

[MHANJ.ORG](http://MHANJ.ORG)

PHONE: 1-866-202-4357

- MHAS MAINTAINS A LIST OF MENTAL HEALTH PROGRAMS BY COUNTY.
- THEIR NJ MENTALHEALTHCARES CALL CENTER (NUMBER ABOVE) ALSO PROVIDES SUPPORT AND REFERS CLIENTS TO TREATMENT SERVICES.

### 2. DMHAS (DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES)


- SEARCHABLE DIRECTORY TO ASSIST IN LOCATING PROGRAMS FOR ALCOHOL AND DRUG ABUSE TREATMENT AND RELATED SERVICES THROUGHOUT THE STATE OF NEW JERSEY

### 3. UBHC IME ADDICTIONS ACCESS CENTER

[UBHC.RUTGERS.EDU/CLINICAL/CALL-CENTER/INTERIM-MANAGING-ENTITY-IME.XML](http://UBHC.RUTGERS.EDU/CLINICAL/CALL-CENTER/INTERIM-MANAGING-ENTITY-IME.XML)

PHONE: 1-844-276-2777

- ACCESS CENTER FOR ASSISTANCE AND REFERRALS FOR ADDICTION TREATMENT

### 4. REACH NJ

[NJ.GOV/HUMANSERVICES/REACHNJ](http://NJ.GOV/HUMANSERVICES/REACHNJ)

PHONE (CALL 24/7): 1-844-732-2465

- REACHNJ IS A CENTRAL CALL-IN LINE FOR NEW JERSEY RESIDENTS WHO ARE LOOKING FOR HELP WITH A SUBSTANCE USE DISORDER

### 5. PROJECTS FOR ASSISTANCE IN TRANSITION FROM HOMELESSNESS (PATH) | PROJECTS FOR ASSISTANCE IN TRANITIONAL HOUSING

[LSNJLAW.ORG/PAGES/NON-LEGAL-RESOURCES/PATH-PROGRAM-ASPX](http://LSNJLAW.ORG/PAGES/NON-LEGAL-RESOURCES/PATH-PROGRAM-ASPX)

- THE PATH PROGRAM PROVIDES FREE CASE MANAGEMENT SERVICES TO ADULTS DIAGNOSED WITH SERIOUS MENTAL ILLNESS AND WHO ARE HOMELESS OR AT IMMINENT RISK OF HOMELESSNESS.
- THE GOAL IS TO PROVIDE LINKAGES AIMED TO DEVELOP STABILITY IN THE INDIVIDUAL'S LIFE AND REMEDIATE HOMELESSNESS.

### 6. NJ CONNECT FOR RECOVERY

[NJCONNECTFORRECOVERY.ORG](http://NJCONNECTFORRECOVERY.ORG)

NJCONNECT@MHANJ.ORG

PHONE: 855-652-3737

TTY: 877-294-4356

- SUBSTANCE USE DISORDER TREATMENT

### 7. TRINITY EPISCOPAL CHURCH

[TRINITYWOODBRIDGE.ORG/OUTREACH](http://TRINITYWOODBRIDGE.ORG/OUTREACH)

650 RAHWAY AVE. AT TRINITY LANE

WOODBRIDGE, NJ 07095-3530

PHONE: 732-634-7422

- SUPPORT GROUPS

### 8. NJ MENTAL HEALTH CARES

[NJMENTALHEALTHCARES.ORG/](http://NJMENTALHEALTHCARES.ORG/)

PHONE (8AM-8PM): 866-202-HELP (4357)

- ONLINE MENTAL HEALTH SCREENINGS
- TELEPHONE COUNSELING
- DEPRESSION, ANXIETY, PTSD, SUBSTANCE ABUSE, BIPOLAR DISORDER