

ANXIOUS? SAD? WE ARE...



Mission: To improve community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.

HERE 2 HELP

Greater Westfield and Union County, NJ Resources

Crisis Intervention

Child Protective Services	1-877-NJ-ABUSE
Family Crisis Intervention (Adolescent)	908-298-7800
Union County Division of Social Services	908-965-2700
Union County Rape Crisis Center	908-233-RAPE

Hospitals/Hotlines

Addictions Hotline of NJ (24/7)	800-238-2333 · nj211.org/AddictionsHotline.cfm
Children's Specialized Hospital — Mountainside, NJ	888-244-5373 · childrens-specialized.org
Contact We Care — central and northern NJ — caring, crisis and suicide prevention line (7:00am-11:00pm)	908-301-1899 · contactwecare.org
NJ Domestic Violence Hotline (24/7)	800-572-SAFE
NJ Hope Line — suicide prevention (24/7)	855-654-6735 · njhopeline.org
NJ Mental Health Cares (8:00am-midnight)	866-202-HELP · njmentalhealthcares.org
Overlook Medical Center — Summit, NJ	908-522-2000 · atlantichealth.org
2nd Floor Youth Helpline	888-222-2228 · 2ndfloor.org
Trinitas Hospital — Elizabeth, NJ	908-994-5000 · trinitashospital.org

Outpatient Treatment

Jewish Family Service (youth, family and elder counseling)	908-352-8375 · jfscentralnj.org
SAGE Elder Care	908-273-5550 · sageeldercare.org
CenterStone Community Wellness) — mental health & substance abuse clinic	908-756-6870 · ucpcbhc.org
YWCA Union County (counseling for domestic violence victims)	908-355-1995 · ywcaunioncounty.org
Youth & Family Counseling Service	908-233-2042 · yfcsnj.org

Information & Support

Imagine (grief & Loss support)	908-264-3100 · imaginenj.org
National Alliance for Mental Illness (NAMI) Union County	908-233-1628 · naminj.org
Prevention Links (substance abuse information)	732-381-4100 · preventionlinks.org

You can also contact your local church, synagogue, YMCA, JCC or United Fund/United Way for more information.

User Friendly List of Terms

- **Emergency Mental Health Crises** – A mental health emergency is a life threatening situation in which an individual is imminently threatening harm to self or others, severely disoriented or out of touch with reality, has a severe inability to function, or is otherwise distraught and out of control.

Examples Include:

- Acting on a suicide threat
 - Homicidal or threatening behavior
 - Self-injury needing immediate medical attention
 - Severely impaired by drugs or alcohol
 - Highly erratic unusual behavior that indicates very unpredictable behavior and/or an inability to care for themselves
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- **In-Patient-** Inpatient treatment is often necessary when a patient has acute psychiatric problems such as clinical depression, schizophrenia, or other severe conditions. In these cases a hospital or mental health facility can provide an intensive, individualized program that combines psychotherapy and medication.
 - **Partial Hospitalization (PHP)** - Partial Hospitalization is a type of program used to treat mental illness and substance abuse. In PHP the patient continues to reside at home, but commute to a treatment center up to seven days a week.
 - **Intensive Outpatient (IOP)** - An Intensive Outpatient Program (IOP) is a primary treatment program recommended in some circumstances by a clinical and medical assessment. With an IOP you are able to establish a foundation for a long term recovery support in you local community right from the start of your treatment that accommodates work and family life.
 - **Out-Patient-** Counseling done in a place other than a hospital such as a private practice, counseling agency, counseling clinic etc.
 - **Psychiatrist-** A psychiatrist is a physician who specializes in the diagnosis, treatment and prevention of mental health and emotional problems. Because Psychiatrists are physicians they are able to provide medication.
 - **Psychologist-** A psychologist is a doctorally-training professional who conducts research, performs testing, and evaluations to treat a full range of emotional and psychological challenges. A psychologist can diagnose a variety of mental disorders but usually treats patients with a form of psychotherapy rather than medication.
 - **LCSW (Licensed Clinical Social Worker)** - This is a social worker who is trained in psychotherapy who helps individuals deal with a variety of mental health issues. They are qualified to assess, diagnose, and treat mental and emotional conditions and addictions but cannot prescribe drugs. To become a LCSW you must hold a MSW (Masters in Social Work)
 - **LPC (Licensed Professional Counselor)** - LPC's require a minimum of a Master's degree in Counseling along with post graduate supervised experience. LPC's also work in a collaborative approach with the patient to determine the best way for the counseling sessions to achieve client goals and objectives.