

**COUNSELING AND MENTAL HEALTH RESOURCES
SPRING 2020**
(contact John Rokoszak at john.rokoszak@urolm.org)

WEST BERGEN CENTER FOR CHILDREN AND YOUTH

201-934-1160

Ramsey, NJ

<https://westbergen.org>

CATHOLIC CHARITIES OF THE ARCHDIOCESE OF NEWARK

Our Children and Family Services are still operating to help families during these challenging days. Many programs are operating remotely and available via telephone. Our 24/7 residential programs remain open. Mobile Response, Westside Children's Counseling, and Partnership for Children are using tele-health to provide services to their clients. Please call 201-798-9900 for more details.

[Catholic Charities of the Archdiocese of Newark](http://www.ccannj.com)

www.ccannj.com

PSYCHOLOGY TODAY

ACCESS LOCAL THERAPIST/COUNSELING SERVICES USING ZIP CODES

Online/Phone Counseling Therapists in 07446

<https://www.psychologytoday.com/us/therapists/online-counseling/07446>

PASCACK MENTAL HEALTH CENTER

Wells Fargo Building – 2nd Floor

114 Kinderkamack Road – P.O. Box 126 – Park Ridge, NJ 07656

<http://www.pascackmentalhealthcenter.com/>

AA and SUBSTANCE ABUSE SERVICES/HOTLINES

- <https://nnjaa.org/>
- <https://www.naminj.org/where-to-get-help/hotlines/>
- <https://www.state.nj.us/health/integratedhealth/hotlines/index.shtml>