

## **Self Help/Social Support**

### **A Way to Freedom self help center**

29 Trinity Street, Newton, NJ 973-300-0830  
A community-based center providing activities designed to encourage consumers to interact with their peers to promote mutual support in dealing with common problems and social interaction in a non-clinical setting. Open Mon., Wed., Thurs., Fri. 2-6:30 pm; Sat. 10 am - 3 pm

### **Peer Recovery Warm Line 877-292-5588**

Free mental health support, information and referral from peers. Mon. - Fri. 8 am-10 pm, Sat. & Sun. 5 pm-10 pm

### **Peer-to-Peer Support Line 877-760-4987**

Free mental health support from peers  
5 pm-10 pm, nightly

## **Support for Families**

### **Saint Clare's Health Services**

Intensive Family Support Services  
191 Woodport Rd, Suite 202, Sparta, NJ  
201-317-6139  
[www.saintclares.org](http://www.saintclares.org)

Offers a range of supportive activities designed to improve the quality of life for families with a relative with mental illness. Provides the knowledge, skills, and supports identified by a family as useful to their overall functioning and sense of control. Services are free of charge.

### **National Alliance on Mental Illness (NAMI) of Sussex County**

973-214-0632  
[www.nami-sussex-nj.org](http://www.nami-sussex-nj.org)

An all-volunteer family support, education, and advocacy organization devoted to improving the lives of individuals affected by mental illness and the family members who love and care for them.

### **Family Partners of Morris & Sussex Counties**

973-940-3194  
[www.familypartnersms.org](http://www.familypartnersms.org)

Warm line telephone support for family members and caregivers. Information and referral. Available M-F.

## **Information & Referral**

Sussex County Mental Health Board  
973-948-6000 ext. 1381  
[www.sussex.nj.us](http://www.sussex.nj.us)

General I&R, dial 211 or visit [www.nj211.org](http://www.nj211.org)

NJ Mental Health Cares, I&R for mental health services/programs, 866-202-HELP (4357)

NJ Self Help Clearinghouse, self help group I&R  
800-FOR-MASH (Mutual Aid Self Help  
800-367-6274)

National Alliance on Mental Illness 800-950-6264

National Suicide Prevention Lifeline  
800-273-TALK (8255)

Substance Abuse and Mental Health Administration  
(SAMSHA) 877-726-4727

MorrisSussexResourceNet– resources for children and families, including mental health  
[www.morrissussexresourcenet.org](http://www.morrissussexresourcenet.org)

Domestic Abuse & Sexual Assault 24/7 Hotline  
973-875-1211 (collect calls accepted)

Disaster Mental Health Helpline  
877-294-HELP (4357)

For information on the NJ Children's System of Care and how to access behavioral health services for children and adolescents, visit [www.nj.gov/dcf](http://www.nj.gov/dcf) or call PerformCare at 1-877-652-7624 24 hrs a day/7 days a week.

## **Sussex County Department of Human Services**

## **Directory of Adult Mental Health and Substance Abuse Services For Sussex County**



**Sussex County, New Jersey**

**973-948-6000 ext. 1381  
[mentalhealthboard@sussex.nj.us](mailto:mentalhealthboard@sussex.nj.us)  
[www.sussex.nj.us/mentalhealth](http://www.sussex.nj.us/mentalhealth)**

**Sussex County Department  
of Human Services**

## ***Crisis - Psychiatric Services***

### **Newton Medical Center -**

Psychiatric Emergency Services,  
973-383-0973

Provides 24/7 crisis intervention, psychiatric services, counseling referrals and, when appropriate, hospitalization for children and adults

### ***Alcohol/Addictions Hotlines***

Addictions Hotline, 800-238-2333

Alcoholics Anonymous, 800-245-1377

Alanon/Alateen, 973-744-8686

Narcotics Anonymous, 800-992-0401

### ***Outpatient Counseling Services***

#### **Behavioral Healthcare, LLC**

18 Church St., 2nd Floor, Newton, NJ  
973-940-0116

Individual and group psychotherapy for children, families and adults suffering with mental illness and/ or substance abuse.

#### **Bridgeway Rehabilitation Services**

93 Stickles Pond Road, Newton, NJ 07860  
973-383-8670

The Community Support Team provides wellness and recovery services including Partial Care, Supported Employment, Supportive Housing, Integrated Case Management and Homeless Outreach to persons with serious psychiatric illnesses. Coordinated services provide linkage, referral, skill building, illness management, support and advocacy.

#### **Partnership for Social Services**

48 Wyker Road, Franklin, NJ 973-827-4702  
Individual counseling for children, adolescents and adults. Couples therapy, family therapy, group therapy for adults and young adults, in-home therapy for elderly and families.

#### **Capitol Care** [www.capitol-care.org](http://www.capitol-care.org)

185 Route 183, Stanhope, NJ  
973-426-1440 (main) / 426-1447 (intake)  
Services to adults with psychiatric, substance abuse and developmental disabilities, including individual supportive counseling, addictions group therapy, creative arts group therapy, psycho-educational groups, recreation activities, case management, symptom identification and management, wellness and recovery groups.

#### **Newton Medical Center for Mental Health**

175 High Street, Newton 973-383-1533  
[www.nmhni.org](http://www.nmhni.org)

Psychotherapy, substance abuse counseling, and psychiatric evaluation and support for children, adults, families and seniors.

Acute Partial Hospitalization/Intensive Outpatient Program 973-579-8681

Offering group therapy, medication evaluation and education, skills building groups, individual and family therapy, case management and co-occurring groups.

First Step Program 888-247-1400

Intensive outpatient integrated treatment for adults with co-occurring psychiatric and substance use disorders. Services include group and individual counseling, family counseling, medication management and drug testing.

#### **Center for Prevention and Counseling**

61 Spring Street, 3rd Floor, Newton, NJ 07860  
973-383-4787 [www.centerforprevention.org](http://www.centerforprevention.org)

Offers a range of services for those with substance abuse and co-occurring disorders as well as family members. Individual and group treatment based on client needs. Programs include early intervention, outpatient, and intensive outpatient. Provides services to adolescents and adults. Interventions tailored to meet clients where they are, ensuring success in achieving lasting change.

#### **Project Self Sufficiency**

127 Mill Street, Newton, NJ 973-940-3500  
[www.projectsselfsufficiency.org](http://www.projectsselfsufficiency.org)

Behavioral health, career counseling, crisis intervention, divorce dissolution, employment services, grief/loss, group therapy, parenting issues, relationship issues, stress management, tutoring, volunteer program to women, men, families and single parents.

#### **Sunrise House**

PO Box 600 Lafayette, NJ 973-383-6300  
or 800-LET-LIVE

[www.sunrisehouse.com](http://www.sunrisehouse.com)

Medical detoxification, adult rehabilitation, Mother and Me residential treatment, outpatient substance abuse services, family program and halfway houses for women and men.

#### **NewBridge Services, Inc.** [www.newbridge.org](http://www.newbridge.org)

Knoll Place, Suite 104, 70 Sparta Ave., Sparta, NJ  
973-316-9333

[services@newbridge.org](mailto:services@newbridge.org)

Provides outpatient psychiatric and counseling services to children, adolescents and adults.

### ***Special Needs Housing***

#### **Advance Housing** 973-940-8882

[www.advancehousing.org](http://www.advancehousing.org)

Provides adult mental health consumers with a choice of independent, permanent, affordable and safe housing. Support services are available and flexible to allow consumers optimal community integration.

#### **Community Hope** 973-463-9600

[www.communityhope-nj.org](http://www.communityhope-nj.org)

Transitional, supportive housing and support services for individuals recovering from a mental illness and homeless veterans.

#### **Newton Medical Center-Residential Services**

973-383-1533

Group homes providing a supportive and structured environment for adults with psychiatric disabilities entering the community after a hospitalization in a psychiatric facility.