

MENTAL HEALTH RESOURCE GUIDE

Your guide
to mental health
and caregiving
resources for the
**Greater MetroWest
Jewish community**



Jewish Federation[®]
OF GREATER METROWEST NJ

GREATER METROWEST ABLE

In partnership with

**Jewish Family Service of
MetroWest New Jersey**

**Eric Eliezer Levenson
Foundation for Hope**

This guide is brought to you by Jewish Federation's **Greater MetroWest ABLE** and **Jewish Family Service of MetroWest NJ**, and is made possible through funds from the **Eric Eliezer Levenson Foundation for Hope**.

Greater MetroWest ABLE,

a department of Jewish Federation of Greater MetroWest NJ, is a network of community leaders and professionals that work together to advocate for and support individuals with disabilities and their families. Together we engage our families, synagogues and local agencies in creating a community that is accessible to all members.

Greater MetroWest ABLE is also dedicated to raising awareness and eliminating the stigma surrounding mental illness. As a vigilant advocate for our Jewish community, ABLE stands on the front lines advocating for a day where no individual or family will struggle alone.

The purpose of this guide is to serve as a tool to inform you of available resources. Sponsors do not endorse any program or service provided in this guide. This guide is strictly for informational purposes and does not serve as a substitute for professional guidance and referrals.

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Is this Guide for YOU?

Caregiving can include many types of support provided to your loved one on a regular basis, such as:

- Occasional or daily help managing the household (chores, meals, transportation, etc.)
- Financial and/or business assistance (balancing checkbooks, paying bills, etc.)
- Daily supervision and/or personal care
- Organizing medical care (making appointments, transportation, speaking with doctors, translating, etc.)
- Medication management
- Emotional support

Whether your loved one lives with you, in their own home, in a facility, or a long distance away, if you do any of these things regularly, you are a caregiver and this guide can be of help to you.

This guide is intended to provide information, guidance, and resources to support you and your loved ones as you navigate mental health services.

Information and resources regarding mental health services can be confusing and difficult to access. As you read through this guide, keep in mind that it is intended to serve individuals in a wide variety of situations. Not all services mentioned may be applicable to you or your loved one. To keep from feeling overwhelmed, start by focusing on your immediate needs. And remember that you will be working as a team with all the professionals involved with your loved one's mental health care.

Every effort has been made to ensure that the information listed in this guide is current at the time of printing, but please contact individual agencies to confirm current accuracy.

For a complete list of services in your area, reach out to NJ 2-1-1, your county's Department of Human Services Mental Health Administrator, or the Mental Health Association in New Jersey.

When to Get HELP

Supporting a loved one struggling with their mental health can elicit many different feelings.

You may feel overwhelmed, anxious, frustrated, isolated, or all of the above. Social stigma regarding mental illness can make it hard to talk about what you are experiencing, but reaching out for help when you need it is vitally important.

Warning signs that may signal a need for help:

- Withdrawal from family and friends/social isolation
- Irritability, anger, or hostility
- Loss of interest in activities
- Confused thinking or problems concentrating
- Changes in eating and/or sleeping habits
- Extreme mood changes (highs and lows)
- Restlessness
- Changes in sex drive
- Sadness or hopelessness
- Tearfulness or frequent crying
- Unexplained medical issues (stomach aches, headaches, etc.)
- Engaging in risky behaviors
- Excessive worrying
- Abuse of drugs or alcohol
- Self-harm
- Thoughts of death or suicide

Additional warning signs in children that may signal a need for help:

- Increased school difficulties
- Regressions in established developmental milestones (sleeping, eating, toileting)
- Heightened anxiety/worry (avoiding school, social situations, bedtime, etc.)
- Recurrent nightmares
- Frequent temper tantrums or acting out

Persistent presence of any of these symptoms may suggest a need for professional help. Fortunately, with early identification and treatment, challenges causing such behavior can often be effectively treated.

Where to Begin: Finding the Support You NEED

The reality of mental illness is that there may be times when a crisis occurs. You can best help yourself or your loved one by knowing the options available in any given situation.

CRISIS SITUATIONS

If your loved one becomes violent or out of control, exhibits threatening behavior toward others or him/herself, or tries to commit suicide, you should immediately **call 911**. Often, 911 responders are the best-equipped, most available resource, especially when there is a strong possibility that the person may harm themselves or others. *Please realize that once first responders are engaged, they will be in control of the situation.*

If you feel the situation does NOT warrant a 911 call but are still seriously concerned about your loved one's mental health, please bring them to one of the following locations:

PSYCHIATRIC EMERGENCY SERVICES:

Psychiatric Screening Centers

Psychiatric Emergency Services (PES) are available to individuals in both crisis and non-crisis situations. Each county has designated hospitals that can provide such services. Some private hospitals have screening centers and in-patient services, although not all hospitals have on-site psychiatric services, even in emergency rooms.

Sites that also have child and adolescent services are indicated with a number sign (#).

If your loved one requires hospitalization, they may be transferred to a primary center. But not all screening ends in admission. You may be referred to a clinic for follow-up.

ESSEX COUNTY

East Orange General

300 Central Ave., East Orange, NJ 07019
24-Hour Hotline: (973) 266-4478

Newark Beth Israel Medical Center #

201 Lyons Ave., Newark, NJ 07112
24-Hour Hotline: (973) 926-7444

University Behavioral Healthcare

150 Bergen St., Newark, NJ 07101
24-Hour Hotline: (973) 623-2323

Clara Maass Medical Center

1 Clara Maass Dr., Bellville, NJ 07109
24-Hour Hotline: (973) 844-4357

MORRIS COUNTY

Prime Healthcare Services – St. Clare’s #

25 Pocono Rd., Denville, NJ 07834
24-Hour Hotline: (973) 625-0280

Chilton Medical Center

97 West Parkway, Pompton Plains, NJ 07444
24-Hour Hotline: (973) 831-5078

Morristown Memorial Hospital

100 Madison Ave., Morristown, NJ 07962
24-Hour Hotline: (973) 971-7911

Atlantic Behavioral Health #

95 Mount Kemble Ave., 6th floor
Morristown NJ 07960
(888) 247-1400

SUSSEX COUNTY

Newton Medical Center #

175 High St., Newton, NJ 07860
24-Hour Hotline: (973) 383-0973

UNION COUNTY

Trinitas Regional Medical Center #

655 East Jersey St., Elizabeth, NJ 07206
24-Hour Hotline: (908) 994-7131

Rahway Hospital

865 Stone St., Rahway, NJ 07065
24-Hour Hotline: (732) 381-4949/
(732) 499-6165

Overlook Medical Center

99 Beauvoir Rd. Summit, NJ 07901
24-Hour Hotline: (201) 841-8078

Muhlenberg Regional Medical Center

Park Ave. & Randolph Rd., Plainfield, NJ 07061
24-Hour Hotline: (908) 668-2599

Mobile Crisis Screening Services

Mobile Screening Services may be appropriate for individuals who are not in life-threatening danger but are in need of crisis intervention services and are unable or unwilling to go to a screening center. If these services are not available in your area and you cannot get to a screening center, call 911.

Mobile Response and Stabilization Services are available 24 hours a day, 7 days a week statewide, to help children and youth who are experiencing emotional or behavioral crises. The services are designed to defuse an immediate crisis, keep children and their families safe, and maintain the children in their own homes or current living situation in the community.

Children’s Mobile Response and Stabilization Services, (877) 652-7624, www.PerformCare.org

Essex County (Adults)

East Orange General Hospital, **(973) 672-9685**
University Behavioral Health, **(800) 969-5300**

Union County (Adults)

Trinitas Regional Medical Center, **(908) 355-5556**
Muhlenberg Regional Medical Center, **(908) 668-2599**

Help and Hotlines

- **2nd Floor Youth Helpline, (888) 222-2228 (call or text)** A confidential helpline for New Jersey’s youth that helps find solutions to problems they face at home, at school, or at play.
- **Crisis Text Line, text “CONNECT” to 741-741**
Free, 24/7, confidential, nationwide, for all ages. You will be connected to a trained crisis counselor who is ready to take you from a “hot moment” to a “cool calm.” They’ll actively listen to you to help determine your next steps to stay safe. They won’t offer direct advice, but they can guide you to coping skills.
- **National Suicide Prevention Lifeline, (800) 273-8255**
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- **New Jersey Hopeline, (855) 654-6735**
New Jersey’s 24/7 Peer Support & Suicide Prevention Hotline. When you want to give up, our specialists are available for confidential telephone counseling.

NON-CRISIS SITUATIONS

If your concerns are not related to an immediate crisis, the following resources can offer information and support in identifying and engaging appropriate services. These resources may help you identify the kind of care with which to connect. If you have private insurance, check with them for a list of in-network providers of these services.

Jewish Family Service of MetroWest NJ

256 Columbia Turnpike, Suite 105
Florham Park, NJ 07932

(973) 765-9050

www.jfsmetrowest.org

Jewish Family Service of MetroWest NJ aims to be the premier agency within the MetroWest New Jersey area providing for the social services and mental health needs of the greater community with unparalleled professionalism, humanity, and respect for all who seek its support. JFS MetroWest has been helping families and individuals of all ages manage life's challenges since 1861. JFS MetroWest provides comprehensive behavioral healthcare and related social services to over 6,000 members of the Jewish and general communities in Essex, Morris, Sussex, and North Union counties.

Jewish Family Service of Central New Jersey

655 Westfield Ave.
Elizabeth, NJ 07208

(908) 352-8375

www.jfscentralnj.org

Jewish Family Service of Central New Jersey (JFS) is a nonprofit, non-sectarian, health and social services agency with offices in Elizabeth and Mountainside, New Jersey. The mission of this multi-purpose, nonsectarian agency remains the same: to provide assistance and quality social and health services to individuals and families in need. JFS is licensed as an outpatient mental health agency, adoption agency, and homecare agency. Each year JFS helps over 6,000 individuals, from children to older adults in Union and parts of Somerset Counties. We serve people of every social, economic, race, ethnicity, religious background, and sexual orientation.

Division of Mental Health and Addiction Services

www.state.nj.us/humanservices/dmhas/home/admin

This site will help you identify your county's mental health administrator, who can provide information about public mental health services for you or your loved one.

Mental Health Association in New Jersey (Union County)

This organization provides information and referrals, public education, and support services for individuals with mental illness and their caregivers.

(800) 367-8850
www.mhanj.org

Mental Health Association of Morris and Essex

This organization provides information and referrals, public education, and support services for individuals with mental illness and their caregivers.

Essex County: (973) 509-9777
Morris County: (973) 334-3496
www.mhaessexmorris.org

RESOURCES FOR REFERRALS:

NJ 2-1-1

NJ 2-1-1 offers confidential telephone support to people in crisis and personalized information and referrals to those needing assistance.

Dial 2-1-1 or (800) 435-7555
www.nj211.org

New Jersey Mental Health Cares Help Line

Provides callers information and connect them to the behavioral health and services they need, such as: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more. The professional staff also provides supportive counseling, psycho-education, advocacy, and telephone case management to ensure every caller is linked to their desired service plan.

(866) 202-HELP (4357)
www.njmentalhealthcares.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA is a federal agency that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Their website contains resources for help and research-based information about mental health and substance abuse.

(877) 726-4727 or (800) 487-4889 (TTY)
www.samhsa.gov

Types of CARE

Inpatient – Hospitalization may be needed to closely monitor an individual to provide an accurate diagnosis, to help adjust or stabilize medications, or when the individual’s mental illness temporarily worsens.

- Voluntary psychiatric admission is when a patient chooses to enter a mental health facility.
- Involuntary commitment to treatment may occur when a patient is determined to be a danger to themselves, others, or property because of their mental illness. Appropriate treatment is provided in the least restrictive environment possible, so it may be inpatient or outpatient-based services.

Partial Hospitalization Program (PHP) – This is the most intensive level of non-residential, non-inpatient care. PHP may be used as a step down from inpatient care or may be determined the right level of care at the start. Clients engaged in PHP may benefit from supportive services such as medication management, individual and group therapy, and family therapy.

Intensive Outpatient Program (IOP) – Less intensive than PHP, an IOP engages an individual in daily services such as group therapy or workshops, but still allows the individual to go about their daily life.

Outpatient – In outpatient care, an individual lives at home and regularly visits a mental health professional’s office for treatment.

Mental Health

PROFESSIONALS

As an individual seeking care for yourself or a family member, you may work as a team with a number of the following professionals:

Psychiatrists (MD) – A licensed medical doctor who specializes in psychiatric disorders. Psychiatrists can evaluate and diagnose all types of mental health disorders. They can prescribe medication and provide therapy.

Psychologists (PsyD or PhD) – A licensed professional who can provide therapy to individuals, families, or groups. Psychologists can be found in numerous settings, including mental health clinics, hospitals, schools, and employee assistance programs, as well as private practice.

Advanced Practice Nurses (APN) – An APN is a nurse with advanced training and licensing who provides primary and preventative health care, including mental health and psychiatric services. APNs can prescribe medications, provide psychotherapy, and order and evaluate X-ray, and other diagnostic tests.

Licensed Clinical Social Workers (LCSW) – Social workers are licensed practitioners. LCSWs can conduct individual, family, and group therapy; diagnosis; referral; and consultation. They can support holistic problem solving for an individual or family's needs.

Licensed Professional Counselors (LPC) – LPCs may provide diagnosis and counseling services for individuals, families, and groups.

Licensed Marriage and Family Therapists (LMFT) – LMFTs can provide diagnoses, referrals, as well as individual, couples, or family counseling.

Case Managers & Outreach Workers – These individuals assist individuals with mental illnesses in identifying and connecting with additional supports, such as with housing, medical care, vocational supports, and social services. Case managers provide a critical function to monitor a person's needs and coordinate appropriate services from different agencies are engaged. Case managers can be nurses, social workers, or mental health workers and can be associated with mental health centers, psychosocial rehabilitation programs, or other agencies.

Integrated Case Management Services (ICMS) – ICMS offers 12 months of case management to adults who have been discharged from a psychiatric hospital.

Who's PAYING for This?

Self-Pay – If programs do not accept insurance, families will be asked to pay the full fee of services, out of pocket. Some providers offer sliding scale fees, as well as invoices to provide to insurance companies to prove payment for out of network benefits deductibles.

Private Pay Insurance – If you have insurance, identify and use in-network facilities to keep costs down. Talk to both your insurance company and service providers about which services are and are not covered so you are aware of incurred costs. Health Insurance benefits may vary drastically in their coverage for mental health conditions. There are federal laws protecting people from discrimination in mental health and addiction coverage. Check your coverage for information regarding in-network, out-of-network, out-of-pocket, and deductible costs. For more information or questions about rights, visit www.hhs.gov/mental-health-and-addiction-insurance-help

Medicaid – Medicaid is a federal and state health insurance program which assists low-income individuals and those with disabilities.

NJ Medicaid

(800) 356-1561

www.state.nj.us/humanservices/dmahs/clients/medicaid/

Medicare – Medicare is a federal health insurance program which pays for acute illness situations for aged and disabled individuals, including those with long-term mental illness. Contact your local social security office for more information.

Available FINANCIAL BENEFITS

Supplemental Security Income (SSI) is a federal income supplement program funded by general tax revenues which provides a minimum income to low-income people who are 65 or older, blind, or have a disability. SSI is a needs-based program and does not require “paying into the system.” Contact your local social security office for more information.

Social Security Disability Insurance (SSDI) – The definition of disability under Social Security is different than other programs. The Social Security Administration pays only for total disability. No benefits are paid for partial disability or for short-term disability. Disability under Social Security is based on a person’s inability to work. Benefits can be paid to an individual at any age who has enough Social Security credits and who has a severe physical or mental impairment that is expected to prevent them from doing “substantial” work for a year or more. For more information, contact your local Social Security office.

LEGAL ISSUES

to Consider

There are a variety of legal issues related to mental health challenges that can arise. Here is a brief overview of some key legal documents, issues, and resources.

- **Power of attorney** is a legal document which transfers, in advance, decision-making authority for issues such as medical or property related decisions to someone designated by your loved one.
- A **Psychiatric Advance Directive (PAD)** is a written legal document which identifies your desired treatment in the event that someone is experiencing a personal mental health crisis.
- A **Trust** is a legal agreement where money or property is held to benefit a designated person. It can be useful in estate or future planning.
- A **Special Needs Trust** is a financial planning resource available to individuals with a disability, including mental illness, who receive government benefits which limit the assets they can own. The trust is generally managed by a third party.
- **Guardianship** refers to the legal authority over a person 18 years of age or older, allowing for direction of medical care or financial affairs. Find out more at www.state.nj.us/humanservices/ddd/services/guardianship/
- The **NAMI HelpLine** maintains a Legal Resource Service that can provide you with information on legal services or refer you to an attorney from their directory. **(800) 950-NAMI (6264)**

EDUCATION

Services

Public schools are required to provide a learning environment which gives every child the opportunity to learn according to their own needs.

You are the expert on your child, and you are your child's best advocate. Learn as much as you can about your child's diagnosis and about rights and options through your school district. Remember, the school district is your partner in your child's education, so it's important to work together as a team to best meet your child's needs.

Individualized Education Program (IEP) –

An IEP is a specific, individualized learning plan developed to ensure that a child with a disability identified under the law who is attending an elementary or secondary educational institution receives specialized instruction and related services to best meet the individual's learning needs.

504 Plan – Section 504 of the Rehabilitation Act allows for development of a 504 Plan to ensure that a child who has a disability identified under the law who is attending an elementary or secondary educational institution receives accommodations that will ensure their academic success and access to the learning environment.

Statewide Parent Advocacy Network (SPAN) –

The SPAN is an independent nonprofit organization committed to empowering families as advocates and partners in improving education, health, and mental health outcomes for children of all ages. SPAN connects and educates resources, research, families, professionals, and policy makers.

www.spanadvocacy.org

Wrightslaw – Parents, educators, advocates, and attorneys can utilize Wrightslaw to access information about special education law, education law, and advocacy for children with disabilities.

www.wrightslaw.com

Fostering INDEPENDENCE

EMPLOYMENT

Employment can promote independence and offer a more productive and fulfilling life. Explore these resources below to learn more about the vocational training and support offered.

Jewish Vocational Services (JVS) –

JVS's Vocational Rehabilitation program offers school-to-career transition support, career discovery activities, skill-building, and job placement services.

(973) 647-6330

jvsnj.org/services/vocational-rehabilitation/

NJ Division of Vocational Rehabilitation Services (DVRS) –

Any individual with a disability that presents a substantial impediment to employment may qualify for services through DVRS.

DVRS provides career counseling, supported employment, accommodative equipment, training opportunities, and funding for small businesses. Referrals can come from schools, doctors, or self-referral.

www.state.nj.us/careerconnections/plan/foryou/disable/vocational_rehabilitation_services.shtml

HOUSING

Mental health service providers offer a range of residential options including group homes and shared or independent apartments with supervision. Affordable housing or rental vouchers can also be useful options for low-income individuals and their families.

NJ 2-1-1 is a place to start to explore appropriate options, including support services, affordable housing, and homelessness prevention programs.

New Jersey Housing Resource Center (NJHRC)

is a free, online searchable registry of affordable and accessible housing units throughout the State of New Jersey, including affordable rental housing, affordable for-sale housing, and housing with accessibility features.

(877) 428-8844

www.njhrc.gov

SUBSTANCE ABUSE Resources

Substance abuse is a common coping mechanism for mental health challenges. Many of the previous resources also provide ongoing treatment. Below are some additional resources.

COMMUNITY BASED SUPPORT PROGRAMS:

Alcoholics Anonymous
www.aa.org

Al-Anon
al-anon.org

Narcotics Anonymous
www.na.org

NJ Department of Human Services Addiction Treatment Resources
www.state.nj.us/humanservices/dmhas/resources/services/treatment/addictions.html

JEWISH TREATMENT PROGRAMS:

Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS)
(212) 632-4600
jacs@jbfcs.org

Support groups, counseling, information and referral

New Jersey Based Behavioral Crossroads, LLC (Kosher Recovery)

205 West Parkway Dr., Suites 1 & 2

Egg Harbor Township, NJ 08234

(877) 645-2502, option 2

www.behavioralcrossroads.com

Mental health & addiction services, Medicare is not accepted

Outpatient Behavioral Crossroads Recovery, LLC (Kosher Recovery)

509 S. Blackhorse Pike (Rt. 168)

Turnersville, NJ 08012

(877) 645-2502, option 2

www.behavioralcrossroads.com

Mental health & addiction services, Medicare not accepted

T'Shuvah Center (residential)

New York location opening soon

www.tshuvahcenter.org

Addiction services, insurance accepted, sliding fee scale

**National BaMidbar Wilderness Therapy
c/o Ramah in the Rockies**

300 S. Dahlia St., Suite 205
Denver, CO 80246

(303) 261-8214, ext. 102

www.bamidbartherapy.org

Mental health & addiction services, nature-based therapy for young adults 18+, need-based scholarships available

Beit T'Shuvah (residential)

8831 Venice Blvd.
Los Angeles, CA 90034

(310) 204-5200

www.beittshuvah.org

Addiction services, insurance accepted, sliding fee scale

Chabad Residential Treatment Center

(for adult males):

5675 W. Olympic Blvd.
Los Angeles, CA 90036

(323) 965-1365

www.chabadrehab.com

Addiction & mental health services

1750 S La Cienega Blvd.
Los Angeles, California 90035

(323) 524-2097

www.chabadrehab.com

Addiction & mental health services

Tikvah Lake — A Recovery Oasis (residential)

Orlando, FL 32801

(954) 516-2494

www.tikvahlake.com

Addiction & mental health services, private pay

Life Steps Counseling Center

415 Federal Highway
Boynton Beach, FL 33435

(888) 357-8277

www.lifesteptreatment.com

Offers addiction and mental health treatment in an inpatient setting.

CAREGIVER

SUPPORT Resources

Caring for a loved one with mental illness can be challenging and stressful. It is important to take care of yourself, so you can care for your loved one. Below you will find some resources to support you and your advocacy on behalf of your loved one.

Jewish Family Service of MetroWest NJ

256 Columbia Turnpike, Suite 105

Florham Park, NJ 07932

(973) 765-9050

www.jfsmetrowest.org

Jewish Family Service of Central New Jersey

655 Westfield Ave.

Elizabeth, NJ 07208

(908) 352-8375

www.jfscentralnj.org

RELIEF

150 James St., Suite #208

Lakewood, NJ 08701

(732) 905-1605

www.reliefhelp.org

A non-profit Jewish community organization whose mission is to guide individuals to the best mental health resources available including mental health referrals, education and support.

Jewish Recovery Center (JRC) is a key resource for Jewish addicts in recovery, their families, and the recovering Jewish community. JRC offers referrals, screenings, and emergency placement for detox, as well as aftercare management including a sober house for those completing in-patient treatment. Facilities located in South Florida.

(561) 717-8136

www.jewishrecovery.com

info@jewishrecoverycenter.com

Family Support Organizations (FSO) provides peer support for parents. Staffed by family leaders, parents can get additional support and information by calling or attending workshops.

njfamilyalliance.org

United Way Caregivers Coalition provides a range of free programs to promote knowledge and action around critical issues and provide access to help for unpaid family caregivers in our region.

www.unitedwaynj.org

National Alliance on Mental Illness (NAMI)

is a nationwide grassroots advocacy group representing people affected by mental illness in the United States. NAMI educates, supports, and advocates for people living with mental illnesses and their families. Explore your local chapter to connect with support groups or other resources.

www.nami.org

Branches:

NAMI Union County New Jersey

P.O. Box 724

New Providence, NJ 07974

(908) 233-1628

www.naminj.org/affiliates/union

NAMI Morris County New Jersey

P.O. Box 260

East Hanover, NJ 07936

(973) 285-7578

NAMI of Essex & Passaic Counties New Jersey

(862) 202-9142

NJ Self-Help Group Clearinghouse can help you find or start a support group in your area.

(800) 367-6274

www.njgroups.org

The Youth Mental Health Project is a grassroots organization whose primary purpose is to educate, empower, and support families and communities so they will have knowledge, skills, and resources they need to support the social, emotional, mental, and behavioral health of youth.

www.ymhproject.org

Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

www.childmind.org

New Jersey Mental Health Cares is New Jersey's mental health information and referral service. The staff of mental health professionals uses their experience and understanding of the mental health system to provide callers information and connect to services such as: legal, housing, employment, rehabilitation, inpatient and outpatient, self-help, and more.

Mental Health Cares Warm Line

(Monday through Friday, 8 a.m. through 8 p.m.)

(866) 202-HELP (4357)

www.njmentalhealthcares.org

American Foundation for Suicide Prevention raises awareness, funds scientific research, and provides resources and aid to those affected by suicide. Find information, support groups, and opportunities for action at www.afsp.org

Chazkeinu is a peer led mental health support group for Jewish women of all backgrounds who either have a mental illness themselves or have a loved one with an illness.

www.chazkeinu.org

Jewish Family Service of MetroWest NJ

Guided by the wisdom and values of our tradition of respect for all people, Jewish Family Service of MetroWest NJ provides innovative, compassionate, and outstanding social services to enhance the independence and well-being of individuals and families throughout all stages of life. JFS is committed to reducing stigma and increasing awareness regarding mental illness.

Eric Eliezer Levenson Foundation for Hope Mission Statement:

After more than a 14-year battle with severe depression, our family lost our precious, talented, cherished, and caring son and brother, Eric on February 4, 2016, to suicide. Eric (JKHA '01, Sage Day '05, Muhlenberg College '10) was a unique individual - gifted, sensitive, and charming, with a sharp wit, unusual sense of humor, and, above all, a deep caring about his family, his few close friends, and the special needs clients he worked with.

Our family is committed to remembering Eric in a meaningful way which will further the values and ideals that were important to him. The Eric Eliezer Levenson Foundation for Hope, a 501(c)(3) foundation, supports programs which advance opportunities for young adults facing challenges through direct support and community awareness.

Thank you to United Way
Caregiver's Coalition who have
generously allowed us to share
information and language from
their Pathways for Caregivers
Resource Book (2016).



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