Greater New Brunswick and Middlesex County Behavioral Health Miniguides

The Guides are each two pages and are in the following order:

Addiction and Substance Abuse Resource Guide

Adverse Childhood Experiences

Alcohol Use and Abuse Resource Guide

LGBTQIA and Gender Identification Guide

Stress and Anxiety During Challenging Times

Suicide Prevention Resource Guide

Teen Depression Guide for Adolescents, Families, and Friends

Youth Behavioral Health Resource Guide

These Guides were compiled from resources found in the larger *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* found at: http://rwjms.rutgers.edu/BehavioralHealthGuide/ .

Miniguides were edited by Maria B. Pellerano, MA, MBA, MPH and Robert LaForgia with assistance from Alisa Fatima, Yuneldys Garces, and community partners* involved in the Behavioral Health Workgroup, co-sponsored by Rutgers Robert Wood Johnson Medical School and Healthier Middlesex, a project of Robert Wood Johnson University Hospital and Saint Peter's University Hospital in New Brunswick, NJ.

* Community partners participating in the Behavioral Health Workgroup include Coming Home of Middlesex County, City of New Brunswick, Elijah's Promise, Middlesex County's Office of Health Services, Mount Zion AME Church New Brunswick, NAMI-NJ, New Brunswick Domestic Violence Awareness Coalition, New Brunswick Tomorrow, PRAB, Rutgers Eric B. Chandler Health Center, Rutgers University Behavioral Health Care, Unity Square Neighborhood Revitalization Project, Wellspring Center for Prevention, and YRM Consulting.

Please contact Maria Pellerano at pellerma@rwjms.rutgers.edu for more information.

Addiction and Substance Abuse Resource Guide

Greater New Brunswick and Middlesex County

Counseling & Treatment Centers

Catholic Charities Diocese of Metuchen Addiction Services

Provides comprehensive alcohol/drug assessments; individual, group and family counseling on an outpatient basis to individuals and families impacted by drugs or alcohol; The program also provides written court evaluations.
Additional Languages: LL, ES
Access Center Phone: 732-324-8200
Website: https://ccdom.org/middlesex-addiction-services

Center for Great Expectations Roots to Recovery Outpatient Services

Personalized care for adults struggling with substance use, including psychiatric care, medication management, family services, parenting education, relapse prevention skills, HIV and Hepatitis C testing, group counseling, and individual therapy.
Phone: 732-993-6403
Website: https://www.cge-nj.org/programs/roots-to-recovery-outpatient/

Hackensack Meridian Carrier Clinic

Psychiatric and substance abuse addiction treatment and expert care and education for adolescents, adults and older adults on the inpatient and residential levels.
Additional Languages**:** LL
Phone Number: 800-933-3579
Website: https://carrierclinic.org/

Hackensack Meridian JFK Medical Center – Center for Behavioral Health

Outpatient services for individuals with substance use/abuse or mental health problems.
Additional Languages: ES
Phone: 732-321-7189
Website: https://www.jfkmc.org/clinical-services/behavioral-health

George J. Otlowski, Sr. Center for Mental Health Care

Offers treatment for a range of emotional disorders, including anxiety, depression, marital, family, and other problems of daily living. The center serves Middlesex County residents ages 5 and older.
Additional Languages: ES
Phone: 732-442-1666
Website:
http://www.middlesexcountynj.gov/Government/Departments/CS/Pages/GOCMH/George-J.-Otlowski,-Sr.-Center-for-Mental-Health-Care.aspx

New Brunswick Counseling Center

The Outpatient Substance Use and Co-Occurring Disorders programs offer multiple services for treatment of non-opiate substance use disorders.
Additional Languages: ES
Phone: 732-246-4025
Website: www.newbrunswickcounselingcenter.org/

New Hope Foundation Inc. – Open Door Outpatient Services

Provides services for substance use, gambling and co-occurring mental health disorders, at its New Brunswick facility. Services include drug screening, assessment and referral, aftercare, individual, group and family counseling, drug-free workplace consultation and prevention, and education. Residential services available at other locations.
Additional Languages: ES
Phone: 800-705-HOPE (4673)
Website: https://newhopeibhc.org/about/facilities/

Rutgers University Behavioral Health Care (UBHC)

UBHC provides clinical care and the development of new treatments, and it also trains professionals across the country in the best ways to support people through difficult times.
Additional Languages: LL
Phone: 800-969-5300
Website: https://ubhc.rutgers.edu/

Referral Resources

NJ211
NJ 211 is a free, confidential information and referral service for individuals and families needing assistance and helps connect people to resources such as day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, and medical insurance.
Additional Languages: LL
Phone: 211
Website: https://www.nj211.org

Family Connection Central Intake
Family Connections Central Intake connects women and families to resources and services such as smoking and addiction services, behavioral health, transportation, housing, health insurance, childcare, early childhood services, parenting education and support, WIC, and nutrition.
Additional Languages: ES
Phone: 888-551-6217
Website: https://www.cjfhc.org/index.php/en/programs-services/community-programs-and-services

NJ Children's System of Care Administered by PerformCare
Register, authorize, and coordinate services for children, youth, and young adults who are experiencing emotional and behavioral challenges, are impacted by substance use treatment needs, or have an intellectual/developmental disability.
Additional Languages: ES and others as pdf files
Phone: 877-652-7624
http://www.performcarenj.org/

Language Directory:
ES = Spanish
LL = Language Line



Help Lines and Other Resources

Wellspring Center for Prevention
Provides prevention, education, information, and referral services. Wellspring offers classroom and e-learning professional development courses for addiction counselors, prevention specialists, and school faculty and staff. All courses are approved for initial or renewal credits towards multiple state and national credentials.
Additional Languages: ES
Phone: 732-254-3344
Website: www.WellspringPrevention.org/

New Jersey Addiction Services Help Line
Provides information and referral to substance abuse treatment agencies statewide. This free service is available 24 hours a day, seven days a week, and all information shared is confidential.
Additional Languages: LL
Phone Number: 844-REACHNJ (844-732-2465)
Treatment Directory Website:
https://njsams.rutgers.edu/TreatmentDirectory/

For more information on the resources listed, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

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Adverse Childhood Experiences

Greater New Brunswick And Middlesex County

What are Adverse Childhood Experiences?

Adverse childhood experiences (ACEs) are potentially traumatic experiences in a person's life occurring before the age of 18 that can have negative, lasting effects on health and well-being.

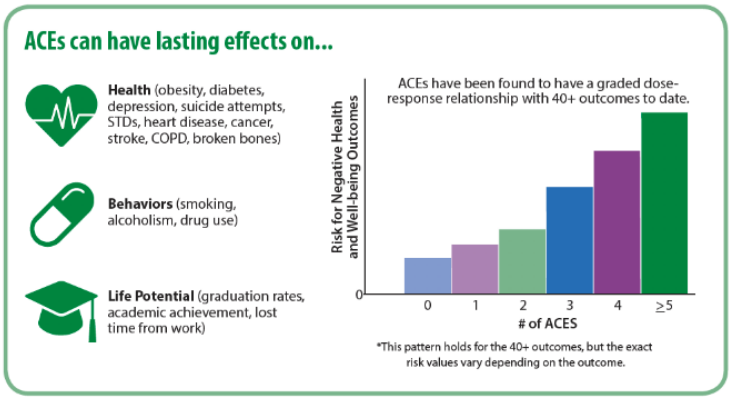
These experiences include:

- physical abuse
- emotional abuse
- sexual abuse
- neglect

Neglect also occurs when a parent or caregiver fails to provide proper supervision for a child or adequate food, clothing, shelter, education, or medical care although financially able or assisted to do so. To learn more

Adverse Childhood Experiences have been linked to:

- Risky health behaviors
- Chronic health conditions
- Low life potential
- Early death



According to the Centers for Disease Control and Prevention (CDC)

ACEs Are Common!

About 61% of adults surveyed across 25 states reported that they had experienced at least one type of ACE, and nearly 1 in 6 reported they had experienced four or more types of ACEs.

Preventing ACEs could potentially reduce a large number of health conditions.

For example, up to 1.9 million cases of heart disease and 21 million cases of depression could have been potentially avoided by preventing ACEs.

Some children are at greater risk than others.

Women and several racial/ethnic minority groups were at greater risk for having experienced 4 or more types of ACEs.

ACEs are costly.

The economic and social costs to families, communities, and society totals hundreds of billions of dollars each year.

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ACEs Can Be Prevented

According to the Centers for Disease Control and Prevention there are evidence-based strategies that can prevent ACEs from happening and / or lessen the harms of ACEs.

Preventing ACEs

Strategy	Approach
Strengthen economic supports to families	• Strengthening household financial security • Family-friendly work policies
Promote social norms that protect against violence and adversity	• Public education campaigns • Legislative approaches to reduce corporal punishment • Bystander approaches • Men and boys as allies in prevention
Ensure a strong start for children	• Early childhood home visitation • High-quality child care • Preschool enrichment with family engagement
Teach skills	• Social-emotional learning • Safe dating and healthy relationship skill programs • Parenting skills and family relationship approaches
Connect youth to caring adults and activities	• Mentoring programs • After-school programs
Intervene to lessen immediate and long-term harms	• Enhanced primary care • Victim-centered services • Treatment to lessen the harms of ACEs • Treatment to prevent problem behavior and future involvement in violence • Family-centered treatment for substance use disorders

To learn more about Adverse Childhood Experiences, see
https://www.cdc.gov/violenceprevention/childabuseandneglect/acestudy/index.html

For more information, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

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Alcohol Use and Abuse Resource Guide

Greater New Brunswick and Middlesex County

General Information about Alcohol

Alcohol is a central nervous system depressant, which means that it is a drug that slows down brain activity. It can change your mood, behavior, and self-control. Alcohol can cause problems with memory and thinking clearly and can affect your coordination and physical control. Alcohol also effects other organs in your body such as raising your blood pressure and heart rate.

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- Amount a person drank
- How quickly they drank it
- The amount of food a person eats before drinking
- A person's age, gender, race and/or ethnicity
- A person's physical condition
- Whether or not they have a family history of alcohol problems

Alcohol Use Disorder

About 18 million adult Americans have an alcohol use disorder (AUD), which means their drinking causes distress and harm. AUD can range from mild to severe, depending on the symptoms. Severe AUD is sometimes called alcoholism or alcohol dependence.

Someone is considered having AUD if they answer yes to two or more of the following questions. In the past year, has this person:

- Ended up drinking more or for a longer time than originally planned?
- Wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of your time drinking or recovering from drinking?
- Felt a strong need to drink?
- Found that drinking - or being sick from drinking - often interfered with family life, job, school, participating in enjoyable activities, or caused trouble with family or friends?
- Been in dangerous situations because of drinking, such as driving drunk or having unsafe sex?
- Kept drinking even though it was making them feel depressed or anxious? Or when it was adding to another health problem?
- Had to drink more and more to feel the effects of the alcohol?
- Had withdrawal symptoms when the alcohol is wearing off (these include, trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, and sweating)? In severe cases, they could have a fever, seizures, or hallucinations.

People with AUD should speak to their primary care provider about symptoms, treatments, and referrals.

Where to Get Help

Al-Anon Family Support Groups

Hosts support groups for families or people with AUD.
https://al-anon.org/al-anon-meetings/

Alcoholics Anonymous Chapter Finder

Provides support for people with AUD.
https://www.aa.org/find-aa/north-america

New Jersey Addiction Services Help Line

Fulltime, free, confidential service providing information and referral to substance abuse treatment agencies.
Additional Languages: LL
Phone Number: 844-REACHNJ (844-732-2465)
Treatment Directory Website:
https://njsams.rutgers.edu/TreatmentDirectory/

Wellspring Center for Prevention

Hosts an online referral to treatment portal.
Additional Languages: ES
Hotline Phone: 732-254-3344
Website: www.WellspringPrevention.org/

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Counseling & Treatment Programs

Catholic Charities Diocese of Metuchen Addiction Services
Provides comprehensive outpatient alcohol/drug assessments; individual, group and family counseling to individuals and families impacted by drugs or alcohol.
Additional Languages: LL, ES
Access Center Phone: 732-324-8200
Website: https://ccdom.org/middlesex-addiction-services

Center for Network Therapy
Offers ambulatory detoxification from alcohol and other substances and addresses co-occurring psychiatric issues.
Additional Languages: ES
Phone: 732-560-1080
Website: www.recoverycnt.com/

Clarity Treatment Services LLC
Clarity Treatment Services offers counseling and comprehensive treatment plans and programs for alcohol, drug, and gambling addiction in adolescents and adults.
Additional Languages: ES, PT
Phone: 732-442-3535
Website: www.claritytreatmentservices.com/

George J. Otlowski, Sr. Center for Mental Health Care
Offers treatment to Middlesex County residents (ages 5 and older) for a range of emotional disorders, including anxiety, depression, marital, family, and other problems.
Additional Languages: ES
Phone: 732-442-1666
Website:
http://www.middlesexcountynj.gov/Government/Departments/CS/Pages/GOCMH/George-J.-Otlowski,-Sr.-Center-for-Mental-Health-Care.aspx

Hackensack Meridian JFK Medical Center – Center for Behavioral Health
Outpatient services for individuals with substance use/abuse or mental health problems.
Additional Languages: ES
Phone: 732-321-7189
Website: https://www.jfkmc.org/clinical-services/behavioral-health

New Brunswick Counseling Center
The Outpatient Substance Use and Co-Occurring Disorders programs offer multiple services for treatment of non-opiate substance use disorders.
Additional Languages: ES
Phone: 732-246-4025
Website: www.newbrunswickcounselingcenter.org/

New Hope Foundation Inc. – Open Door Outpatient Services
Provides outpatient services for substance use, gambling and co-occurring mental health disorders including drug screening, assessment and referral, aftercare, individual, group and family counseling, drug-free workplace consultation and prevention, and education in New Brunswick. Residential services available at other locations.
Additional Languages: ES
Phone: 800-705-HOPE (4673)
Website: https://newhopeibhc.org/about/facilities/

Rutgers University Behavioral Health Care (UBHC)
UBHC provides clinical care and the development of new treatments, and it also trains professionals across the country in the best ways to support people through difficult times.
Additional Languages: LL
Phone: 800-969-5300
Website: https://ubhc.rutgers.edu/

Language Directory:

ES = Spanish LL = Language Line PT = Portuguese

For more information on the resources listed, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

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IN CASE OF EMERGENCY PHONE: **911**

LGBTQIA and Gender Identification Guide

Greater New Brunswick and Middlesex County

Help Lines

Crisis Text Line
Text with a trained counselor for free 24/7.
Text TALK to 741741
Website: https://www.crisistextline.org/

Garden State Equality
New Jersey's largest LGBTQIA advocacy and education organization providing programs for seniors, adults, and youth including an anti-bullying helpline, which is open to anyone.
Phone: 973-509-5428
Website: https://www.gardenstateequality.org

LGBT National Help Center
The LGBT National Help Center, provides peer-support, community connections and resource information to the LGBTQIA community with coming-out, safer-sex, school bullying, family concerns, relationship problems, and other issues.
LGBT National Hotline: 888-843-4564
LGBT National Youth Talkline: 800-246-7743
LGBT National Senior Hotline: 888-234-7243
Access Chat at: https://www.glbthotline.org

National Suicide Prevention Lifeline
Phone: 800-273-8255

Trans Lifeline
Trans Lifeline offers direct emotional and financial support to trans people in crisis by trans people.
Hotline: 877-565-8860
Website: https://www.translifeline.org

Trevor Project
Crisis intervention for LGBTQ young people under 25
Phone: 866-488-7386
Text: START to 678678
Access Chat: https://www.thetrevorproject.org/get-help-now/

Glossary

Cisgender - term for someone who identifies as their sex assigned at birth.

Gender expression / presentation- External appearance of one's gender identity usually expressed through behavior, clothing, haircut or voice, etc.

Gender identity - innermost concept of self as male, female, a blend of both or neither – how individuals perceive themselves and what they call themselves.

Intersex - is a general term used for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male

LGBTQIA - lesbian, gay, bisexual, transgender, queer or questioning, intersex, and asexual or allied

Sex assigned at birth - label that you're given at birth based on medical factors, including your hormones, chromosomes, and genitals

Sexual Orientation - emotional, romantic or sexual attraction to certain type of people

Transgender - An umbrella term for people whose gender identity differs from the sex they were assigned at birth.

Transition - A person's process of developing and assuming a gender expression to match their gender identity

Transsexual - indicates a difference between one's gender identity and sex assigned at birth.

IN CASE OF EMERGENCY PHONE: 911

Support Services

GLMA
GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer and all sexual and gender minority individuals, and equality for LGBTQIA health professionals in their work and learning environments. Website includes access to a provider directory.
Website: http://www.glma.org/index.cfm?nodeid=1

Pride Center of New Jersey
The Pride Center of New Jersey provides comprehensive programming which fosters the health and well-being of the lesbian, gay, bisexual, transgender, intersex and questioning community. The Center increases public acceptance and champions social change for the LGBTQIA community through education, outreach, and support groups.
Additional Languages: ES
Phone number: 732-846-2232
General website: https://www.pridecenter.org
Support: https://www.pridecenter.org/support-groups.html

Language Directory:
ES = Spanish

Counseling Services

Center for Great Expectations Roots to Recovery Outpatient Services
This program provides personalized, care specializing in treatment based on one's gender identification with substance use and or co-occurring disorders, has a strong emphasis on trauma informed care. The program is uniquely focused on serving underserved populations, providing bilingual treatment as well as a welcoming environment for the LGBTQIA community.
Phone: 732-993-6403
Website: https://www.cge-nj.org/programs/roots-to-recovery-outpatient/

Immigration Assistance

Immigration Equality
Immigration Equality is the nation's leading LGBTQ immigrant rights organization and represents and advocates for people from around the world fleeing violence, abuse, and persecution because of their sexual orientation, gender identity, or HIV status.
Additional Languages: ES option on website
Legal Emergency National Hotline:
Phone: 212-714-2904
Website: https://www.immigrationequality.org



Additional Resources

Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

LGBTQ Suicide Prevention Resources found at American Foundation for Suicide Prevention website https://afsp.org/lgbtq-suicide-and-suicide-risk

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Stress and Anxiety During Challenging Times

Greater New Brunswick and Middlesex County

The recent Coronavirus Pandemic has left many people with feelings of stress and anxiety. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children.

Stress

Stress during an infectious disease outbreak can include:

- Fear and worry about your health and the health of your family.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of alcohol, tobacco, or other drugs.

Stress can affect our bodies in different ways, including:

- Chest tightness and feeling like you can't breathe
- Muscle tension, aches, and pains,
- Difficulty sleeping
- Restlessness and an inability to relax
- Heart palpitations
- Digestive issues

Some people cope with stress more effectively than others. It's important to know your limits when it comes to stress. Chronic stress can cause both physical and mental harm.

Anxiety

Fear and anxiety are a normal part of life. Anxiety can be useful because it can make you more alert or careful. This type of anxiety usually ends soon after a person is out of the situation that caused it. People who frequently have intense, excessive and persistent worry and fear about everyday situations have anxiety disorders, which can impact their life. If someone has frequent anxiety should seek advice from their doctor.

Healthy Ways of Coping with Stress and Anxiety

- Take care of yourself and your family.
  - Eat healthy, well-balanced meals, if possible
  - Exercise on a regular basis – take a walk or kick around a ball
  - Get plenty of sleep
  - Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Unwind and do something you enjoy (for example, doing hobbies, playing games, or reading).
- Keep to a schedule especially if you are working from home.
- Communicate regularly with extended family members.
- Avoid drugs and alcohol. These may seem to help, but they can create additional problems and increase the stress you are already feeling.
- Take a break from listening or watching the news including social media.

Recognize when you need more help. If problems continue seek help from your doctor or one of the help lines listed on the next page.



IN CASE OF EMERGENCY CALL: 911

Help Lines

NJMentalHealthCares Help Line
Behavioral health staff specialists offer help to people dealing with anxiety and worry related to the Novel Coronavirus (COVID-19) outbreak and other mental health concerns. New Jerseyans may call for free, confidential support. The help line is answered by trained specialists from 8 a.m. to 8 p.m. seven days a week.
Phone: (866) 202-HELP (4357)
Website: https://www.njmentalhealthcares.org/

Disaster Distress Help Line
A 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster.
Phone: 1-800-985-5990
Text: TalkWithUs to 66746
Website: https://www.samhsa.gov/find-help/disaster-distress-helpline

Local Resources

Central Jersey Family Health Consortium (CJFHC)
CJFHC is licensed by the N.J. Department of Health and part of a regionalized maternal and child health system. It works to improve the health of women of childbearing age, infants, and children in the region.
Additional Languages: ES
Phone: 732-937-5437
Website: www.cjfhc.org/

NAMI New Jersey
The National Alliance on Mental Illness NJ (NAMI-NJ) is dedicated to improving the lives of individuals and families affected by mental illness. NAMI offers peer-led programs and support groups that provide outstanding free education, skills training and support.
Additional Languages: ES, ZH and some South Asian languages
Phone: 732-940-0991
Website: http://www.naminj.org/

Language Directory:
ES = Spanish
ZH = Chinese

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Suicide Prevention Resource Guide

Greater New Brunswick and Middlesex County

Risk Factors

Research has found that 46% of people who die by suicide had a known mental health condition. Other risks are:

- A family history of suicide
- Substance abuse. Drugs can create mental highs and lows that worsen suicidal thoughts.
- Intoxication. More than a third of the people who die from suicide are under the influence of alcohol at the time of death.
- Access to firearms
- A serious or chronic medical illness
- Gender. Although more women than men attempt suicide, men are nearly 4 times more likely to die by suicide.
- A history of trauma or abuse
- Prolonged stress/ recent tragedy or loss

Warning Signs

- Expresses feelings of hopelessness, helplessness or worthlessness
- Talks about wanting to die, "wishing" one were dead
- Withdraws from family and friends
- Loses interest in activities once enjoyed
- Neglects personal appearance or hygiene
- Increases use of alcohol or drugs
- Talks about being a burden to others
- Engages in reckless behaviors
- Recent obsession with guns and knives
- Gives away prized possessions
- Exploring ways to commit suicide, such as searching for methods online or buying a gun.
- Changes in a person's sleeping habits

Help Lines and Resources

New Jersey Hopeline: **855-654-6735;** Send text to **njhopeline@ubhc.rutgers.edu** (available 24/7)

National Suicide Prevention Lifeline: **800-273-8255**

1-800-SUICIDE National Hotline: **800-784-2433**

The Trevor Project (LGBTQ Crisis Hotline): **866-488-7386**

Middlesex County Adult Acute Psychiatric Services Hotline: **732-235-5700**

Somerset County Psychiatric Emergency Screening Services: **908-526-4100**

Crisis Text Line. Text HOME to **741741**



IN CASE OF EMERGENCY PHONE: 911

How to Approach a Suicide Crisis

- Talk openly and honestly. Don't be afraid to ask questions like: "Do you have a plan for how you would kill yourself?"
- Remove items that would assist a suicide such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like "Can I help you call the helpline or your behavioral health provider?"
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don't argue, threaten or raise your voice
- Don't debate whether suicide is right or wrong
- If you're nervous, try not to fidget or pace



Additional Resources:

Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

Navigating a Mental Health Crisis: A NAMI resource guide for those experiencing a mental health emergency, 2018 at: https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis/Navigating-A-Mental-Health-Crisis?utm_source=website&utm_medium=cta&utm_campaign=crisisguide

www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide

http://www.njhopeline.com/

suicidepreventionlifeline.org/

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IN CASE OF EMERGENCY PHONE: 911

Teen Depression Guide for Adolescents, Families, and Friends

Greater New Brunswick and Middlesex County

Depression

Depression may be described as feeling sad, blue, unhappy, miserable, or down in the dumps. Most of us feel this way at one time or another for short periods. Clinical depression is a mood disorder in which feelings of sadness, loss, anger, or frustration interfere with everyday life.

Young People Who Might be at Risk for Depression

- Mood disorders run in the family.
- Experience a stressful event (death in the family, divorcing parents, bullying, a breakup with a boyfriend or girlfriend, or failing in school).
- Have low self-esteem or are very critical of themselves.
- Have trouble being social.
- Have learning disabilities.
- Have a chronic illness.
- There are family problems.

Common Symptoms of Depression

- Frequent irritability with sudden bursts of anger.
- More sensitive to criticism.
- Complaints of headaches, stomach aches or other body problems and may go to the nurse's office a lot.
- Withdrawal from people like parents or some friends.
- Not enjoying activities, they usually like.
- Feeling tired for much of the day.
- Feeling sad, anxious or empty (feel nothing) most of the time.
- Grades are dropping.
- Feeling restless or have trouble sitting still.
- Trouble concentrating, remembering information, or making decisions.
- Thinking about dying or suicide or tries to harm themselves.

How to Get Help

- Talk to a trusted adult, such as a parent or guardian, teacher, or a school counselor. If not comfortable talking to an adult, talk to a trusted friend. If not sure where to turn, can use TXT 4 HELP Interactive (www.nationalsafeplace.org/txt-4-help), which allows you to text live with a mental health professional.
- Make an appointment with your doctor for an evaluation. Your doctor can make sure you don't have a physical illness that may be affecting your mental health or can speak to you about seeing a mental health professional.

How Is Depression Treated?

Depression is usually treated with psychotherapy, medication, or a combination of the two.

Psychotherapy (sometimes called "talk therapy") is a term for treatment techniques that can help you identify and manage troubling emotions, thoughts, and behavior.

What Else Can I Do to Manage Depression?

Be patient and know that treatment takes time to work. In the meantime, you can:

- Stay active and exercise, even if it's just going for a walk.
- Try to keep a regular sleep schedule.
- Spend time with friends and family.
- Break down school or work tasks into smaller ones and organize them in order of what needs to get done first. Then, do what you can.

IN CASE OF EMERGENCY PHONE: 911

How to Help Somone Who Might Be Depresssed

If you think a friend might have depression, first help him or her talk to a trusted adult who can connect your friend to a health professional. You can also:

- Be supportive, patient, and encouraging, even if you don't fully understand what's going on.
- Invite your friend to activities, social events, or just to hang out.
- Remind your friend that getting help is important and that with time and treatment, he or she will feel better.
- Never ignore comments about death and suicide, even if it seems like a joke or overdramatic. Talking about suicide is not just a bid for attention but should be taken seriously.
- Talk to a trusted adult such as a parent, teacher or older sibling as soon as you can.

Resources for Suicide or Self Harm

National Suicide Prevention Lifeline

Phone**: 1-800-273-TALK (8255)**
TTY for deaf and hard of hearing: **1-800-799-4889**
Website: www.suicidepreventionlifeline.org

The Crisis Text

Trained crisis counselor will respond to you with support and information over text message.

Text **"HOME" to 741741**

Local Resources

Depression Bipolar Support Alliance NJ (DBSA)

DBSA is a mood-disorder self-help support group working to improve the lives of people living with a mood disorder, and their loved ones.
Additional languages: ES
Phone: 908-672-9250

George J. Otlowski, Sr. Center for Mental Health Care

Offers treatment to Middlesex County residents (5 years old and up) for a wide range of emotional disorders, including anxiety, depression, family, and other problems of daily living.
Additional languages: ES
Phone: 732-442-1666

NAMI New Jersey

The National Alliance on Mental Illness NJ (NAMI) is dedicated to improving the lives of individuals and families affected by mental illness. NAMI offers peer-led programs and support groups that provide outstanding free education, skills training and support.
Additional Languages: ES, ZH and some South Asian languages
Phone: 732-940-0991
Website: http://www.naminj.org/

Additional Resources

National Institute of Mental Health's pamphlet, *Teen Depression* at:https://www.nimh.nih.gov/health/publications/teen-depression/teendepression_20-mh-8089_150205.pdf

Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition at: **http://rwjms.rutgers.edu/BehavioralHealthGuide/**

Language Directory:
ES = Spanish
ZH = Chinese

This guide was created by the Behavioral Health Workgroup, co-sponsored by Rutgers Robert Wood Johnson Medical School and Healthier Middlesex, a project of Robert Wood Johnson University Hospital and Saint Peter's University Hospital in New Brunswick, NJ

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Healthier Middlesex Working Together

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Youth Behavioral Health Resource Guide

Greater New Brunswick and Middlesex County

Help Lines and Other Resources

NJ211
NJ 211 is a free, confidential information and referral service that connects people to resources such as day care centers, shelters, affordable housing units, social services, training programs, and medical insurance.
Additional Languages: LL
Phone: 211
https://www.nj211.org

2nd Floor Youth Helpline
A confidential and anonymous helpline (available 24 hours/day, 7 days/week) for youth, ages 10-24 facing challenges.
Additional Languages: ES
Call or text: 888-222-2228

Garden State Equality
New Jersey's largest LGBTQIA advocacy and education organization Garden State Equality has programs for seniors, adults, and youth including an anti-bullying helpline, which is open to anyone.
Phone: 973-509-5428
Website: https://www.gardenstateequality.org

LGBT National Youth Talk Line
Provides peer-support, community connections, and resources to people with questions regarding sexual orientation and/or gender identity.
Additional Languages: ES
Phone: 800-246-7743

Teen PEP
Peer training sexual health program. Teen PEP is only available in some high schools and afterschool programs.
Website: http://www.teenpep.org/index.cfm

Counseling Services

Middlesex County Youth Advocate Programs
Provides outpatient services to children and youth in Middlesex County with behavioral health needs.
Additional Languages: ES
Phone: 732-640-2282

Rutgers UBHC – Intensive Family Support Services (IFSS)
Family support, advocacy and education, multi-family groups, educational conferences, referral, and linkage for family members of mentally ill adults in Middlesex County.
Additional Languages: LL
Phone: 732-235-6184

Rutgers UBHC – Outpatient Services
Services available in Edison and New Brunswick, including medication management, individual, family and group therapy, case management, and psychiatric evaluations.
Additional languages: LL
Phone: 800-969-5300

The Counseling Centers
Outpatient treatment centers with substance use and mental health services for youth, ages 14 to 17 and adults, ages 18 and over.
Additional Languages: ES (Middlesex location only)
Phone: 732-893-2000 (Middlesex, NJ)
Phone: 732-419-4000 (Monmouth Junction, NJ)

For Parents

Children and teens can feel stress and have mental health issue so parents should be aware of potential warning signs. The American Academy of Pediatrics says don't ignore these observations of your children:

- Changes in sleep habits (sleeping excessively or not getting enough).
- Low self-esteem.
- Losing interest in once-enjoyed hobbies.
- In a sudden reversal, doing poorly in school.
- Losing appetite, or significant weight loss.
- Unusual changes in behavior, such as unexplained aggression or anger.

Encourage people to speak to a trusted person, such as a health care provider, friend, family member, or religious leader.

IN CASE OF EMERGENCY CALL: 911

Inpatient Facilities

Bonnie Brae Community Homes
A school, a home, and a safe haven for boys and young men in crisis, ages 8-21.
Additional Languages: None
Phone: 908-647-0800

Rutgers UBHC – Coordinated Specialty Care
This program for adolescents and young adults who have had unusual thoughts and behaviors, helps reduce symptoms, and achieve goals.
Additional Languages: LL
Phone: 732-235-2868

Saint Peter's University Hospital – For KEEPS Family Health Care
For KEEPS is an acute partial hospitalization program for children, ages 5-17 who do not require 24-hour inpatient care.
Additional Languages: LL
Phone:732-565-5494

Language Directory:
ES = Spanish
LL = Language Line

Bullying and Cyberbullying

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems. In order to be considered bullying, the behavior must be aggressive, include an imbalance of power, and be repeated. There are three types of bullying: verbal: (such as, name calling or teasing); social (such as, spreading rumors about someone or embarrassing them in public); and physical (for example, hitting or kicking or taking or breaking someone's things).

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying has concerns because it can be persistent, permanent, or hard to notice. Some cyberbullying crosses the line into unlawful or criminal behavior.

To learn more including how to help someone who is being bullied, see stopbullying.gov

For more information, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

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