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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RUTGERS Robert Wood Johnson Medical School

Healthier Middlesex Working Together

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