**Referrals for Family Supports**

|  |  |  |
| --- | --- | --- |
| **PRIMARY CONTACT INFORMATION** | **SERVICES OFFERED** | **NOTES FROM OUR TEAM** |
| **NAMI Hudson County Meetings held at Jersey City Medical Center Barnabas Health**  395 Grand Street, 2nd Floor Jersey City, NJ 07304  (201) 861-0614  Martha Silva | * Support groups for families of people 17 yrs. and older with a mental illness * Classes available for families of kids * Host 3 separate monthly meetings, same time & place. * Family support group for families, partners, caregivers and friends of individuals with mental illness * Free, peer-led recovery support group for adults living with mental illness * Hudson Kids is a  support group for parents/caregivers of children & adolescents | * Closed due to COVID-19. Support Groups 1 and 2 switched to state-wide online until further notice. * Free services. * Do speak Spanish, but services are explicitly in English. * Martha Silva (supervisor) is open to answering questions and helping people over the phone. |
| **NAMI NJ en Español**  1408 New York Avenue Union City, NJ 07087  (732) 940-0991, ext. 113  Nelhy Barreiro | * Offers 2 online programs that people can register for upon request * Family support group * Individuals directly affected by mental illness | * Currently closed due to COVID-19 but online support group is available. * Support group for adults (18+) who have loved ones affected by mental health illness normally meet 2 hours monthly |
| **Palisades Family Success Center**  1408 New York Avenue Union City, NJ 07087  (201) 758-8792  [**https://palisadesfsc.org**](https://palisadesfsc.org/) | * Referrals and resources for services within the community * Individual meeting and assessments with clients | * Do speak Spanish. * Free Service. |
| **Family Helpline**  1-800-843-5437 | * Counseling with trained volunteers * Referrals | * Services are county-wide in NJ * Services are available 24 hours a day, 7 days a week |