**Referrals for Family Supports**

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| **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 FloorJersey City, NJ 07304(201) 861-0614Martha 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.
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| **NAMI NJ en Español**1408 New York AvenueUnion City, NJ 07087(732) 940-0991, ext. 113Nelhy 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
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| **Palisades Family Success Center**1408 New York AvenueUnion 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.
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| **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
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