**Referrals for Anxiety Disorders**

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| **PRIMARY CONTACT INFORMATION** | **SERVICES OFFERED** | **NOTES FROM OUR TEAM** |
| **The Counseling and Wellness Center of NJ**  450 7th St LL5 Hoboken, NJ  (866) 369-1090  [**http://thecwcnj.com**](http://thecwcnj.com/) | * Family and couple’s therapy * Counseling * LGBT+ * OCD, Anxiety, Phobias * Basic neuropsychological screening assessments * Referrals | * Aetna serves as in-network provider. * Credentialed as an out-of-network provider for major insurance companies. * Accept cash, checks and most major credit cards for payment. * Fees are adjustable. * Do not require referrals. |
| **New Jersey MentalHealthCares**  866-202-4357 | * Mental health information and referral service (including legal, housing, employment, rehabilitation, inpatient, outpatient, self-help & more) * Emotional support * Case management * Intervention * Mental health screening | * Free service. * Mental health screenings are primarily to determine what level of care is needed (severity evaluation). * Translation service available. |
| **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 Support Organization of Hudson County**  911 Bergenline Avenue, 2nd Floor Jersey City, NJ 07306  (201) 915-5140  [**https://www.familypartnershc.org**](https://www.familypartnershc.org/) | * Special Angels (for children on the spectrum) * Youth Partnership of Hudson County * Truancy prevention * Provide support to families, caregivers, and providers of children with emotional, mental and behavioral needs | * Do have Spanish speakers * Special Angels is a free program, on a first-come-first-serve basis. * Youth Partnership meets in Jersey City (35 Journal Square, Suite 501, Jersey City NJ 07306). * Truancy program is an 8-week coaching program with family and youth. |
| **Catholic Charities Archdiocese of Newark: Hudson Mobile Response**  249 Virginia Avenue Jersey City, NJ 07304  (201) 798-7520  [**http://www.ccannj.com/family\_crisis.php﻿**](http://www.ccannj.com/family_crisis.php) | * Counseling * Referral services * Help families to address juvenile family crises and in stabilizing and preserving families | * Services Hudson county. * Do speak Spanish. * Target offender juveniles. * Fees are adjustable. * Insurances accepted include Medicaid, Medicare, or Private insurance. |
| **2nd Floor Youth Helpline**  (888) 222-2228 | * Professional, confidential counseling | * Children and young adults (ages 10-24) can call at any time, 24 hours a day, 7 days a week and talk to a professional counselor confidentially. |