**Referrals for Trauma Disorders**

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| **PRIMARY CONTACT INFORMATION** | **SERVICES OFFERED** | **NOTES FROM OUR TEAM** |
| **Mental Health Association of Hudson County****Peer Outreach Support Team (POST)**26 Journal Square, Suite 600Jersey City, NJ 07306(201) 653-4700[**https://www.mhanj.org/hudson-county/**](https://www.mhanj.org/hudson-county/) | * Assistance with achieving personal goals while combating common barriers to needed care through advocacy, education, training and services
* In-home peer counseling to consumers in crisis
* POST staff provide:
* Emotional support
* Assistance with referrals
* Links to community resources such as mental health, medical, housing, employment and self-help programs.
 | * Do speak Spanish
* Services Hudson County
* Most POST clients need treatment and support to avoid relapse/rehospitalization.
* POST often works with people who have recently been discharged or screened in emergency room but were not hospitalized.
* Not referral based.
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| **Child Behavioral Health Services, a service of Trinitas Regional Medical Center**1-877-652-7624 | * Emotional help hotline
* Behavioral health and substance abuse treatment services for NJ youth up to the age of 21.
* Substance abuse
* Developmental issues
 | * Do have translators.
* Services offered for people 20 yrs. old and under.
* Not referral based. Can receive referrals but they’re not mandated.
* Accept Medicaid.
* As long as patients qualify for behavioral assistance, they can be accepted without insurance.
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| **Good Grief**908-522-1999[**https://good-grief.org**](https://good-grief.org/) | * Grief group and support for youth who have lost somebody important to them
 | * Located in Morristown & Princeton.
* Orientation required for families via appointment
* Free services.
* Do speak Spanish.
* Some programs offered in Spanish.
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| **Jersey City Medical Center: Mobile Outreach**395 Grand StreetJersey City, NJ 07302201-915-2600[**https://njmentalhealthcares.communityos.org/zf/profile/service/id/275240**](https://njmentalhealthcares.communityos.org/zf/profile/service/id/275240) | * Assistance w trauma/emergency on a 24/7 basis
 | * Services Hudson County.
* Target all youth
* Do speak Spanish/have translators.
* Fees are adjustable.
* Insurance accepted include Medicaid, Medicare, or Private Insurance.
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| **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.
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| **For Substance Abuse Treatment Services (ReachNJ)**844 22465 | * Substance abuse
* Immediate assistance and support from live, NJ-based, trained addiction counselors
 | * Free service.
* Callers assisted regardless of insurance status.
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| **New Jersey’s 24/7 Suicide Prevention Hotline**1-855-654-6735 | * Mental health
* Substance abuse
* Specialists are available for confidential telephone counseling and support
* Referrals
 | * Free service.
* Anonymous.
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| **Domestic Violence Hotline**1-800-572-7233 | * Crisis intervention
* Referrals
 | * Bilingual
* Accessible to hearing impaired.
* Services are county-wide.
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