**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 600 Jersey 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. |
| **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. |
| **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. |
| **Jersey City Medical Center: Mobile Outreach**  395 Grand Street Jersey City, NJ 07302  201-915-2600  [**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. |
| **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. |
| **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. |
| **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. |
| **Domestic Violence Hotline**  1-800-572-7233 | * Crisis intervention * Referrals | * Bilingual * Accessible to hearing impaired. * Services are county-wide. |