

# **Community Resource Guide**

**Highland Park Community Teen Center**

**Highland Park High School**

**102 North Fifth Ave**

**Highland Park, NJ 08512**

**732-572-2400 ext. 3125**

## Table of Contents

Crisis Intervention Services.....	Pages 3-6
Substance Abuse.....	Pages 7-9
Support Groups.....	Page 10
LGBT-Q, sexual health, contraceptive programs.....	Pages 11-12
Low Cost Mental Health Agencies.....	Pages 12-13
Private Counseling Services and Psychiatrists.....	Pages 13-16
Families in Need.....	Pages 16-19

The Highland Park Community Teen Center created this resource guide to help families in need and education professionals connect with local resources. The Highland Park Community Teen Center does not endorse any of the facilities, businesses, or agencies listed within these pages. If you have any questions about the services found within this resource guide, please feel free to contact the Teen Center at 732-572-2400 ext. 3125

## **Crisis Intervention Services**

### Children's Behavioral Health Services

(Perform Care) Phone: 1-877-652-7624

24 hours a day, 7 days per week

- Mobile Response and Stabilization Services for immediate services related to urgent emotional and behavioral issues.
- Intensive In-Community and Behavioral Assistance Services referral system.

### Info Line of Central Jersey

Phone: 1-888-908-4636

The mission of Info Line of Central Jersey is to connect those in need with comprehensive health and human service information and resources to improve the quality of their lives.

### Department of Child Protection & Permanency (DCP&P)

NJ Child Abuse Hotline: 1-877-652-2873 – **STATEWIDE**

### Statewide Clinic of Counseling and Training Programs (SCCAT)

Phone: 1-888-393-3007

Toll free number made available to contracting agencies, families, consumers and caregivers to provide crisis response throughout the state to the community. Callers will speak directly with a mental health professional and if needed, receive a personal, on-site visit within two hours.

National Teen Dating Abuse Hotline

Phone: 1-866-331-9474

24 hour support, crisis intervention, problem-solving techniques and referrals for victims of dating abuse (ages 13-18), their families and advocates.

National Association of Anorexia Nervosa and Associated Disorders, Inc.

Phone: 1-847-831-3438

International hotline for victims of eating disorders, families and friends. Provides information on free support groups, referrals and treatment centers.

National Suicide Crisis Hotline

Phone: 1-800-273-TALK (8255)

Listen to and assist person in crisis. Will make referrals if needed – 24 hours per day.

National Domestic Violence Hotline

Phone: 1-800-799-7233

TTY: For Hearing Impaired – 24 hrs. per day nationwide referral information. Translators available. All cases confidential.

New Jersey AIDS/STD Hotline

Phone: 1-800-624-2377

24 hours a day, 7 days per week. Referrals to state testing sites.

National Immunization Information Hotline – Center for Disease Control (CDC)

Phone: 1-800-232-4636

National Runaway Switchboard

Phone: 1-800-RUNAWAY (786-2929)

For youth and their parents. 24 hours per day.

Domestic Violence Hot Line and Rape Crisis Counseling Program (Womanspace)

Phone: 609-989-9332 24 hrs. per day, 7 days a week.

Rape Crisis Center (Middlesex County)

29 Oakwood Avenue, Edison, NJ-08837

Hotline (24hrs/7 days; toll free): 1-877-665-7273

Phone: 732-321-1189 Fax: 732-549-4060

TTY: 732-549-0669

Email: [rapecrisis@co.middlesex.nj.us](mailto:rapecrisis@co.middlesex.nj.us)

Sexual Assault Support Services

Women's Health and Counseling Center (Somerset County)

71 Fourth Street Somerville, NJ 08876

Hotline: 908-526-7444

TTY: 908-218-7775

Office: 908-526-2335 ext. 130

NJ Division of Criminal Justice

Office of Victim-Witness Advocacy

Phone: 609-292-6766

[www.njvw.org](http://www.njvw.org)

NJ Disaster Mental Health Helpline

Phone: (877) 294-HELP (4357). TTY: (877) 294-4356.

NJ Disaster Critical Incident Stress Response

Phone: 1-866-4U-NJ-1ST

University Behavioral Health Care (Crisis/Screening Center for Middlesex County)

671 Hoes Lane Piscataway, NJ 08855

HOTLINE: 732-235-5700

Somerset County PESS(Psychiatric Emergency Screening Services Program)

Emergency Care Center

Somerset Medical Center

110 Rehill Avenue Somerville, NJ 08876

HOTLINE: 908-526-4100

## **Substance Abuse Programs**

### New Brunswick Counseling Center

320 Suydam Street, New Brunswick, NJ 08902

Phone: 732-246-4025 Fax: 732-246-1214

### The Center for Great Expectations

19B Dellwood Lane Somerset, NJ 08873

Phone: (732) 247-7003 Fax: (732) 247-7043

123 How Lane New Brunswick, NJ 08901

Phone: 732-993-6403

### Division of Addictions and Mental Health Planning

Office of Human Services

75 Bayard Street, 5th Floor New Brunswick, NJ 08901

Phone: 732-745-4186

### Catholic Charities, Diocese of

288 Rues Lane East Brunswick, NJ 08816

Phone: 732-257-6100

### Comprehensive Care Services

4 Ethel Rd. Suite 404 A&B Edison, NJ 08817

Phone: 732-287-4044 Fax: 732-287-0211

Damon House, Inc.

105 Joyce Kilmer Avenue New Brunswick, NJ 08901

Phone: 732-828-3988 Fax: 732-828-3581

Habit OPCO DBA Strathmore Clinic, Inc.

1 Lower Main Street South Amboy, NJ 08879

Phone: 732-727-2555

JFK/Center for Behavioral Heal

65 James St. Edison, NJ 08818

Phone: 732-321-7189

Journey to Wellness Inc.

222 New Brunswick Ave. Perth Amboy, NJ 08861

Phone: 732-709-7440

Princeton House Behavioral Health

1460 Livingston Ave. North Brunswick, NJ 08902

Phone: 732-729-3600 Fax: 732-435-0222



Raritan Management Corporation

500 Convery Boulevard Perth Amboy, NJ 08861

Phone: 732-442-7030

New Hope (main)

80 Conover Road Marlboro, NJ 07746

Toll-free Phone: (800) 705-HOPE (4673) Phone: (732) 946-3030 Fax: (732) 946-3541 E-Mail:

[info@newhopefoundation.org](mailto:info@newhopefoundation.org)

Open Door Outpatient Services

2-4 New and Kirkpatrick Streets New Brunswick, NJ 08901

Phone: (732) 246-4800 Fax: (732) 246-4860

E-Mail: [info@newhopefoundation.org](mailto:info@newhopefoundation.org)

University of Medicine and Dentistry

390 George Street New Brunswick, NJ 08901

Phone: 732-235-3440 Fax: 732-235-5635

## **Support Groups**

### AA-Central Jersey Intergroup

Phone: 609-656-8900

24 hours per day

### Narcotics Anonymous of NJ - Statewide Helpline

Phone: 1-732-933-0462

### Al-Anon-South Jersey Information Service

Hotline: 856-547-0855

[www.Southjerseyal-anon.org](http://www.Southjerseyal-anon.org).

### Parents Anonymous Stress Line, Family Helpline and Teen Helpline

Hotline: 1-800-843-5437

24 hours a day, 7 days a week. Resource referrals as needed.

## **LGBT-Q, sexual health, contraceptive programs**

### Trevor Project Helpline

Phone: 1-866-488-7386

24 hours live chat line with trained counselors focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning youth.

### The Peer Listening Line

Phone: 1-800-399-7337 (PEER)

Toll free helpline for individuals under age 25 staffed from 5 to 10 pm Monday to Friday by trained gay youth volunteers backed by mental health professionals.

### GLBT National Help Center

[www.youthtalkline.org](http://www.youthtalkline.org)

Phone: 1-800-843-4564

Provides free and confidential telephone and internet peer counseling, information and local resources for lesbian, gay, bisexual, transgender and questioning callers throughout the United States.

### Middlesex County Health Department Clinic STD Clinic

596 Jersey Avenue, Suite B New Brunswick, NJ 08901

Phone: 732-565-3788

Planned Parenthood

10B Industrial Drive New Brunswick, NJ 08901

Phone: 732-246-2411

**Low Cost Mental Health Agencies**

The Psychological Clinic at Rutgers

152 Frelinghuysen Road Piscataway, NJ 08854

Phone: 848-445-6111

Institute for Personal Growth

8 South Third Avenue Highland Park, New Jersey 089048

Community Care Behavioral Health

131 Ethel Road West Piscataway, NJ 08854

Phone: 732-572-4666

Princeton House Behavioral Health

Outpatient - 1460 Livingston Ave. North Brunswick, NJ 08902

Phone: 732-729-3600 or 3636 Fax: 732-729-3658

SERV Centers of New Jersey/Central Region

Middlesex County Office

491 S. Washington Ave. Piscataway, NJ 08854

Phone: 732-968-7111 Fax: 732-968-4247

**Private Counseling Services and Psychiatrists**

Susan Gutwill MS, LCSW, CGP

727 Raritan Ave. Highland Park, NJ 08904

Phone: 732-819-8855 Fax: 732-246-1697

Laura S. Turk MS, LMFT, LPC, NCC

320 Raritan Ave Suite 305A Highland Park, NJ 08904

Additional Office: 10 Minell Place Teaneck, NJ 07666

Phone: 201-204-9868

Brian J. Shannon, Psychologist

202 Raritan Avenue Highland Park, NJ 08904

Phone: 732-965-3133

Jeffrey Axelbank PsyD

727 Raritan Ave. Highland Park, NJ 08904

Phone: 732-703-7235 Fax: 732-572-7002

Shalonda Kelly PhD

Dr. Kelly Associates, LLC

24 North Third Avenue Suite 203B Highland Park, NJ 08904

Phone: 908-818-1047

Tony Christopher LCSW

324 Raritan Avenue Highland Park, NJ 08904

Phone: 732-481-0417 Fax: 732-572-1477

Jonathan Huston-Wong PsyD

320 Raritan Avenue Suite 303B Highland Park, NJ 08904

Additional Office: 124 Saint Paul Street Westfield, NJ 07090

Phone: 908-279-0713

Kenneth Kressel PhD

324 Raritan Avenue Highland Park, NJ 08904

Phone: 732-410-7480

Dr. Stephanie K. Stern, MD

320 Raritan Avenue Suite 201 Highland Park, NJ 08904

Phone: 732-985-3500

Dr. Chowdhury F. Azam, MD

100 Metroplex Drive Suite 100 Edison, NJ 08817

Phone: 732-235-7400

Dr. Kenneth R. Kaufman, MD

125 Paterson Street Suite 2200 New Brunswick, NJ 08901

Phone: 732-235-7647

Dr. David B. Kassoff, MD

223 State Route 18 Suite 102 East Brunswick, NJ 08816

Phone: 732-246-1969

Dr. Niveditha Meghardi, MD

671 Hoes West Lane Piscataway, NJ 08854

Phone: 732-494-8558

Dr. Suzanne M. Lind, MD

123 How Lane New Brunswick, NJ 08901

Phone: 732-565-5494

Dr. Barbara Winograd, MD

320 Amboy Avenue Suite 1 Metuchen, NJ 08840

Phone: 732-548-0482

Dr. Kenneth Lichtman, MD

251 Main Street Metuchen, NJ 08840

Phone: 732-549-2220

Dr. Daniel S, Cowen, MD

2 Worlds Fair Drive Suite 111 Somerset, NJ 08873

Phone: 908-392-0869

Dr. David Zykorie, MD

25 Brunswick Woods Drive East Brunswick, NJ 08816

Phone: 732-257-9599

### **Families in Need of help (poverty, homeless, foodbanks, shelters, etc.)**

#### Highland Park (NJ) Community Food Pantry

Senior/Youth Center, 220 S. 6th Ave., Highland Park, NJ 08904

Open on the second and fourth Thursdays of the month from 9:00-10:45 a.m. and 6-7 p.m. and on the Saturdays of those weeks from 9:30-10:30 a.m.

#### A Better World Cafe

19 S. 2nd Avenue Highland Park, NJ 08904

A community kitchen, currently serving lunch Monday through Friday 11 a.m. – 3 p.m.



You select your portions and pay a fair price through one of the following options:

- You may pay the suggested price or something different. If you pay more, you will help feed someone else who has more limited resources.
- You may volunteer an hour of time in exchange for a meal.
- You may dine on the complimentary dish of the day if you can neither pay nor volunteer.
- You may use the complimentary dish as one of your selections when you are selecting multiple items, to help keep your total cost down.

The Center for Great Expectations (women, and children)

19B Dellwood Lane Somerset, NJ 08873

Phone: (732) 247-7003 Fax: (732) 247-7043

### **Free clinics and community health centers**

Eric B. Chandler Health Center

277 George Street New Brunswick, NJ 08901

Phone: 732-235-6700

Services: Dental Care Services, Enabling Services, Obstetrical and Gynecological Care, Other Professional Services, Primary Medical Care, Specialty Medical Care

Jewish Renaissance Medical Center

275 Hobart Street Perth Amboy, NJ 08861

Phone: 732-376-9333

Services: Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services,  
Nutrition, Pediatric Services, Women's Wellness

Middlesex County College

2600 Woodbridge Ave. Edison, NJ 08820

Phone: 732- 548-6000

Services: Dental Checkup and cleaning

Perth Amboy High School

300 Eagle Ave. Perth Amboy, NJ - 08861-2711

Phone: 732-376-6030

Services: Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services,  
Nutrition, Pediatric Services, Women's Wellness

Remarks: Community Health, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 20  
hours per week)

Perth Amboy Housing Authority

415 Fayette Street Perth Amboy, NJ - 08861-3849

Phone: 732-324-0500

Services: Adult Medicine, Adult Senior Services, Ancillary & Referrals, Dental Services,  
Nutrition, Pediatric Services, Women's Wellness

Remarks: Community Health, Urban Area, Permanent Clinic, Year-Round, Part-Time (open 20 hours per week)

Planned Parenthood - New Brunswick Center

New Brunswick, NJ - 08901

Phone: 732.246.2411

Services: Abortion Referral, Birth Control, HIV Testing, Morning after pill (Emergency contraception), Pregnancy Testing & services, STD Testing and treatment and Vaccines, Women's Health Care.

Remarks: Saturday hours are available on every other weekend beginning Jan. 14.