

# Adolescent Resource Guide

**Ocean County Health Department  
Health Education Division**

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The *Adolescent Resource Guide* was originally compiled for a program called *The Game of Life* where students experienced real life situations while role-playing. We expanded the guide and began identifying multiple diverse resources influencing the health of adolescents throughout Ocean County; inviting many different agencies that provide interventions for youth to be reflected.

The first time this resource guide was printed was in 1996. Each time we have updated, we see more and more agencies involved with greater access to real-time information on their own websites. Each of these websites are included in the *Adolescent Resource Guide* where available. This gives the reader the opportunity to go directly to an agency's website and view all of its services and programs. This 2018 update offers a comprehensive list of agencies that respond to the issues listed. The *Adolescent Resource Guide* will be available on the Ocean County Health Department website at [www.ochd.org](http://www.ochd.org) under Community Assessment and Health Education.

If you have any additions, corrections, or suggestions, please feel free to contact the Health Education Division at 732-341-9700, ext. 7234 or by email at [healthed@ochd.org](mailto:healthed@ochd.org). Thank you for your interest.

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## ADOPTION AND FOSTER CARE RESOURCES

### **Adoption ARC**

800- 884- 4004

[www.adoptionarc.com](http://www.adoptionarc.com)

*Referrals and help with adoption*

### **Adoption, NJ**

[www.nj.gov/njfofosteradopt/adoption](http://www.nj.gov/njfofosteradopt/adoption)

609-888-7460 or 7474

### **Catholic Charities**

609- 394- 3202 or 800- 360- 7711

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

*Referrals and help with adoption*

### **Children's Home Society**

732-557-9633

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

*Help with adoptions and foster care*

### **Division of Youth and Family Services**

800- 442- 6232 (Toll Free)

866-544-9197 (Toms River)

732-908-5900 (Bayville)

877 NJ ABUSE (877-652-2873)

*(Child abuse/Child Neglect Hotline)*

800 THE KIDS (800-843-5437)

*(Family Hotline)*

[www.nj.gov/dcf/](http://www.nj.gov/dcf/)

*DYFS helps families and individuals develop*

*a case plan to meet their specific needs*

*including adoption services.*

### **New Jersey Adoption Resource Clearing House**

877-427-2465

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

*Provides support to all members of the adoption constellation (The adoption constellation includes anyone whose life is touched by adoption, including those who receive and /or deliver services.) Our goal is to direct people to appropriate adoption services in New Jersey.*

### **Ocean Mental Health Services**

732-349-5550 or 877-621-0445

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

*"Connections" program serving Ocean County matching youngsters with trained foster families*

### **Preferred Behavioral Health Group**

732-458-1700

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

*Deliver quality and compassionate behavioral health services to individuals and families*

### **Safe Haven Infant Protection Hotline**

877-839-2339

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

*Referrals*

## AIDS/HIV RESOURCES

### **AIDS Hotline**

800-232-4636

[www.cdc.gov/hiv](http://www.cdc.gov/hiv)

*Provides counseling, emotional support and information*

### **Board of Social Services**

732-349-1500

*Provides eligible county residents with financial, medical and social services, Medicaid, food stamps, adult protective services, special response emergency housing*

### **Jersey Shore Addiction Services Health Care**

732-988-6828

*Counseling and programs for people living with HIV*

### **NJ AIDS Hotline**

800- 624-2377 (24 hour, 7 days)

<http://www.njhivstdline.org/>

*Information and referrals*

### **Ocean County Health Department**

732-341-9700, ext. 7604

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

*HIV/AIDS Clinic, Counseling and Testing, support groups, hotline, educational materials*

## ALCOHOL RESOURCES

### **Addiction Hotline of New Jersey**

1-800-238-2333

<http://www.state.nj.us/nj/community/counseling/>

*Medicaid or no insurance*

### **AGAPE Counseling Services**

609-242-0086

*Outpatient Treatment Program*

### **Al-Anon Family Group Headquarters**

888-4AL-ANON or 757-563-1600

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

*Information and educational materials*

### **Alcoholics Anonymous (AA), Cape Atlantic Intergroup**

609-641-8855

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

*Listing of support groups for 12-step program*

### **Behavioral Healthcare of Catholic Charities**

609-394-3202 or 800-360-7711

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

*Counseling available*

### **Bergen Pines**

800-730-2762

<http://www.newbridgehealth.org/>

*Detoxification, inpatient and outpatient services*

### **Carrier Clinic**

800-933-3579

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

*Free Weekend Co-dependency program and Bright Futures for Kids (for children ages 4-12) for families that are affected by alcohol problems*

### **CONTACT of Ocean and Monmouth Counties**

24 hour crisis hotline

732-240-6100/609-693-5834

<http://contactoceanmonmouth.org/>

*24 hour crisis hotline*

### **Federal Substance Abuse Federation**

877-SAMHSA-7 or 877-726-4727

<https://www.samhsa.gov/>

*Resource for information about substance abuse prevention and addiction treatment*

### **Healy Counseling Associates**

732-797-0400

*Outpatient treatment*

### **Liberty Management Group**

Arms Acres, Conifer Park, Princeton House

201-236-8880

[www.libertymgt.com](http://www.libertymgt.com)

*In-patient & Outpatient Services-Adolescent, Adult, Women's Program, Detoxification, Dual Focus, Rehab*

### **Lighthouse at Mays Landing**

1-855-400-1184 or 609-837-4600

[www.Lhrecovery.com](http://www.Lhrecovery.com)

*Detoxification, inpatient and outpatient services*

### **Maryville Alcohol and Drug Treatment Center**

Williamstown: 856-629-0244

Gloucester: 856-863-3913

Cumberland: 856-690-1000

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

*Outpatient services and detoxification*

### **New Hope Foundation**

732-946-3030

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

*Inpatient & outpatient care, detoxification, and counseling*

### **New Jersey Al-Anon/AlaTeen**

973-744-8686 (North Jersey)

856-547-0855 (South Jersey)

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

*Information, educational materials and meetings*

**Ocean's Harbor House**

732-929-0660

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

*Counseling and referrals, prevention programs*

**Ocean Mental Health**

732-349-5550

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

*"Turnaround" program offers substance abuse services for ages 12 to 25*

**Preferred Behavioral Health**

732-532-6745

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

*Riptide IOP Program which is intensive outpatient program for substance abuse for ages 13-18*

**Princeton House Behavioral Health**

1-800-242-2550

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

*Inpatient Adolescent Substance Abuse Program*

**Seabrook House**

1-800-761-7575

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

*Detoxification, inpatient and outpatient treatment, relapse prevention*

**Saint Barnabas Behavioral Health Center**

732-914-1688

1-888-724-7123

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

*Inpatient and Outpatient services*

**Seashore Family Services**

732-920-2700 or 732-244-1600

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

*Treatment, Driving Under the Influence Program*

**St. Francis Counseling Center**

609-494-8861 or 609-494-1554

[www.stfranciscenterlbi.com](http://www.stfranciscenterlbi.com)

*Parents in Sobriety Group, Parents in Recovery Group for Southern Ocean County residents*

**Summit Oaks Hospital**

908-522-7000

[www.summitoakshospital.com](http://www.summitoakshospital.com)

*Provider of Psychiatric and Substance Use Service*

**The Cool Spot**

[www.thecoolspot.gov](http://www.thecoolspot.gov)

*Provides information about underage drinking and alcohol problems*

**Turning Point, Inc.**

973-380-0905

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

*Inpatient services, detoxification*

**White Deer Run**

866-762-0395

[www.whitedeerrun.com](http://www.whitedeerrun.com)

*Residential facility*



## ANGER MANAGEMENT RESOURCES

### **Catholic Charities**

609-394-3202 or 800-360-7711  
[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)  
*Individual and group therapy*

### **Division of Youth and Family Services (DYFS)**

732-255-0700(Toms River)  
855-Info-DCF  
[www.nj.gov/dcf/](http://www.nj.gov/dcf/)  
*Counseling available*

### **Ocean's Harbor House**

732-929-0096  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org)  
*Group and individual programs*

### **Ocean Mental Health Services**

Access Center: 732-575-1111 or 877-621-0445  
Toms River: 732-349-5550  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*Turnaround program addresses teen and parent issues including anger control*

### **Preferred Behavioral Health**

732-458-1700  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)  
*Individual, family and group therapy*

### **St. Francis Counseling Center**

609-494-8861 or 609-494-1554  
[www.stfranciscenterlbi.com](http://www.stfranciscenterlbi.com)  
*Anger Management program or teens and parents in recovery in Brant Beach and Lakewood*

## ANXIETY RESOURCES

### **Carrier Clinic**

1-800-933-3579  
[www.carrierclinic.org](http://www.carrierclinic.org)  
*Specialized inpatient adolescent services for those suffering from anxiety.*

### **CONTACT of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
*24 hour crisis hotline*

### **Ocean Mental Health**

Access Center: 732-575-1111 or 877-621-0445  
Toms River: 732-349-5550  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*Treatment and therapy*

### **Preferred Behavioral Health of NJ**

888-367-9080 or 732-458-1700  
[www.preferredbehavioral.com](http://www.preferredbehavioral.com)  
*Counseling available*

### **Saint Barnabas Behavioral Health Center**

732-914-1688  
888-724-7123  
[www.barnabashealth.org](http://www.barnabashealth.org)  
*Counseling for anxiety*

### **St. Francis Counseling Center**

609-494-8861 or 609-494-1554  
[www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org)  
*Individual therapy for residents of Southern Ocean County*





## **ASSAULT RESOURCES**

### **Child Abuse Hotline**

877-NJ-ABUSE (2873)

<http://www.nj.gov/dcf/reporting/hotline/>

*Reports of child abuse and neglect, including those occurring in institutional settings such as child care centers, schools, foster homes and residential treatment centers, must be reported to the State Central Registry (SCR)*

### **CONTACT's First Call for Help**

732-240-6105

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

*Information and referrals*

### **Contact of Ocean and Monmouth Counties**

732-240-6100 or 609-693-5834

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

*24 hour hotline with immediate referrals*

### **Division of Youth and Family Services (DYFS)**

732-255-0700(Toms River)

855-Info-DCF

[www.nj.gov/dcf/](http://www.nj.gov/dcf/)

*Follows up on reports of child abuse*

### **New Jersey Child Abuse Reporting**

1877-NJ-ABUSE

*Documents child abuse incidents*

### **Ocean County Prosecutor's Office**

732-929-2027

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

*Helps and Investigates*

### **Ocean's Harbor House**

732-929-0096

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

*Immediate intervention*

### **St. Francis Counseling Center**

609-494-1090

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

*Help and referrals for sexual assault victims and families in Ocean County*

## **BEREAVEMENT RESOURCES**

### **American Cancer Society**

800-227-2345

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

*Support groups for those who have lost a loved one from cancer*

### **Catholic Charities**

609-394-3202 or 800-360-7711

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

*Counseling available*

### **St. Francis Center**

609-494-1554

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

*Individual and group counseling in the Southern Ocean County area*





## **BIRTH CONTROL RESOURCES**

### **Atlantic City Medical Center Family Planning Services**

888-569-1000 or 609-652-1000

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

*Birth control methods, options education and information*

### **Planned Parenthood**

800-230-PLAN (7526)

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

*Birth control methods and options, education and information, low cost reproductive healthcare*

### **Family Planning Center of Ocean County, Inc**

732-364-9696 or 609-597-6094

[www.fpcoc.net](http://www.fpcoc.net)

*Birth control, methods, options, information, and education*

### **The Open Door Pregnancy Center**

732-240-5504

[www.theopendoor.com](http://www.theopendoor.com)

*Information and options*

## **BULLYING RESOURCES**

### **2NDFLOOR**

888-222-2228

[www.2ndfloor.org](http://www.2ndfloor.org)

*Youth Helpline*

### **Preferred Behavioral**

732-458-1700

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

*Offers information*

### **NJ Bullying**

908-522-2581

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

*Provides information and resources*

### **The Trevor Project**

866-488-7386

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

*Confidential hotline 24/7*

### **Ocean County Library**

732-349-6200

[www.theoceancountylibrary.org/teens](http://www.theoceancountylibrary.org/teens)

*Teen events under the Teen Zone*

## **CAREER OPPORTUNITY RESOURCES**

### **NJ Department of Labor Division of Vocational Rehabilitation Services**

1-866-VR1-STOP or 609-659-9045

[www.lwd.dol.state.nj.us/labor](http://www.lwd.dol.state.nj.us/labor)

*Offers persons with disabilities employment opportunities*

### **Ocean County ONE STOP CAREER Center**

732-286-5616 (Toms River)

<https://www.careeronestop.org/>

*Career advice, information, resume help, job training*

### **Ocean County Library**

732-349-6200

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

*Technology training, internet access, small business information*

**Ocean County Vocational-Technical Schools**

732-473-3100 (Toms River)  
732-286-5670 (Brick)  
732-286-5660 (Waretown)  
732-286-5665 (Jackson)  
732-286-5678 (Nay Lakehurst Center)  
609-978-8439 (Mates)

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

*Offer many different career- oriented training programs*

**US ARMY**

732-270-1482

[www.goarmy.com](http://www.goarmy.com)

*Offers military career options*

**CHILD ABUSE RESOURCES**

**Catholic Charities**

609-394-3202 or 800-360-7711

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

*Family Growth Program serves physically and sexually abused children and juvenile and adolescent perpetrators of child sexual abuse*

**Children’s Home Society**

732-557-9633

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

*Educate child care providers on child abuse issues*

**CONTACT of Ocean and Monmouth Counties**

24 hours crisis hotline

732-240-6100/609-693-5834

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

*24 hour crisis hotline*

**Division of Children and Family Services (DYFS)**

732-255-0700 (Toms River)

855-Info-DCF

[www.nj.gov/dcf/](http://www.nj.gov/dcf/)

*Reporting child abuse, investigations, counseling, child protection*

**Ocean’s Harbor House**

732-929-0096

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

*Immediate intervention*

**Right to Life**

732-562-0562

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

*Referrals*

**Safe Haven for Infants Hotline**

877-839-2339

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

*Referrals*

**St. Francis Counseling Center**

609-494-1554

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

*Counseling for children in Southern Ocean County*



## **CHILD CARE RESOURCES**

### **Child Care Help Line of New Jersey**

800-332-9227

[www.state.nj.us/humanservices](http://www.state.nj.us/humanservices)

*Child care resources in your area*

### **Children's Home Society**

732-557-9633

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

*Child care vouchers, resources and referrals, registered day care referrals*

### **Division of Youth and Family Services**

732-255-0700 (Toms River)

[www.nj.gov/dcf/divisions/dyfs](http://www.nj.gov/dcf/divisions/dyfs)

*Information and referrals*

### **Ocean Inc., Head Start**

732-244-5333

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

*Programs in Toms River, Lakewood, Barnegat, Berkeley, Brick, Lakewood, Manchester, Tuckerton Preschool for low-income families*

### **Preferred Children's Services**

Grads Child Care Parenting Program

732-367-4700

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

*Child care for infants on the grounds of Lakewood high school, parenting skills, well baby care*

## **CHILD HEALTH RESOURCES**

### **American Cancer Society**

800-ACS-2345

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

*Information and referrals for children living with cancer*

### **Big Brothers Big Sisters of Ocean County**

732-505-3400

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

*Big Brothers Big Sisters is the oldest and largest youth mentoring organization in the United States. Research and anecdotal evidence show specifically that BBBS one-to-one mentoring helps at-risk youth overcome the many challenges they face.*

### **Center for Health Education, Medicine, and Dentistry**

732-364-2144

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

*Federally Qualified Health Center offering full range of health and dental services*

### **Central Jersey Family Health Consortium**

732-937-5437 or 732-345-0500

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

*Referrals, educational materials*

### **Children's Home Society**

732-557-9633

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

*Health consultations to the child care providers, "special needs" network*

### **Long Beach Island Health Department**

609-492-1212

[www.lbihealth.com](http://www.lbihealth.com)

*Immunizations, information and referrals, WIC and well-child visits*

**NJ Family Care**

800-701-0710

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

*Well child and doctor's visits, dental and vision care, prescriptions, hearing services, lab work, x-rays.*

*Income guidelines must be met.*

**Ocean County Family Support Organizations, Inc**

732-569-6334

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

*Resources and services for children with special needs*

**Ocean County Health Department Early Intervention Program**

732-341-9700 Ext. 7602

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

*Offers a variety of services to families with children from birth to age 3 with a developmental disability, Special Child Health Services and Women, Infants and Children program (WIC)*

**Ocean Health Initiatives**

732-363-6655 (Lakewood)

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

*Federally Qualified Health Center offering full range of health and dental services*

**Ocean Medical Center**

732-475-7000

[www.oceanmedicalcenter.com](http://www.oceanmedicalcenter.com)

*Family Health Center*

**Southern Ocean Medical Center**

800-560-9990

[www.southernoceanmedicalcenter.com/](http://www.southernoceanmedicalcenter.com/)

*Health Services for children, referrals*

**CHRONIC ILLNESS SUPPORT RESOURCES**

**American Cancer Society**

800-ACS-2345

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

*Support groups*

**Center for Health Education, Medicine, and Dentistry (CHEMED)**

732-364-6666

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

*Federally Qualified Health Center offering full range of health and dental services*

**Ocean County Health Department Special Child Health Unit**

732-341-9700 x7602 or 800 342-9738 x7602

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

*Coordinates resources and services for children with special needs up to age 21*



## **CRISIS INTERVENTION RESOURCES**

### **Carrier Clinic**

800-933-3579

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

*Specialized inpatient crisis stabilization services for adolescents*

### **Children's Mobile Response and Stabilization System**

1-877-652-7624

<http://www.performcarenj.org/families/emergency-services.aspx>

*Provides time limited, crisis intervention and stabilization services to children and youth with emotional or behavioral disturbances that threaten to disrupt their current living arrangements.*

### **Contact of Ocean County**

732-240-6100 or 609-693-5834

<http://www.contactoceanmonmouth.org/>

*24 hour crisis hotline*

### **National Hope Line Hotline**

800-442-4673

<https://poconoinfo.communityos.org/zf/profile/program/id/48131>

*Referrals and interventions*

### **National Runaway Switchboard**

800-RUNAWAY (786-2929)

[www.1800runaway.org](http://www.1800runaway.org)

*Provides counseling and alternatives to running from home*

### **Ocean's Harbor House**

732-929-0096

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

*Immediate intervention*

### **Ocean's Harbor House**

732-929-0096

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

*Offers shelter for youth who have run away, been abused or asked to leave their homes*

### **Ocean Mental Health Services**

732-575-1111 or 877-621-0445

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

*Ocean CREST program, an Early Intervention Support Services program which is an alternative to the Psychiatric Emergency Screening Services, for those who will not be requiring hospitalization and after provides needed crises intervention services and connects with ongoing community based support services*

### **Parents Anonymous**

1-800-843-5437

[www.pa-of-nj.org](http://www.pa-of-nj.org)

*Referrals*

### **Providence House**

800-246-8910 or 732-244-8259

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

*Provides intervention and shelter for domestic violence victims*

### **Psychiatric Emergency Screening Services (PESS)**

732-886-4474

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

*Screening assessments, crisis intervention to victims and people experiencing traumatic events*

### **Safe Haven Infant Protection Hotline**

877-839-2339

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

*Provides counseling, information and referrals*

### **St. Barnabas Behavioral Health**

732-914-1688

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

*Provides crisis intervention services*

### **St. Francis Counseling Center**

609-494-8861

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

*Emergency numbers for sexual assault*

## **DEPRESSION RESOURCES**

### **2NDFLOOR**

Call or text 888-222-2228

[www.2ndfloor.org](http://www.2ndfloor.org)

*Youth Helpline*

### **Carrier Foundation**

800-933-3579

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

*Specialized inpatient treatment and therapy for adolescents suffering from depression.*

### **Contact of Ocean and Monmouth Counties**

732-240-6100 or 609-693-5834

<http://www.contactoceanmonmouth.org/>

*24 hour Crisis Hotline*

### **Ocean Mental Health**

732-575-1111 or 877-621-0445

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

*Counseling available*

### **Preferred Behavioral Health of NJ**

732-458-1700

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

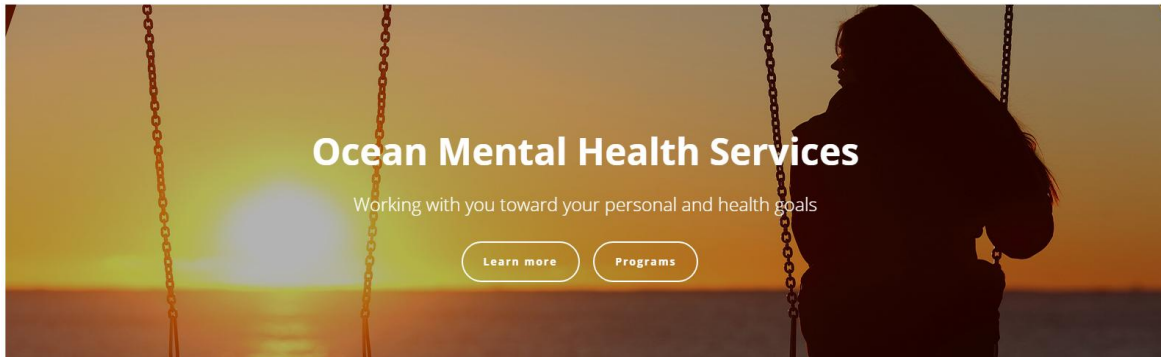
*Counseling available*

### **St. Barnabas Behavioral Health Center**

732-914-1688

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

*Inpatient and outpatient services*



## **DIVORCE RESOURCES**

### **Ocean Mental Health**

732-575-1111 or 877-621-0445

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

*Counseling available*

### **Preferred Children's Services**

732-458-1700 or 732-532-6745

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

*Counseling available*

### **St. Francis Counseling Center**

609-494-8861

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

*Counseling available for residents of Southern Ocean County*

## **DOMESTIC VIOLENCE RESOURCES**

See Police listings for reporting, restraining orders, referrals and intervention

### **Adult Protective Services**

732-286-5933

732-240-6100 (AFTER HOURS)

<http://www.state.nj.us/humanservices/doas/services/aps/>

*Support and assistance to adults in need of protective services*

### **Catholic Charities**

PALS (Peace-A Learned Solution)

732-350-2120

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

*Programs to help children ages 3-12 that have been exposed to domestic abuse heal through various forms of creative arts.*

### **CONTACT of Ocean and Monmouth Counties**

732-240-6100 or 609-693-5834

<http://www.contactoceanmonmouth.org/>

*24 hour crisis hotline*

### **Domestic Violence Complaints Hotline**

732-929-2019

### **National Teen Dating Abuse Helpline**

866-331-9474 or 866-331-8453(TTY)

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

*24/7 Support and Assistance*

*Counseling and shelter for victims and children*

*Extended counseling for southern residents after stay at Providence House*

### **Providence House**

800-246-8910 or 732-244-8259

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

### **St. Francis Center**

609-494-8861

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

*Counseling available for residents of Southern Ocean County*

## **DRIVING UNDER THE INFLUENCE RESOURCES**

### **Healy Counseling Associates**

732-797-0400

<https://www.healycounseling.com/>

*IDRC program*

### **Ocean County Health Department**

732-341-9700, ext. 7500

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

*IDRC program*

### **Seashore Family Services**

732-244-1600 (Toms River)

732-920-2700 (Brick)

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

*IDRC program*

### **St. Francis Counseling Center**

609-494-8861

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

*IDRC program*



## **DRUG ABUSE RESOURCES**

### **2NDFLOOR**

888-222-2228

[www.2ndfloor.org](http://www.2ndfloor.org)

*Youth Helpline*

### **Carrier Clinic**

800-933-3579

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

*Inpatient Adolescent Dual-Diagnosis program (when psychiatric illness is primary). Free Weekend codependency (support for friends and family) and Bright Futures for Kids (ages 4-12 who are affected by a family member's addiction program).*

### **Cocaine Anonymous**

800-347-8998(Referrals and services)

212-COCAINE (262-2463) (North Jersey)

*Share experience, strength and hope with others so that they may solve their common problem and help others to recover from their addiction.*

### **Contact of Ocean and Monmouth Counties**

732-240-6100 or 609-693-5834

<http://www.contactoceanmonmouth.org/>

*24-hour Crisis hotline*

### **Jersey Shore Addiction Services**

732-988-8877

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

*Counseling and outpatient care*

### **Liberty Management Group**

201-236-8880

[www.libertymgmt.com](http://www.libertymgmt.com)

*Inpatient and Outpatient services, detox, 12 step programs*

### **Lighthouse at Mays Landing**

800-981-3217

[www.Lhrecovery.com](http://www.Lhrecovery.com)

*Detoxification, inpatient and outpatient services*

### **Maryville Alcohol and Drug Treatment Center**

856-863-3913

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

*Detoxification, inpatient and outpatient treatment*

### **Lighthouse at Mays Landing**

800-981-3217

[www.Lhrecovery.com](http://www.Lhrecovery.com)

*Detoxification, inpatient and outpatient services*

### **Nar-Anon**

800-992-0401

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

*Family group, for someone who knows or known a feeling of desperation concerning an addiction problem of someone very near to them.*

### **Narcotics Anonymous (NA) Helpline**

800-992-0401

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

*Community based association for recovering drug addicts providing weekly meetings.*

### **New Hope Foundation**

732-946-3030

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

*Detoxification, inpatient and outpatient services*

### **Ocean's Harbor House**

732-929-0096

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

*Prevention and intervention*

### **Ocean County Health Department Drug and Alcohol Abuse Unit**

732-341-9700 Ext. 7535

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

*Information and referrals*

**Ocean Mental Health**

732-575-1111 or 877-621-0445

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

*Turnaround program offers substance abuse services for ages 12 to 25*

**Preferred Behavioral Health of NJ**

732-458-1700

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

*Counseling and treatment, relapse prevention*

**Preferred Behavioral Riptide IOP**

732-367-1710

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

*Intensive outpatient treatment for teens, ages 13-18*

**Prevention First**

732-663-1800

[www.preventionfirst.net](http://www.preventionfirst.net)

*Provides resources and referrals*

**Princeton House Behavioral Health**

1-800-242-2550

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

*Inpatient Adolescent Substance Abuse Program*

**Seabrook House**

1-800-761-7575

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

*Detoxification, inpatient and outpatient care*

**Seashore Family Services (S.T.A.R.T.)**

732-920-2700

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

*Adolescent substance abuse, anger management, prevention relapse and educational resource*

**St. Barnabas Behavioral Health**

732-914-1688

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

*Inpatient and outpatient services, partial hospitalization*

**St. Francis Counseling Center**

609-494-1554

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

*24 hour hotline, crisis intervention counseling, information and referrals for residents of southern Ocean County*

**Summit Oaks Hospital**

908-522-7000

[www.summitoakshospital.com](http://www.summitoakshospital.com)

*Provider of Psychiatric and Substance Use Services.*

**Turning Point**

973-239-4600

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

*Detoxification, inpatient and outpatient services*

**White Deer Run**

800-255-2335

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

*Residential facility*



**DRUG TESTING RESOURCES**

**Seashore Family Services**

732-920-2700

<https://www.seashorefamilyservices.org/>

*Urine testing for school, pre-employment and court cases*

## **EATING DISORDERS RESOURCES**

### **Center for Health Education, Medicine, and Dentistry**

732-364-6666

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

*Federally Qualified Health Center offering full range of health and dental services*

### **Eating Disorders Anonymous**

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

*Support groups*

### **Eating Disorders at the Medical Center of Princeton**

877-932-8935

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

*Inpatient, partial hospitalization for anorexia, bulimia and other eating disorders*

### **Monmouth Psychological Associates**

732-530-9029

[www.monmouthpsych.com](http://www.monmouthpsych.com)

*Eating Disorders Program provides comprehensive psychological and nutritional care for people with eating disorders. Referrals for treatment*

### **National Eating Disorders**

800-931-2237

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

*Information and referrals*

### **St. Francis Counseling Center**

609-494-1554

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

*Individual therapy for residents of Southern Ocean County*

## **EDUCATION OPPORTUNITY RESOURCES**

### **Association of Student Assistance Professionals**

[www.asapnj.org/OCSAC2011/Resources.htm](http://www.asapnj.org/OCSAC2011/Resources.htm)

*Adolescent Resources*

### **Children's Home Society**

732-557-9633

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

*Child care training available*

### **Georgian Court College**

732-987-2700 or 800-458-8422

[www.georgian.edu](http://www.georgian.edu)

*Variety of degree programs*

### **Job Corps**

800-733-5627

<https://edison.jobcorps.gov/>

*GED programs and variety of training*

### **NJ College Education Hotline**

800-792-8670

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

*Financial Assistance and scholarships*

### **NJ Department of labor Division of Vocational Rehabilitation Services**

1-866-VR1-STOP

[www.NJ.gov/labor](http://www.NJ.gov/labor)

*Offers persons with disabilities employment opportunities*

### **Ocean County College**

732-255-0400

[www.ocean.edu](http://www.ocean.edu)

*Many different certification programs and Associate degree programs*

**Ocean County ONE STOP CAREER Center**  
732-240-5995  
<https://www.careeronestop.org/>  
*Career advice, information, resume help, job training*

**Ocean County Vocational Technical School**  
732-473-3100 (Toms River)  
732-286-5670 (Brick)  
732-286-5660 (Waretown)  
732-286-5665 (Jackson)  
732-286-5678 (Nay Lakehurst Center)  
609-978-8439 (Mates)  
[www.ocvts.org](http://www.ocvts.org)  
*Many different educational career oriented programs*

**Ocean County Library (libraries located throughout Ocean County)**  
732-349-6200  
[www.theoceancountylibrary.org](http://www.theoceancountylibrary.org)  
*GED materials, technology training, reference and referral services, internet access*

**Richard Stockton State College**  
609-652-1776  
[www.stockton.edu](http://www.stockton.edu)  
*Variety of degree programs*

**NJ Department of Labor**  
609-659-9045  
[www.nj.gov/labor](http://www.nj.gov/labor)  
Vocational Rehabilitation Program provides services that enable individuals with disabilities to find jobs. Program provides diagnostic evaluations, vocational counseling and guidance, job-seeking skills training and selective job placement job coaching, etc.

*The Transition from School to Work for Youth With Disabilities helps persons with disabilities prepare for, obtain and keep their jobs. It is the school district's responsibility to contact the DVRS and each school has an assigned rehabilitation counselor. At any time, parents may call.*

## **EMERGENCY CARE RESOURCES**

**9-1-1**  
Emergency number for most municipalities

**Atlanticare Regional Medical Center**  
888-569-1000  
[www.atlanticare.org/](http://www.atlanticare.org/)

**Community Medical Center**  
732-557-8000  
[www.barnabashealth.org](http://www.barnabashealth.org)

**Center for Health Education, Medicine, and Dentistry**  
732-364-6666  
[www.chemedhealth.org](http://www.chemedhealth.org)  
*Federally Qualified Health Center offering full range of health and dental services*

**Kimball Medical Center**  
732-886-4525  
[www.barnabashealth.org](http://www.barnabashealth.org)

**Ocean Health Initiatives**  
732-363-6655  
[www.ohinj.org](http://www.ohinj.org)  
*Federally Qualified Health Center offering full range of health and dental services*

**Ocean Medical Center**  
732-840-3322  
[www.oceanmedicalcenter.com](http://www.oceanmedicalcenter.com)

**Ocean Care Center Satellite Emergency Department**  
732-295-6377  
<http://www.oceancarecenter.com/OCC/index.cfm>

**Southern Ocean Medical Center**  
609-597-6011  
[www.southernoceanmedicalcenter.com/](http://www.southernoceanmedicalcenter.com/)

## **EMPLOYMENT RESOURCES**

### **Ocean County Library**

732-349-6200

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

*Internet access for civil service jobs, books, information and help with resume writing*

### **Ocean County Vocational Technical School**

732-473-3100 (Toms River)

732-286-5670 (Brick)

732-286-5660 (Waretown)

732-286-5665 (Jackson)

732-286-5678 (Nay Lakehurst Center)

609-978-8439 (Mates)

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

*Different career opportunities through training*

### **One Stop Career Center**

732-240-5995

[www.lwd.dol.state.nj.us](http://www.lwd.dol.state.nj.us)

*Career advice, learn how to create Resumes, access services, counseling, job training, computer access*

### **Preferred Children's Services**

732-363-7272

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

*Lakewood School Based Program provides job readiness training*

### **Workforce New Jersey**

[www.jobs4jersey.com](http://www.jobs4jersey.com)

*Counseling, training assistance*

## **FAMILY AND INDIVIDUAL THERAPY RESOURCE**

### **Ocean's Harbor House**

732-929-0660

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

*Family, individual and group therapy*

### **Ocean Mental Health**

732-349-5550 or 732-240-3760

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

*Family Focus program provides intensive on-site outpatient therapy to individuals and families.*

### **Preferred Behavioral Health of NJ**

732-367-4700

<https://www.preferredbehavioral.org/>

*Individual group and family therapy*

### **St. Francis Counseling Center**

609-494-8861

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

*Counseling and in-home services provided to help families stay together. This service is offered to residents of Southern Ocean County.*

## **FINANCIAL ASSISTANCE RESOURCES**

### **Children's Home Society**

732-557-9633

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

*Vouchers for childcare for those eligible*

### **Ocean, Inc.**

732-244-5333

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

*Home energy Assistance Program, First Time Home Buyers Program*

### **Ocean County Board of Social Services**

732-349-1500

[www.co.ocean.nj.us/socialservices](http://www.co.ocean.nj.us/socialservices)

*Temporary Assistance for Needy Families (TANF)*

## **FOOD REQUEST RESOURCES**

### **Catholic Charities**

609-394-3202 or 800-360-7711

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

*Emergency food, call to find out sites*

### **CONTACT of Ocean and Monmouth Counties**

24 hour crisis hotline

732-240-6100/609-693-5834

<http://contactoceanmonmouth.org/>

*24 hour crisis hotline*

### **Emergency Food Bank**

732-918-2600

<http://fulfillnj.org/>

*Distributes emergency food throughout Monmouth and Ocean County*

### **Ocean County Board of Social Services**

732-244-2121

[www.co.ocean.nj.us](http://www.co.ocean.nj.us)

*Food stamps for those who qualify*

### **Ocean County Health Department WIC (Women, Infants and Children) program**

732-341-9700, Ext. 7520

800-342-9738, Ext. 7520

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

*Provides food vouchers for pregnant women, breastfeeding women, infants and children under the age of 5 who are eligible*

### **The Salvation Army**

732-270-8393

<http://www.salvationarmyusa.org>

*Food pantry by appointment*

### **St. Mary's Church**

609-698-5531

<http://stmarybarneget.com/>

*Emergency food*

## **GAMBLING ADDICTION RESOURCES**

### **Contact of Ocean and Monmouth Counties**

732-240-6100/609-693-5834

<http://contactoceanmonmouth.org/>

*24-Hour Crisis hotline*

### **Council of Compulsive Gambling of New Jersey**

609-588-5515 or 1-800-GAMBLER

[www.800gambler.org](http://www.800gambler.org)

*Help problem and compulsive gamblers and those affected by this illness*

### **Gamblers Anonymous New Jersey Hotline**

855-222-5542

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

1-800-GA LIVES

*12-step program*

### **New Hope Foundation**

732-946-3030

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

*Inpatient and outpatient services for a gambling problem*

### **St. Francis Counseling Center**

609-494-8861

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

*Counseling for gambling through their substance abuse program*

## **GAY, LESBIAN & TRANSGENDER RESOURCES**

### **American Civil Liberties Union**

212-549-2673

[www.aclu.org/safeschools](http://www.aclu.org/safeschools)

*In-service training programs teaching educators how to handle and resolve problems caused by homophobia. Also offers resources on how to advocate for nondiscrimination and anti-harassment policies.*

### **Gay Activist Alliance in Morris County**

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

*Offers a variety of support services*

### **GLBT National Help Center**

888-843-4564

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

*Free and anonymous hotline*

### **Gay, Lesbian and Straight Education Network (GLSEN)**

212-727-0135

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

*Provides student curriculum and staff training materials to fight anti-gay prejudiced and hate motivated violence in schools.*

### **HiTOPS**

609-683-5155

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

*Social support and education*

### **Keeping it Safe**

856-963-2432

[www.camden-ahec.org](http://www.camden-ahec.org)

*Social support group for youth*

### **National Gay and Lesbian Youth Hotline**

800-347-8336

### **New Jersey Education Associations Sexual Orientation Issues in Schools Committee**

609-599-4561

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

*Addresses question of sexual orientation in schools*

### **Pride Center of NJ**

732-846-2232

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

*Lending library and resource center*

### **The Trevor Project**

866-488-7386

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

*Information*

### **Parents, Families of Lesbians & Gay (PFLAG)**

908-814-2155

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

*Promote the health and well being of lesbian, gay, bisexual and transgender persons and their families through support to cope with an adverse society*

## **GENERAL HEALTH RESOURCES**

### **Center for Health Education, Medicine, and Dentistry (CHEMED)**

732-364-2144

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

*Federally Qualified Health Center offering full range of health and dental services*

### **Family Resource Center at Southern Ocean County Hospital**

609-978-3559

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

*Breast Health Wellness, education, referrals*

### **Meridian Family Health Center**

732-836-4193

[www.meridianhealth.com](http://www.meridianhealth.com)

*Pre/postnatal, gynecological and medical services*

### **NJ Family Care**

800-701-0710

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

*Well child and doctor's visits, dental and vision care, prescriptions, hearing services, lab work, x-rays.*

### **Ocean County Health Department**

732-341-9700

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

*New Jersey Cancer Education and Early Detection Program for un/underinsured women*

### **Ocean Health Initiatives**

732-363-6655

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

*Federally Qualified Health Center*

*Offers a full range of health and dental services*



## **HOUSING RESOURCES**

### **Contact of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

### **Department of Community Affairs**

Bureau of Housing and Community Resources  
732-255-0818  
[www.state.nj.us/dca](http://www.state.nj.us/dca)  
*Housing assistance for those who meet income eligibility*

### **Interfaith Hospitality Network**

732-736-1550  
<http://ihnoc.net/>  
*Temporary shelter for families by area churches and synagogues*

### **Ocean County Board of Social Services**

732-349-1500  
[www.co.ocean.nj.us/socialservices](http://www.co.ocean.nj.us/socialservices)  
*Special Response Unit*

### **Ocean's Harbor House**

732-929-0660  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org)  
*Provides shelter for youth who may have run away or put out of their homes*

### **Ocean, Inc.**

732-244-5333  
[www.oceaninc.org](http://www.oceaninc.org)  
*Weatherization program, First Time Home Buyers Program*

### **Ocean Mental Health Services**

732-349-5550  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*PATH is their homeless case management program*

### **Ocean/Monmouth Legal Services**

888-576-5529  
[www.lsnj.org](http://www.lsnj.org)  
*Legal services for rental issues and complaints*

### **Preferred Behavioral Health**

Shore Youth Center  
732-458-1700  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)  
*Homeless program for clients under the age of 18*

## **LEGAL RESOURCES**

### **American Civil Liberties Union**

973-642-2084  
[www.aclu-nj.org](http://www.aclu-nj.org)  
*Legal defense of Serious Violations of Rights*

### **Ocean County Office of Victim Witness**

**Advocacy**  
732-929-2027  
[www.oceancountyprosecutor.org](http://www.oceancountyprosecutor.org)  
*Provides services to victims and witnesses involved in the investigation and prosecution of a crime*

### **Ocean/Monmouth Legal Services**

888-576-5529  
[www.lsnj.org](http://www.lsnj.org)  
*Help with civil and family legal cases and family legal problems for those who are eligible*

### **Public Defender- Ocean Region**

[www.thedefenders.nj.gov](http://www.thedefenders.nj.gov)  
732-286-6400  
*Legal assistance to persons charge with a criminal offense in Superior Court*

## MENTAL & PSYCHIATRIC ILLNESS ISSUES

**Carrier Clinic**

1-800-933-3579

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

*Treatment offered to individuals of every age, also support groups for families and friends*

**Contact of Ocean and Monmouth Counties**

24 hour crisis hotline

732-240-6100/609-693-5834

<http://contactoceanmonmouth.org/>

*24 Hour Crisis Hotline*

**Liberty Management Group**

201-236-8880

[www.libertymgt.com](http://www.libertymgt.com)

*Dual Diagnosis and Psychiatric Services*

**Ocean Mental Health Services, Inc**

732-349-5550

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

*Treatment programs available for inpatient and outpatient and mental assessments*

**Preferred Behavioral Services**

732-367-4700

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

*Treatment, residential services, outpatient and family programs*

**Princeton House Behavioral Health**

1-800-346-3237

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

*Outpatient services for co-occurring and psychiatric issues*

**St. Barnabas Behavioral Health**

732-914-1688

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

*Inpatient, partial hospitalization, intensive outpatient services*

**St. Francis Counseling Center**

609-494-18861

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

*Mental health counseling available to adolescents from Southern Ocean County*

**Summit Oaks Hospital**

908-522-7000

[www.summitoakshospital.com](http://www.summitoakshospital.com)

*Provider of Psychiatric and Substance Use Services*

### Municipal Alliances of Ocean County

Alliances are dedicated to a comprehensive and coordinated effort against substance abuse through the school's law enforcement, businesses and other community members.

BEACHWOOD	(732)-286-6000
BERKELEY	(732)-269-4456
BRICK	(732)-262-1073
EAGLESWOOD	(609)-713-2655
JACKSON	(732)-928-1111 x 5202
LACEY	(609)-693-1100 x2217
LAKEWOOD	(732)-341 – 9700 x 7508
LAVALLETTE	(732)-793-7477

MANCHESTER	(732)-657-8121 x 3901
OCEAN GATE	(732)-341 – 9700 x 7508
OCEAN TWP.	(609)-693-3302
PINE BEACH	(732)-349-6425
PLUMSTED	(609)-758-2241
SEASIDE PARK	(732)-793-3700 x 105
STAFFORD	(732)-597 - 1000 x 8557
TOMS RIVER	(732)-341-1000 x 8474

### **PARENTING RESOURCES**

**Children’s Home Society**

732-905-6363  
[www.chsofnj.org](http://www.chsofnj.org)

**Open Door Pregnant Center**

732-240-5504  
[www.theopendoor.com](http://www.theopendoor.com)  
*Parenting program*

**Contact of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

**Southern Ocean County Hospital Family Resource Center**

609-978-3559  
[www.soch.org](http://www.soch.org)  
*Resources and referrals*

**Ocean’s Harbor House**

732-281-0822  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org)  
*Immediate intervention*

**St. Francis Counseling Center**

609-494-8861  
[www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org)  
*Parenting programs in both the northern and southern parts of the county*

### **PATERNITY RESOURCES**

**Ocean County Board of Social Services**

732-349-1500  
*Paternity Parent Locator Unit*

### **PHOBIA RESOURCES**

**Carrier Clinic**

1-800-933-3579  
[www.carrierclinic.org](http://www.carrierclinic.org)  
*Inpatient treatment for adolescents, aged 13 – 18*

**Contact of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

**Ocean Mental Health Services**

732-349-5550  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*Counseling*

**St. Francis Counseling Center**

609-494-8861  
[www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org)  
*Counseling in the southern part of county*

**Preferred Behavioral Services**

1-888-367-9080  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)  
*Counseling*

**POLICE**

Most towns have the 9-1-1 emergency number in place

Barnegat  
609-698-5000

Bay Head  
732-892-0632

Beachwood  
732-341-1242

Brick  
732-477-8300

Harvey Cedars  
609-494-6509

Jackson  
732-928-1116

Lakehurst  
732-657-7812

Lavallette  
732-793-4800

Long Beach  
609-494-3322

Mantoloking  
732-295-1405

Ocean Gate  
732-269-2468

Plumsted  
609-758-3738

Barnegat Light  
609-494-3322

Beach Haven  
609-492-0505

Berkeley  
732-341-6600

Eagleswood  
609-296-3040

Island Heights  
732-270-3000

Lacey  
609-693-6636

Lakewood  
732-363-0200

Little Egg Harbor  
609-296-3666

Manchester  
732-657-2009

Ocean (Waretown)  
609-693-4007

Pine Beach  
732-341-2616

Point Pleasant Borough  
732-892-0060

Point Pleasant Beach  
732-892-0500

Seaside Park  
732-793-8000

South Toms River  
732-349-6913

Surf City  
609-494-8121

Tuckerton  
609-296-9416

Seaside Heights  
732-793-1800

Ship Bottom  
609-494-1518

Stafford  
609-597-8581

Toms River  
732-349-0150

## **PREGNANCY TESTING, PREGNANCY RESOURCES AND PRENATAL CARE**

### **Center for Health Education, Medicine, and Dentistry (CHEMED)**

732-364-6666

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

*Federally Qualified Health Center offering full  
range of health and dental services*

### **Central Jersey Family Health Consortium**

732-937-5437 or 732-345-0500

<http://cjfhc.org/index.php/en/>

*Outreach for prenatal, perinatal and post partum*

### **Children's Home Society**

609-695-6274

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

*Pregnancy counseling, birth parent counseling,  
foster care for pregnant teens which includes  
shelter, etc.*

### **Family Planning Center of Ocean County**

732-364-9696 (Lakewood)

609-597-6094 (Manahawkin)

<https://www.fpcoc.net/>

*Pregnancy testing and follow-up counseling*

### **Grace Initiatives**

877-242-0131

609-661-9390(Text Pregnant)

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

*Information and referrals*

### **Ocean County Health Department**

732-341-9700 Ext. 7604

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

*Offers a broad range of preventative and clinical  
services including pregnancy testing, HIV, HCV,  
and STD screening services, and referrals, and  
linkage to care*

### **Ocean Health Initiatives**

732-363-6655

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

*Accessible and affordable health care and  
screenings*

### **Ocean Medical Center**

732-840-3290

[www.oceanmedicalcenter.com](http://www.oceanmedicalcenter.com)

*Pregnancy testing, prenatal and postnatal care*

### **The Open Door**

732-240-5504

[www.theopendoor.com](http://www.theopendoor.com)

*Pregnancy testing and follow-up counseling and  
support*

### **Planned Parenthood**

800-230-PLAN (7526)

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

*Pregnancy testing, birth control methods and  
options, education and information, low cost  
reproductive healthcare*

## **RAPE AND SEXUAL ASSAULT RESOURCES**

### **Contact of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

### **Children's Home Society**

609-695-6274  
[www.chsofnj.org](http://www.chsofnj.org)  
*Pregnancy counseling, birth parent counseling, foster care for pregnant teens, which includes shelter, etc.*

### **St Francis Center**

Rape Crisis Program  
609-494-1554  
Hotline – 609-494-1090  
[www.stfrancislbj.org](http://www.stfrancislbj.org)  
*Counseling, reporting and intervention*

### **Providence House**

732-244-8259  
[www.catholiccharitiestrenton.org](http://www.catholiccharitiestrenton.org)  
*Offers shelter, counseling and outreach services*

## **RUNAWAY RESOURCES**

### **Contact of Ocean and Monmouth Counties**

24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

### **Family Crisis Intervention Unit**

732-240-3638  
<http://www.oceanresourcenet.org/search/family-crisis-intervention-unit/>  
*Immediate intervention*

### **National Runaway Switchboard**

1-800-786-2929  
*24/7 hotline for runaways including crisis intervention. Able to facilitate conference calls to a shelter or to parents. Greyhound Home Free program provides free bus transportation for teen returning to legal guardian.*

### **Ocean's Harbor House**

732-929-0660  
[www.oceansharborhouse.org](http://www.oceansharborhouse.org)  
*Provides shelter for youth who may have run away or put out of their homes*

## **SEXUALLY TRANSMITTED DISEASE RESOURCES**

### **Family Planning Center of Ocean County**

732-364-9696 (Lakewood)  
609-597-6094 (Manahawkin)  
<https://www.fpcoc.net/>  
*Testing for sexually transmitted diseases and treatment provided*

### **National Herpes Hotline**

800-230-6039  
<http://herpes-foundation.org/herpes-resource-center/>

### **National HIV/AIDS Hotline**

800-624-2377  
973-926-8008 (TDD)  
<https://hab.hrsa.gov/get-care/state-hiv-aids-hotlines>

### **Ocean County Health Department**

732-341-9700 Ext. 7604  
[www.ochd.org](http://www.ochd.org)  
*Clinic held every Wednesday night at health department. Testing and treatment provided. In addition, STD testing at the Ocean County Health Department Southern Clinic site every second and fourth Thursday.*

## **SMOKING ISSUES**

**American Cancer Society**  
800-227-2345  
<https://www.cancer.org/>  
*Information, helpline*

**Saint Barnabas Institute for Prevention  
Tobacco Quit Center**  
732-886-4149  
[www.instituteforprevention.com](http://www.instituteforprevention.com)  
*Assessment, cessation program*

## **STRESS ISSUES**

**Carrier Clinic**  
1-800-933-3579  
[www.carrierclinic.org](http://www.carrierclinic.org)  
*Treatment offered to individuals of every age*

**St. Barnabas Behavioral Health Center**  
732-914-1688  
[www.sbhcs.com](http://www.sbhcs.com)  
*Counseling available*

**Contact of Ocean and Monmouth Counties**  
24 hour crisis hotline  
732-240-6100/609-693-5834  
<http://contactoceanmonmouth.org/>  
*24-Hour Crisis hotline*

**St. Francis Counseling Center**  
609-494-8861  
[www.stfranciscenterlbi.org](http://www.stfranciscenterlbi.org)  
*Counseling service is offered to residents of  
Southern Ocean County*

**Ocean Mental Health**  
732-575-1111 or 877-621-0445  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*Counseling available*

**Preferred Behavioral Health of NJ**  
1-888-367-9080  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)  
*Counseling available*

## **SUICIDE ISSUES**

**American Foundation for Suicide**  
732-886-4475(Kimball Medical Center-  
Lakewood)  
[www.afsp.org](http://www.afsp.org)

**Ocean Mental Health Services**  
732-349-5550  
[www.oceanmhs.org](http://www.oceanmhs.org)  
*Crisis intervention*

**Contact's Suicide Hotline**  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
*24 Hour Crisis Hotline*

**Psychiatric Emergency Screening Services**  
866-904-4474  
*Psychiatric evaluation and assessments*

**Family Crisis Intervention Unit**  
732-281-0822  
<http://www.oceansharborhouse.org/programs/family-crisis-intervention-unit/>  
<http://www.oceansharborhouse.org/programs/family-crisis-intervention-unit/>  
*Immediate intervention*

**Preferred Behavioral Health of NJ**  
1-888-367-9080  
[www.preferredbehavioral.org](http://www.preferredbehavioral.org)  
*Individual group and family therapy*

**National Suicide Hotline**  
1-800-273-8255



## **VIOLENCE ISSUES**

See Police listings for each municipality

### **Contact of Ocean and Monmouth Counties**

732-240-6100/609-693-5834

<http://contactoceanmonmouth.org/>

*24-Hour Crisis hotline*

### **St. Francis Counseling Center**

609-494-8861

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

*Dating violence and healthy relationships education*

### **Providence House**

732-244-8259

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

*Counseling and support groups for victims of domestic violence and their children*

## **VOLUNTEER OPPORTUNITIES**

Students may also call their local Municipal Alliance to find out about volunteering

### **Caregivers of Ocean County**

732-505-2273

<http://caregivervolunteers.org/>

*Support services for the elderly and homebound*

### **Ocean County Library System**

732-349-6200

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

*Volunteers used in many capacities*

### **Interfaith Health and Support Services for Southern Ocean County**

609-978-3839

<http://www.interfaithsoc.org/index.html>

### **Providence House**

732-244-8259

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

*Work with victims of domestic violence and family members*

### **Kimball Medical Center Volunteer Resource Center**

732-886-4523

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

