



**West Orange Public Schools
Student Assistance Program
Health & Wellness Resource**

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How To Use This Directory

On these pages, local health agencies are listed by the type of services they offer, for example:

- Family Services Books and Resources
- Counseling/Mental Health
- Child Abuse

The listings are alphabetical by agency and include a description of services, address, telephone/fax/hotline numbers and websites. If the agency delivers additional services, that information is included at the end of their listing.

At the end of the list of local agencies is a list of websites that give you more information.

This guide may also be viewed on the West Orange Public Schools District Website at www.wboe.org. Click on “Parents”, then “Health and Wellness Resource.”



West Orange Public Schools
179 Eagle Rock Avenue
West Orange, New Jersey 07052
(973) 669-5301 ext. 31611
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Director of Student Personnel Services/School Counseling

Ms. Cheryl Butler

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Health & Human Services Hotlines

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|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Adoption Information 800-99-ADOPT (800-992-3678) | Family Helpline (For stressed parents) 800-THE-KIDS (800-843-5437) |
| Catastrophic Illness in Children Fund 800-335-FUND (800-335-3863) | Food Stamps 800-792-9773 |
| Child Abuse Hotline DCP&P (formerly DYFS) 877-NJ-ABUSE (877-652-2873) | Foster Care Information 1-877-NJFOSTER (877-653-6783) |
| Child Behavioral Health Services 1-877-652-7624 | East Orange General Hospital Crisis Intervention Mobile Response Unit (24/7) 973-266-4478 |
| Child Care Hotline 800-332-9227 | KidsVoice (NJ Office of the Child Advocate - Helpline) 877-543-7864 |
| Child Support Hotline 877-655-4371 | New Jersey FamilyCare Hotline 800-356-1561 |
| Commission for the Blind and Visually Impaired 973-648-3333 | NJ Health Insurance Assistance Program (SHIP) 800-792-8820 |
| Domestic Violence 800-572-7233 | Safe Haven for Infants 877-839-2339 |
| Division of Developmental Disabilities 800-832-9173 | Self Help Groups 800-367-6274 |
| Division of Disability Services 888-285-3036 | Teen Pregnancy Hotline 800-THE-KIDS (800-843-5437) |
| Division of Family Development (Welfare) 800-792-9773 | Youth Crisis and Runaway Hotline 800-448-466 |
| Division of Mental Health Services 800-382-6717 | AIDS Hotline 800-624-2377 |
| Essex County Rape Care Center 877-733-2273 | Planned Parenthood 800-230-PLAN (800-230-7526) |
| Suicide Prevention Hotline 800-273-TALK (800-273-8255) | Mental Health Cares (Referral Service) 866-202-4357 |
| Addictions Hotline 800-238-2333 | |

Support Groups

| | |
|---------------------------------------------------------------------|---------------------------------------------------------------------|
| Al-Anon/Alateen 973-744-8686 | National Council on Drug & Alcohol Abuse 973-783-2309 |
| Eating Disorders 973-740-0234 | Parent Support Group 973-736-3344 |
| Council on Compulsive Gambling 800-GAMBLER (609-599-3299) | |

Bullying Prevention and Conflict Resolution

NJ Coalition for Bullying Awareness and Prevention

The mission of the NJ Coalition for Bullying Awareness and Prevention is to increase community awareness of bullying as a common serious problem of school-age children and to advocate for the implementation of effective bullying prevention approaches in the State of New Jersey. The website includes links to the Coalition's 10 handouts covering most aspects of school-age bullying, and links and descriptions of other excellent materials.

www.NJBullying.org

Stop Bullying

This well-developed website, managed by the federal Department of Health and Human Services, contains interactive materials on bullying and cyber bullying for kids, teens, parents, schools and communities. Available in Spanish as well.

www.stopbullying.gov

New Jersey State Bar Foundation
One Constitution Square
New Brunswick, NJ 08901

Phone: (732) 249-5000

The New Jersey State Bar Foundation promotes violence prevention by helping interested schools establish Conflict Resolution/Violence and Peer Mediation Programs. They also provide detailed lessons for elementary, middle and high schools.

<https://www.tcms.njsba.com>

Child Abuse Prevention Services

Cope Center, Inc.
104 Bloomfield Ave.
Montclair, NJ 07042

Phone: (973) 783-6655
Fax: (973) 783-1658

Provides individual, group and family counseling; crisis intervention; family Conflict Resolution/Violence; alcohol and substance abuse counseling and support groups; urine monitoring; AIDS support group; community educational programs; and child abuse prevention services.

Type of service: Outpatient

Payment Information: Medicaid, private health insurance

www.copecenter.net

Division of Child Protection and Permanency
(formerly DYFS)
153 Halsey Street
Newark, NJ 07102
24/7: Report Child Abuse
(877) 652-2873

Division of Child Protection and Permanency (DCP&P) is a state governmental agency with a mandate to protect children from abuse and neglect. Investigates and reports child abuse and neglect; supervises and conducts case management; legal authority to remove children from parents/guardians and provide alternate living arrangements; contracts additional services for children and parents such as medical services and child care, medical screening, referrals.

Type of service: State agency child abuse services

Payment information: Free service

Parents Anonymous of New Jersey, Inc.
and Grandparents Support Group
42 Chestnut Street
East Orange, NJ 08017

Phone: (973) 676-1110

Parents Anonymous of New Jersey, Inc. is a statewide non-profit organization whose mission is to prevent child abuse and neglect and strengthen families. A grandparent's support group meets each Thursday from 12:00-2:00. An online

group professionally facilitated by a volunteer trained by Parents Anonymous are being planned and a schedule will be announced as soon as it is up and running. Volunteer opportunities are available.

Type of service: Support groups, on-line group

Payment Information: Free service

www.pa-of-nj.org

Prevent Child Abuse New Jersey
35 Halsey Street, Suite 30
Newark, NJ 07102

Phone: (973) 643-3710
Fax: (973) 642-9222

Child abuse prevention and intervention services; community education; advocacy; parenting support programs; parenting education; special programs for teens and teen parents.

Type of service: Child abuse services, parenting support services

Payment information: Free services

www.preventchildabuse.nj.org

Child Abuse Prevention Websites and Resources

<http://www.gwmedical.com> (G.W. Medical Publishing, Inc)

Child abuse books for health professionals, teachers and parents.

<http://www.kidshealth.org> (Child Abuse Kids Health)

Website defines child abuse and the different indications of child abuse. Also lists 7 other useful websites related to child abuse.

<http://www.childhelpusa.org> (Childhelp USA)

Dedicated to meeting the physical, emotional, educational, and spiritual needs of abused and neglected children. It does this by focusing its efforts and resources upon treatment, prevention, and research.

<http://www.preventchildabuse.org/index.php> (Prevent Child Abuse America)

Works to ensure the healthy development of children nationwide

Counseling/ Mental Health Agencies

The Bridge, Inc.
14 Park Ave.
Caldwell, NJ 07006

Phone: (973) 228-3000
Fax: (973) 228-2742

Non-profit agency provides a full range of mental health and substance abuse prevention and treatment services to troubled youth and their families. Programs include: substance groups; family support groups; individual, group, and family counseling; support for at-risk youth; and crisis intervention.

Type of service: Outpatient

Payment information: Private health insurance, sliding scale based on income

www.thebridgenj.org

Cope Center, Inc.
Bloomfield Ave.
Montclair, NJ 07042

Phone: (973) 783-6655 104
Fax: (973) 783-1658

Provides individual, group, and family counseling; crisis intervention; family Conflict Resolution/Violence; alcohol and substance abuse counseling and support groups; urine monitoring; AIDS support group; community educational programs; and child abuse prevention services.

Type of service: Outpatient

Payment Information: Medicaid, private health insurance

www.copecenter.net

The Family Center at Montclair
155 Pompton Ave
Verona, NJ 07044

Phone: (973) 857-5333

The Family Center at Montclair takes a Holistic Systems approach in providing psychiatric evaluations, medication monitoring, and individual group and family psychotherapy by licensed psychiatrist and licensed master level psychotherapists. For all children, the center works with the child's school, family and community in order to build a strong network of support for both parents and children.

Please make an appointment and bring your insurance information with you.
Type of service: Family based counseling

Payment Information: Medicaid, Kid's Care, Family Care, Private Insurance and Sliding scale.

Family Service League, Inc.
60 S. Fullerton Avenue – Suite 109
Montclair, NJ 07042

A non-profit comprehensive social services organization providing family, couples, individual counseling and psychotherapy; accredited childcare services; employee assistance program services for businesses; family and parent education workshops; social skills for middle school children; specialized community and school based programs. Offices in Montclair and Bloomfield, with a childcare center in Bloomfield (Family Day Nursery).

Type of Service: Outpatient

Payment Information: Private health insurance, sliding scale based on income, Medicare

www.familyserviceleague.org

Main Street Counseling Center
8 Marcella Avenue
West Orange, NJ 07052

Phone: (973) 736-2041
Fax: (973) 669-9683

Family problems, work issues, marital strife, change in lifestyle, difficulty with close relationships, parenting, anger management – these are some of the issues that can be addressed in therapy at Main Street Counseling. For over 23 years, Main Street Counseling Center has provided effective, affordable counseling services to area residents. We offer high quality professional services in a comfortable, relaxed atmosphere, with fees based on income.

Type of service: Outpatient

Payment information: Sliding scale fees based on income, insurance coverage, Medicare.

www.mainstreetcounseling.org

Mental Health Association
Of Essex County
33 S. Fullerton Avenue
Montclair, NJ 07042

Phone: (973) 509-9777
Fax: (973) 509-9888

Information and referral service for mental health and related services including education on illnesses, family support and advocacy, family and youth counseling services. School based counseling, including individual and group counseling, explores a variety of topics such as anger management and self-esteem issues.

Type of service: Information and referral service, home-based individual/family counseling, school/community outreach.

Payment Information: As per referring agency

www.mhaessex.org

Center for Low Cost Psychotherapy
Mental Health Association
Of Essex County
33 S. Fullerton Avenue
Montclair, NJ 07042

Phone: (973) 509-9777
Fax: (973) 509-9888

The Center for Low Cost Psychotherapy is open to individuals 16 years of age and older who can benefit from therapy but cannot afford to pay private practitioners' fees. Typical problems include anxiety, depression, family conflicts and problems at work or at school and adjustment problems.

Type of service: Refers uninsured clients to mental health providers

Payment Information: Fees on a sliding scale, Medicare

Mental Health Resource Center
Division of Care Plus
60 S. Fullerton Avenue
Montclair, NJ 07042

Phone: (973) 744-6522
Paramus: (201) 265-8200

The center provides outpatient treatment for adults with mental, emotional and behavioral problems. The professional staff provides a variety of therapeutic methods including: individual therapy; play therapy; family therapy; group therapy; couple therapy; stress management; follow-up to psychiatric

hospitalization; and medication administration and monitoring.

Type of service: Outpatient

Payment Information: Private health insurance, sliding scale based on income, Medicaid

www.careplusnj.org

Partnership for Children of Essex
100 Executive Drive – Suite 130
West Orange, NJ 07052

Phone: (973) 323-3000
Fax: (973) 323-3015

The Partnership for Children of Essex (PCE) is a non-profit organization dedicated to creating a pathway for hope and improving the quality of life for youth and their families.

PCE uses a Wraparound model of care to design, implement and manage Individual Service Plans (ISPs) that are specific to a child and family's individual strengths and complex needs. These ISPs are developed by using a Child and Family Team process. While PCE assists youth and families with many aspects of their lives, our specialty is assisting families to develop effective strategies to manage their child's emotional and behavioral challenges.

The Wraparound model of care is an approach to helping youth and their families that is family friendly and community based. Emphasis is placed on the strengths of the child, family, and community. A primary goal of PCE is to develop creative individualized service plans that help keep youth at home, in school and out of trouble.

Type of service: Outpatient

<http://www.pcenj.org>

Roseland Psychotherapy Associates
425 Eagle Rock Avenue
West Orange, NJ 07052

Phone: (973) 226-1505

Provide individual, couples and family counseling.

Roseland Psychotherapy Associates work with a wide range of emotional and behavioral issues providing services that span from therapy for depression and

grief counseling to parenting support , couples counseling and beyond. In a comfortable and supportive atmosphere, they offer a highly personalized approach tailored to each of our clients individual needs to help attain the personal growth they're striving for.

Payment Information: Services may be covered in full or in part by your health insurance or employee benefit plan. Check your health insurance plan.

<https://www.roselandtherapy.com>

Kids Together, Inc.
444 Northfield Avenue
West Orange, NJ 07052

Phone: (862) 252-7466

Counseling center for children, ages 4-13, offering social skills groups. A social skills group is a small, structured and supportive setting where children are encouraged to develop and practice the skills they need to improve their behavior, self-esteem and interpersonal relationships.

<http://www.kidstogethernj.com>

Good Grief
38 Elm Street
Morristown, NJ 07960

Phone: (908) 522-1999

Good Grief's mission to provide unlimited and free support to children, teens, young adults, and families after the death of a mother, father, sister or brother through peer support programs, education and advocacy.

<https://good-grief.org>

North Jersey Consultation Center (NJCC)
301 South Livingston Avenue – 2nd Floor
Livingston, NJ 07039

Phone: (973) 577-6582

The NJCC is an affordable treatment service providing care for the community. We serve children, adolescents, adults, seniors, families, couples and groups at fees that are based entirely on the client's personal circumstances. We are generally able to see the client within one week of the initial call to the center.

Type of service: Outpatient

Payment Information: Sliding scale

United Way of North Essex
60 S. Fullerton Avenue
Montclair, NJ 07042

Phone: (973) 746-4040
Fax: (973) 746-6207

The United Way of North Essex is dedicated to building and maintaining healthy and caring communities. The United Way also lists other community programs for seniors, vocational/educational, and mentally/physically disabled services, adult day care, child day care and more.

Type of service: Referral service

Payment Information: As per referring agency

www.uwne.org

Summit Behavioral Health
256 Columbia Turnpike
Florham Park, NJ

Phone: (888) 855-9199

Drug & Alcohol Assessments

Summit Behavioral Health offers both intensive and non-intensive outpatient addiction treatment programs organized into different phases and levels of care so that treatment can be tailored to each client's individual needs. Our Intensive Outpatient Program (IOP) is designed for clients in the early stages of treatment who require a high level of structure and support. Our Relapse Prevention Program (RPP) is for clients who have completed primary treatment and want to reduce their potential for relapse. And our Advanced Recovery Program (ARP) is for clients who want to further solidify their recovery and work through emotional/psychological issues related to their substance use.

Type of Service: Outpatient Services

Payment: Private insurance

Family Connections
395 S. Center Street
Orange, NJ

Phone: (973) 675-3817

FAMILY Connections is a non-profit community based counseling and family service agency. The goal is to serve the complex needs of our communities. This includes early childhood social and emotional development, adolescent development and safety, trauma, mental illness, addiction, unemployment, poverty, domestic violence, child abuse and neglect.

Type of service- Outpatient

Payment- Medicaid, sliding scale based on income

www.familyconnectionsny.org

GenPsych
5 Regent Street – Suite 518
Livingston, NJ 07039

Phone: (855) 436-7792

GenPsych PC is a NJ mental health outpatient treatment provider with various levels of care. They offer a Partial Care Program, Intensive Outpatient Program (IOP) and Individual Outpatient services. Specializing in Depression Treatment, Anxiety Treatment, Eating Disorder Treatment and Substance Abuse Treatment. Offering psychiatric evaluations, medication protocols, substance abuse treatment, group therapy, individual therapy and family therapy at all our locations.

Types of service: Outpatient

Payment – Private Insurance

www.genpsych.com

East Orange General Hospital
Children & Adolescent Psychiatric Services (CAPS)
East Pavilion
240 Central Avenue
East Orange, NJ 07017

Phone: (973) 414-6740

The program offers outpatient counseling and psychiatric services to children, adolescents and families experiencing a variety of emotional and behavioral health stressors, including but not limited to depression and mood disorders,

anxiety, inattentiveness, hyperactivity, problems in school, psychosis, co-occurring substance abuse and other conditions.

Types of service: Outpatient

Payment: Private insurance

www.evh.org/behavioral-health-child-adolescent

Counseling/Mental Health Websites

www.aacap.org

American Academy of Child and Adolescent Psychiatry

Many helpful articles covering all aspects of child mental health from the American

Academy of Child and Adolescent Psychiatry.

www.caughtinthemiddle.org

A web guide for parents of children in middle school. Urges parents to reconnect with their children through a variety of roles in the middle school setting. Also lists additional websites concerning middle school children.

<http://www.mentalhealth.gov>

The United States Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. Lists hotline phone numbers, topics on children's mental health, school violence prevention, discrimination and stigma, national strategy for suicide prevention, consumer survivor, highlighted features and current mental health news.

www.therapists.psychologytoday.com/rms/state/New+Jersey.html

Psychology Today is a referral resource for local mental health providers

Eating Disorders

Women's Therapy Service of Montclair
33 Plymouth Street, Suite 105
Montclair, NJ

Phone: (973) 783-2292

This practice offers assessment and treatment for the full range of eating disorders - anorexia, bulimia, and compulsive overeating and body image concerns. The initial consultation can include individual and family interviews. The INNER IMAGE PROGRAM offers adolescent and adult groups for the recovery of eating and body image problems. The INNER IMAGE group

programs involve 3 group components: support therapy groups, nutritional counseling by a registered dietitian and body image groups that incorporate movement and art therapy as a healing tool. Treatment often includes referral to and collaboration with physicians and psychiatrists who specialize in eating disorders.

Type of service: Broad array of eating disorder services

Payment Information: Private insurance, sliding scale fees available

www.womenstherapy.net/about.php

Goryeb Children's Hospital
Morristown Medical Center
100 Madison Avenue – 2nd Floor
Morristown, NJ 07960

Phone: (908) 522-5757

The Eating Disorders Program at the Adolescent/Young Adult Center for Health at Goryeb Children's Hospital at Morristown Medical Center and Goryeb Children's Center at Overlook Medical Center is the only multidisciplinary program in New Jersey exclusively for children and adolescents. We offer education and treatment for anorexia nervosa, bulimia nervosa and related disorders in both outpatient and inpatient settings. Most private insurance accepted.

The Renfrew Center

Phone: (800) RENFREW

Renfrew provides women suffering from anorexia nervosa, bulimia nervosa, binge eating disorder, eating disorder not otherwise specified (EDNOS) and related mental health problems, with the tools they need to succeed – in recovery and in life. Offering a warm, nurturing environment, Renfrew emphasizes a respect for the unique psychology of women, the importance of a collaborative therapeutic relationship and the belief that every woman needs to actively participate in her own growth and recovery.

Eating Disorders Program at Atlantic Health
Overlook Hospital
99 Beauvoir Avenue
Summit, NJ 07901

Phone: (908) 522-5757

The Eating Disorders Program at Atlantic Health (EDPAH) provides comprehensive treatment and assessment services for adolescents suffering

from eating disorders and offers support for their families.

Type of service: Outpatient; Intensive Outpatient (IOP), Partial Hospitalization (PHP)

Payment Information: Most insurance accepted

www.atlantichealth.org/eatingdisorders

Eating Disorders Websites

www.nationaleatingdisorders.org/who-we-are

The information and Referral Helpline at the National Eating Disorders Association. Help line staff and volunteers provide support services, help, and guidance to individuals struggling with disordered eating, their loved ones and families.

www.caringonline.com/eatdis/webs.htm

The Center for Counseling and Health Resources. 100 + websites dealing with all forms of eating disorders.

www.gurze.net

Eating disorder books and resources from Gurze books. This website also gives information on eating disorders and provides links to other pertinent websites.

www.Anad.org

National Association of Anorexia Nervosa and Associated Disorders, Inc. (anad.org) The National Association of Anorexia Nervosa and Associated Disorders (ANAD) is the oldest organization aimed at fighting eating disorders.

Substance Abuse Prevention and Addiction Services

Al-Anon/Alateen, North Jersey
Central Presbyterian Church
46 Park Street.
Montclair, NJ 07042

Phone: (973) 744-8686
Fax: (973) 783-3766

Al-Anon/Alateen, North Jersey is an information service that helps adults and young people affected by someone else's drinking. It is a self-help program, which provides support groups for families and friends of alcoholics.

Since meeting times could change, please call the office to confirm time and place. Please go to <http://www.northjerseyal-anon.org/meeting.htm> for meeting locations and times.

Type of service: Information service and support group for adults and young people.

www.nj-al-anon.org

Alcoholics Anonymous
Intergroup of Northern New Jersey
2400 Morris Avenue
Union, NJ 07083

Phone: (908) 687-8566
(800) 245-1377
Fax: (908) 964-8146

Alcoholics Anonymous is a twelve step program that helps people to recover from alcoholism.

Type of service: Support for recovering alcoholics and those with a desire to stop drinking

Payment Information: Voluntary contribution. No fees or dues

www.nnjaa.org

The Bridge, Inc.
14 Park Ave.
Caldwell, NJ 07006

Phone: (973) 228-3000
Fax: (973) 228-2742

Non-profit agency provides a full range of mental health and substance abuse prevention and treatment services to troubled youth and their families. Programs include: substance groups; family support groups; individual, group, and family counseling; support for at-risk youth; and crisis intervention.

Type of service: Outpatient

Payment information: Private health insurance, sliding scale based on income

www.thebridgenj.org

Cope Center, Inc.
104 Bloomfield Ave.
Montclair, NJ 07042

Phone: (973) 783-6655
Fax: (973) 783-1658

Provides individual, group, and family counseling; crisis intervention; family Conflict Resolution/Violence; alcohol and substance abuse counseling and support groups; urine monitoring; AIDS support group; community educational programs; and child abuse prevention services.

Type of service: Outpatient

Payment Information: Medicaid, private health insurance

www.copecenter.net

Summit Behavioral Health
256 Columbia Turnpike
Florham Park, NJ

Phone: (888) 855-9199

Drug & Alcohol Assessments

Summit Behavioral Health offers both intensive and non-intensive outpatient addiction treatment programs organized into different phases and levels of care so that treatment can be tailored to each client's individual needs. Our Intensive Outpatient Program (IOP) is designed for clients in the early stages of treatment who require a high level of structure and support. Our Relapse Prevention Program (RPP) is for clients who have completed primary treatment and want to reduce their potential for relapse. And our Advanced Recovery Program (ARP) is for clients who want to further solidify their recovery and work through emotional/psychological issues related to their substance use.

Type of Service: Outpatient Services

Payment: Private insurance

Family Connections
395 S. Center Street
Orange, NJ

Phone: (973) 675-3817

Individual/drug/alcohol - sliding scale

FAMILYConnections is a non-profit community based counseling and family service agency. The goal is to serve the complex needs of our communities. This includes early childhood social and emotional development, adolescent development and safety, trauma, mental illness, addiction, unemployment, poverty, domestic violence, child abuse and neglect.

Type of service- Outpatient

Payment- Medicaid, sliding scale based on income

www.familyconnections nj.org

Turning Point, Inc.
125 Fairview Avenue – Bldg. 14
Montclair, NJ 07042

Phone: (973) 239-9400, ext. 179
Hotline: (800) 234-0420
Fax: (973) 857-3934

Turning Point, Inc. is a detox and residential treatment center for alcohol and drug addiction that serves New Jersey's indigent community.

Type of service: Non-hospital residential (24 hour)

Payment Information: Self pay on sliding scale: private health insurance if any.

www.turningpoint nj.org

Substance Abuse Prevention and Addiction Services Web Sites

www.drugabuse.gov/publications/marijuana-facts-teens

Facts for teens about the harmful effects of marijuana use

www.teens.drugabuse.gov

A website for teens about the science behind substance abuse

www.state.nj.us/humanservices/das/home/index.html (*New Jersey Division of Addiction Services*)

View addiction services directory online by county.

www.saddonline.com (*Students Against Destructive Decisions*)

An organization with middle school, high school and college chapters that provides prevention and intervention tools to deal with underage drinking, drug use, and other destructive decisions.

www.nida.nih.gov (*The National Institute on Drug Abuse*)

A branch of the National Institutes for Health, the website includes interactive pages, NIDA for Teens: The Science Behind Drug Abuse, a drug education program geared specifically for adolescents aged 11 to 15.

www.essexadapt.org

The Essex Prevention Coalition is dedicated to targeting and preventing underage drinking and substance abuse in Essex County. The website contains news events and current resources for parents, youth, educators and treatment professionals.

www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know

National Institute on Drug Abuse (NIDA): Marijuana Facts that Parents Need to Know

www.timetotalk.org

A tool kit for talking to your children about alcohol and drug abuse.

Family Support Services

Essex ResourcesNet

A website that provides a wide range of information about support, resources, and services for families in Essex County, New Jersey. Families can find specific health providers, support groups, and events in their area.

www.essexresourcenet.org

Community Services

- Clothing/ Supplies/ Furniture
- Disaster
- Emergency Shelter
- Financial Counseling
- Food Pantry/ Food Kitchen
- Housing/ Shelter
- Rental/ Security Deposit
- Eviction prevention resources
- Legal Assistance
- Utility Assistance

New Jersey Dept. of Human Services
NJ FamilyCare for children

Phone: (800) 701-0710

The core mission of the NJ Family Care program is to provide health insurance to children who have no insurance. Call for information and/or enrollment packet.

www.njfamilycare.org

Teen Services

www.teenhealthfx.com (Created by Atlantic Health Systems)

Chat with a doctor; ask questions, advice and guidance given by teens to other teens.

http://answer.rutgers.edu/page/sex_etc_magazine/ (Provided by Rutgers University)

Magazine offers articles and advice about sex to teens. Read the current issue, submit questions, subscribe, or find out how to get involved.

www.glsen.org

The Gay, Lesbian and Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

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

Garden State Equality is New Jersey's statewide advocacy and education organization for the lesbian, gay, bisexual and transgender community.

www.2ndfloor.org

Statewide helpline and listening service for any concern that teens would like to talk over (24 hour) (888) 222-2228. For NJ Youth ages 10-24.

National Teen Help Hotlines

| | | |
|------------------------------------|-----------------------------------------------------|--------------------------------|
| Alcohol/Drugs | Substance Abuse Hotline | 800-662-4357 |
| Dating Violence | Domestic Violence Hotline | 800-572-7233 |
| Eating Disorders | Anorexia/ Bulimia Association | 800-522-2230 |
| HIV / AIDS | National AIDS Hotline | 800-232-4636 |
| Pregnancy | Planned Parenthood Health Center Hotline | 800-232-4636 |
| Sexual Assault and Abuse | Rape, Abuse & Incest Hotline | 800-656-HOPE (800-656-4673) |
| Sexual Orientation | The Gay/ Lesbian Hotline | 888-THE GLNH (888-843-4564) |
| Sexually Transmitted Infections | Planned Parenthood Health Center Hotline | 800-230-PLAN (800-230-7526) |
| Suicide Crisis Intervention Center | | 800-273-8255 |
| Teen Support | 24 Hour State Helpline For 10-24 year olds | 888-222-2228 |
| Trans Lifeline | Trans Lifeline is a national trans-led organization | 877-565-8860 |

Women's Services

NJCASA (NJ Coalition Against Sexual Assault)
Phone: (800) 601-7200 or (609) 631-4450
Crossroads Corporate Center
3150 Brunswick Pike, Suite 230
Lawrenceville, NJ 08648

Provides 24 hotline and crisis intervention, information and referral services, short-term crisis counseling and past rape counseling, advocacy, accompaniment to the hospital, police department and/or court, support groups and emergency client needs.

Type of service: Emergency/crisis rape counseling and hotline

Payment Information: Free services

www.njcasa.org

Planned Parenthood of
Metropolitan N.J.
29 N. Fullerton Ave.
Montclair, NJ 07042

Phone: (973) 746-7116
Fax: (973) 746-9509

Planned Parenthood offers a broad range of women's gynecological services, including: birth control, gynecological exams, emergency contraception, testing and treatment for STD's, male services for partners of clients; (free oral HIV testing and counseling, free condoms and information on all birth control methods including referrals for vasectomy), mid-life service and hormone replacement therapy, pregnancy testing and counseling, family and teen educational services.

Type of service: Gynecological service

Payment Information: Sliding scale based on income. Open to all income levels.

www.plannedparenthood.org

Rachel Coalition
570 W. Mt. Pleasant Ave. - Suite 106
Livingston, NJ 07039

Phone: (973) 740-1233

Rachel Coalition is a division of Jewish Family Service of MetroWest, and a partnership of eight northern New Jersey organizations working together to provide a variety of services to assist victims of domestic violence and those living in high conflict households. Services are delivered by a highly trained staff of licensed social workers specializing in helping victims of domestic violence and their families.

Type of service: Individual counseling, child-focused individual & group counseling, Group services, Legal assistance to assist in obtaining restraining orders and resolving related matters, referrals for shelter w/ kosher provisions.

Disclaimer

The Health and Wellness Community Resource Guide is not a comprehensive listing of all health and wellness services in the West Orange area. For a list of private practitioners, please see the NJ Psychological Association in the Counseling/Mental Health section of this guide. Inclusion in the Guide does not imply an endorsement by the West Orange Public Schools.