



Mental Health Resources

*(**this is for reference only, not all inclusive and may not be accurate)*

If you or your child is in need of immediate crisis support - call 988 or go to the nearest emergency center.

Perform Care NJ (MOBILE RESPONSE) (877)652-7624

Available 24 hrs/day, 7 days a week for non-urgent help.

Provides mobile response and stabilization services, biopsychosocial assessment, care management organization, and outpatient therapy.

NJ Hopeline 1-855-654-6735 or Text NJ to 741741 for free

Call if you are thinking about suicide. 24/7 crisis support.

Artemis Center for Guidance (856)512-1611

Provides CBT for anxiety, OCD, and PTSD

Elmer, Sewell, Glassboro

Beautiful Minds (beautifulmindstc.com) (609)350-5007

In home, outpatient or telehealth services. Located in Sicklerville, NJ. Accepts most commercial insurances.

CGSFSO.org (856)507-9400 Vineland, NJ

This is a non-profit organization servicing families involved in the Children's System of Care in New Jersey. Provides services to help support, educate and advocate for families who have children with mental, emotional, behavioral, developmental disabilities and substance abuse challenges.

Center for Revitalizing Psychiatry (201)488-5161

Full Spectrum Mental health services including psychiatrist. Check website for Insurances accepted. Telehealth and in office options but office is in Rochelle Park, NJ.

Fort Health (201)208-2616

Offers assessments, resources, and online therapy for anxiety, depression, and more.

Gateway Cap Wellness Center (856)497-6650

Offers art and play therapy, family counseling, recovery therapy, support groups, mental health exam/assessments.

Online and in Bridgeton, NJ

Hampton Behavioral Health Center (<https://hamptonhospital.com/>) (800)603-6767

For ages 12 and older: Offers inpatient, outpatient and ECT services. See website for insurance information **NJ Medicaid accepted for inpatient services. Locations in Cherry Hill, and Westampton township. Available 24/7 through access center (admissions)

Harmony Bay Wellness (855)765-6399 Clementon, Cherry Hill

Offers therapies for anxiety, depression, PTSD, family issues, psychiatric evaluation, and medication management.

InSite Health (insitehealth.net) (833)494-6724

Offers psychotherapy, therapy for anxiety, PTSD, depression, ADHD, behavioral disorders, and more. They are able to prescribe medications.

Online and in Cherry Hill, Marlton, Newton, and Vineland, NJ. I'm

Instride Health (instride.health)

**Online only mental health service for anxiety and OCD for ages (7-22)

It Takes A Family (856)378-7292

Provides outpatient behavioral health clinic, psychiatric assessment, individual therapy, family therapy, and medication management.

Legacy Treatment Services (800)433-7365

Provides psychiatric evaluation and assessment, individual and group therapy, family therapy, couple therapy, medication management, substance abuse counseling, and co-occurring therapy.

Online and in Berlin, NJ

Little Hands Family Services (856)228-1005

Offers therapies for outpatient therapy, group therapy, medication management, ADHD screening, and parent resources. *Online and in Turnersville, NJ*

Manatee Virtual Mental Health (does not accept medicaid)

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

Mindful Therapy Center (609)353-5608 *Online and Marlton, NJ*

Has both in-network and out-network providers, If interested in assessing benefits can call the office.

MyWellBrook (201)822-1161

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

Telehealth appointments and in person located in Newark, NJ

Per website : accepts [major insurances](#) including Horizon NJ Health, United Healthcare Community Plan, Amerigroup, Wellcare, Aetna Better Health and all NJ Medicaid plans

Phone:

Next Generation Neuropsychology, LLC (856) 528-5075 Locations include Marlton and Cherry Hill

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

currently participates with Horizon Blue Cross Blue Shield NJ, Cigna, AmeriHealth, and Medicare health insurance plans.

Oaks Integrated Care (800)963-3377 *Vineland, Burlington County, Cumberland County, Mercer County, Essex County*

Telehealth is available. Offers individual therapy, play therapy, trauma focused therapy, and access to psychiatric care.

Positive Beginnings (positivebeginnings.net) (856) 886-8839

Provides psychiatric and psychological services. Located in Marlton, NJ

*They do not accept Cigna or Medicaid.

Rowan Family Pysch (856)772-7578

Dr. Alexandra Rowan, D.O. is a board certified child, adolescent, and adult psychiatrist. Does not accept insurance/out of network for all insurances. *Moorestown NJ, and Philadelphia, PA*

Thriveworks

Individual therapy, child and teen therapy, family therapy, psychiatry and medication. Accepts 585+ insurances including: Humana, Aetna, BCBS, tricare, Cigna, and United healthcare.

Online and in-person locations available.

(833)966-4292

Total Family Solutions (856)772-5809

Offers therapy for behavioral/mental health, crisis intervention, teen issues, therapy eating disorders, self injury, grief/loss.

Vineland, NJ

2nd Floor Youth Helpline (2ndfloor.org) (888)222-2228 *Vineland, NJ*

This resource is a confidential and anonymous non-urgent helpline for New Jersey's youth and young adults ages 10-24.