

# Mental Health in the Black Community: Recognition, Recovery & Resilience

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*These resources are not all inclusive and this is a draft document that is in-progress.*

## Resources for Mental Health Care

Note that the following organizations have websites with free directories of mental health professionals and the services offered. Many are also available on Facebook and/or Instagram.

### [The Consortium of Mental Health and Educational Professionals of Color-NJ](#)

Contact: (929) 450.7071

Email: [ingo@consortiumnj.org](mailto:ingo@consortiumnj.org)

PO Box 502, Vauxhall, NJ 07088

### [The New Jersey Association of Black Psychologists](#)

Email: [njabpsi@gmail.com](mailto:njabpsi@gmail.com)

### [New Jersey Psychology Association](#)

Contact: (973) 243.9800

Email: [njpa@psychologynj.org](mailto:njpa@psychologynj.org)

### [New Jersey Suicide Prevention Hopeline](#)

Contact: (855) 654.6735

### [Northeast Counties Association of Psychologists](#)

President: Nansie Ross

Contact: (201) 447.1924

Email: [nansie@verizon.net](mailto:nansie@verizon.net)

Vice President: Linda Glazer

Contact: (201) 569.6633

Email: [drlindabglazer@gmail.com](mailto:drlindabglazer@gmail.com)

Outreach: Norine Mohle

Contact: (201) 690.6412

Email: [norinemohle@gmail.com](mailto:norinemohle@gmail.com)

Website/IT: Brett Bersano

Email: [drbersano@gmail.com](mailto:drbersano@gmail.com)

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[Second Floor Youth Helpline](#)

Contact: (888) 222.2288

[The Trevor Project: Saving LGBTQ Lives](#)

Contact: (866) 654.6735

[The National Queer and Trans Therapists of Color Network](#)

## Addiction Resources

[Alcoholics Anonymous](#)

Contact: (212) 870.3400

[Alcoholics Anonymous Online Support Groups](#)

[Northern New Jersey Alcoholics Anonymous \(NNJAA\)](#)

Contact: (908) 687.8566 or (800) 245.1377

[Gamblers Anonymous](#)

Contact: (626) 960.3500

Hotline: (855) 222.5542

[Gamblers Anonymous Online Support Groups](#)

[Narcotics Anonymous](#)

Contact: (818) 773.9999

[Narcotics Anonymous Online Support Groups](#)

[Narcotics Anonymous in New Jersey](#)

Contact: (732) 933.0462

Hotline: (800) 992-0401

[Overeaters Anonymous](#)

Contact: (505) 891-2664

[Overeaters Anonymous Online Support Groups](#)

## Resources for the State of New Jersey

[Mental Health Association in New Jersey, Inc.](#)

Contact: (800) 367.8850 Website: <https://www.mhanj.org/>

Hotlines: The Peer Recovery WarmLine: (877) 292.5588

NJ Connect for Recovery: (855) 652.3737

[National Alliance on Mental Illness New Jersey \(NAMI\)](#)

Contact: (732) 940.0991

[NAMI New Jersey Online Support Groups:](#)

[National Domestic Violence Hotline](#)

Contact: (800) 799.7233

Text: LOVEIS to 22522

Website: <https://www.thehotline.org/>

[National Suicide Hotline](#)  
Contact: (800) 273.8255

[New Jersey 211](#)  
Contact: 2-1-1  
Text: Zip Code to 898-211

[NJ Mental Health Cares](#)  
Contact (800) 202.4357

[rtor.org: Gateway to Mental Health Services](#)  
Contact: (203) 724-9070

## **Northern New Jersey Mental Health Resources**

[Care Plus New Jersey Mental Health Care](#)

[High Focus Centers](#)

[Mental Health Association of Passaic County](#)

[Vantage Health Care System](#)  
Contact: (201) 567.0059  
For Psychiatric Emergencies: (201) 262.HELP (4357)

[West Bergen Mental Health Care Facilities](#)

## **Central New Jersey Resources**

[High Focus Centers](#)

[New Jersey Hope and Healing](#)

## **Southern New Jersey Resources**

[South Jersey Behavioral Health Resources](#)

## Additional Resources

NJ ACES Screening Position <http://njoag.gov/wp-content/uploads/2022/04/ACEs-screening-position-release-10.14.21.pdf>

NJ ACES Collaborative Position Statement <http://njoag.gov/wp-content/uploads/2022/04/NJ-ACE-Collaborative-ACES-Screening-Position-Paper-10-14-21.pdf>

State Fact Sheet <http://njoag.gov/wp-content/uploads/2022/04/2-CAHMI-State-Fact-Sheet-NJ.pdf>

Strategies Summary <http://njoag.gov/wp-content/uploads/2022/04/5-strategies-summary.pdf>

Division of Mental Health and Addiction Services Funding Opportunities:

<https://www.state.nj.us/humanservices/dmhas/provider/funding/>

Division of Mental Health and Addiction Services (Disaster Recover) Find a provider: <https://www.state.nj.us/humanservices/dmhas/initiatives/disaster/index.html>

North Carolina Stop Torture Now [www.ncstn.org](http://www.ncstn.org)

### **Literature/Books:**

The Body Keeps the Score by Bessel van der Kolk

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menekam

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