

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

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

PO Box 502, Vauxhall, NJ 07088

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

Email: njabpsi@gmail.com

[New Jersey Psychology Association](#)

Contact: (973) 243.9800

Email: njpa@psychologynj.org

[National Suicide Prevention Lifeline 9-8-8](#)

Contact: Call or Text 988

[Northeast Counties Association of Psychologists](#)

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President: Nansie Ross

Contact: (201) 447.1924

Email: nansie@verizon.net

Vice President: Linda Glazer

Contact: (201) 569.6633

Email: drlindabglazer@gmail.com

Outreach: Norine Mohle

Contact: (201) 690.6412

Email: norinemohle@gmail.com

[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

[ReachNJ - New Jersey's 24/7 Addiction Helpline](#)

Contact: 1-844-732-2465

[SAMHSA Nationwide Mental Health and Addiction Treatment Locator](#)

[Alcoholics Anonymous](#)

Contact: (212) 870.3400

[Alcoholics Anonymous Online Support Groups](#)

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

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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

[National Suicide Prevention Lifeline 9-8-8](#)

Contact: Call or Text 988

[Directory of Mental Health Services Under Contract with NJ Division of Mental Health and Addiction Services](#)

Contact: 1-800-382-6717

[SAMHSA Nationwide Mental Health and Addiction Treatment Locator](#)

[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

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[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)

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[West Bergen Mental Health Care Facilities](#)

Central New Jersey Resources

[High Focus Centers](#)

Tashanna Bryant, AAS, BA, MS

Founder & CEO, Never Hopeless gain

tashbryant@neverhopelessagain.com

Southern New Jersey Resources

[South Jersey Behavioral Health Resources](#)

Chanel McCord, MA, LPC, ACS

CEO & Clinical Director, Oasis Counseling Center

www.oasiswellnessgrp.org

Additional Resources

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

[NJ ACES Collaborative Position Statement http://njoag.gov/wp-content/uploads/2022/04/NJ-ACECollaborative-ACES-Screening-Position-Paper-10-14-21.pdf](http://njoag.gov/wp-content/uploads/2022/04/NJ-ACECollaborative-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

NJ Department of Human Services Funding Opportunities

[Department of Human Services | Grants, RFPs, Public Notice \(state.nj.us\)](#)

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NJ Division of Mental Health and Addiction Services Funding Opportunities:

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

NJ Department of Human Services Funding Opportunities

[DCF | Requests for Proposals, Qualifications/or Information and Funding Opportunities \(nj.gov\)](#)

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

Literature/Books:

["Jumpstart Your Journey to Mental Wellness: Strategies and Tools to Living Your Well Life"](#) by Chanel McCord

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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