



## Matawan Aberdeen Middle School CRISIS RESOURCES

### EMERGENCY

- **Call 911 Immediately**

### HOSPITALS

- **Monmouth Medical Center - (732) 923-6925**
  - 300 Second Avenue, Long Branch
  - Children's Crisis Intervention Service (CCIS) Unit
    - Screening & Inpatient Services
  - Emergency Room
- **Riverview Medical Center**
  - 1 Riverview Plaza, Red Bank
  - Crisis Helpline: (732) 219-5325
  - Emergency Room
- **Bayshore Community Hospital - (732) 739-5900**
  - 727 N Beers St, Holmdel
  - Adolescent Crisis Unit – Screening Service Available
  - Emergency Room

### COMMUNITY RESOURCES

- **National Suicide Prevention Lifeline – (800) 273-8255**
  - **FREE** 24/7 Hotline
  - Provides confidential support for people in distress, prevention and crisis resources for you or your loved ones
  - If you're uncomfortable talking on the phone, text NAMI to 741-741
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **2<sup>nd</sup> Floor Helpline - (888) 222-2228**
  - **FREE** 24/7 Hotline
  - If you have a problem, question or non-life-threatening situation, dial or text the youth helpline to speak with a counselor; confidential
  - <https://www.2ndfloor.org/about/>





- **Mobile Response - (877) 652-7624**
  - **FREE** service for children under 18 years of age in Monmouth County
  - **Urgent 24-hour response service in-home**
  - *Specializing in:*
    - Crisis Intervention
    - Assessment
    - Safety Planning
    - Working with the family
    - Linkage to the Intensive Community Support Services, up to 8 weeks
  
- **Psychiatric Emergency Screening Services (PESS) - (732) 923-6999**
  - **FREE** on-location emergency screening service through Monmouth Medical
  - **Appointment required**
  - *Specializing in:*
    - Crisis Intervention & Stabilization
    - Assessments
    - Suicidal or homicidal ideation, statements, or attempts
  
- **Community YMCA of Matawan - (732) 290-9040**
  - **Appointment required** - Main Street, Matawan
  - The Y's Counseling & Social Services group has been strengthening children, teens and adults living with depression, substance abuse and many other difficult situations
  - *Specializing in:*
    - Individual counseling
    - Family counseling
    - Medication management
    - We offer YMCA counseling services in school; see your counselor to find out how you can enroll
    - <http://cymca.org>





- **CPC Behavioral Health - (732) 842-2000**
  - **Appointment required** - Freehold & Red Bank locations
  - *Specializing in:*
    - Individual counseling
    - Group counseling
    - Medication management
    - <https://www.cpcbehavioral.org>
  
- **Family Crisis Intervention Unit (FCIU) – (732) 542-2444**
  - **FREE** service to all Monmouth County youth ages 10-17 and their families
  - **Appointment required**
  - Located in the Mental Health Association of Monmouth County building
    - 119 Avenue at the Commons, Shrewsbury, NJ
  - FCIU helps children with behavioral difficulties and assists families in changing behaviors to increase academic productivity and reduce conflict within the family
  - FCIU provides counseling, de-escalation services, intervention services, guidance, referral assistance and/or case monitoring as needed for crises
  - FCIU aims to deal with problem behaviors to prevent involvement with the juvenile-justice system
  - FCIU offers both case management and counseling services
  - <http://mentalhealthmonmouth.org/family-crisis-intervention-unit/>

