



Perinatal Mental Health Resources in New Jersey

1) New Jersey's Maternal and Child Health Consortia -

All three consortia have programs which address perinatal depression and anxiety via grants from the New Jersey Department of Health.

Services provided:

- Free and confidential support via a warm line, which provide follow-up phone calls for pregnant, new mothers and those who experience a perinatal loss
- Linkages to perinatal mental health services in their community, such as a support group and/or behavioral health services for women who are insured, under-insured and undocumented.
- Support groups (virtual) for expectant women and new mothers, at risk of developing depression and/or anxiety

Northern NJ Region

Partnership for Maternal Child Health of Northern New Jersey

973-268-2280 Ext 154

<https://partnershipmch.org/programs/ppd/>

Central NJ Region

Central Jersey Family Health Consortium

732-937-5437 Ext 179

<https://www.cjfhc.org/index.php/en/>

Southern NJ Region

Southern New Jersey Perinatal Cooperative

856-675-5292

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

2) NJ Department of Health, Family Health Line – ‘Speak Up When You’re Down’

Trained PPD counselors are available to assist mothers and other family members. They can also connect women to a mental health screener from UBHC – Rutgers (when necessary), and provide information to county mental health providers which can provide 12 free therapy sessions for eligible patients—*non-insured, under-insured and undocumented*.

1-800-328-3838 – Free, operates 24/7



3) Postpartum Support International - New Jersey Chapter

PSI is a non-profit organization which offers a helpline, weekly chats for mothers and fathers, on-line support groups and a provider directory of PPMD providers.

24/Hour HelpLine: 800-944-4773

<https://psichapters.com/nj/>

4.) Virtual Support Groups

[Virtually There: Support for NJ Moms during the COVID-19 crisis and beyond](#)

Not every mom has a village that they can turn to when they find themselves in need. In these unprecedented and uncertain times, the 2 Degrees Foundation and Melinated Moms have decided to join together to do our part to provide a virtual village of support for our fellow NJ moms.

Psychiatric Emergency Services in New Jersey

Psychiatric Emergency Service/Screening Centers (also Mobile Outreach):

Women and/or family members can call a designated screening center if they are experiencing an psychiatric emergency. Services provided: On and off site screening and crisis stabilization services, 24-hours per day, 365 days per year, in every geographic area in the State of New Jersey.

Link to PDF of listing:

https://www.state.nj.us/humanservices/dmhas/home/hotlines/MH_Screening_Centers.pdf

(updated Feb 2020)

Purpose of screening centers:

1. To provide clinical assessment and crisis stabilization in the least restrictive clinically appropriate setting, as close to the individual's home as possible
2. To provide, at a minimum, outreach to individuals who may need involuntary commitment and are unable or unwilling to come in to the screening center
3. To expand outreach to include other crisis and emergency situations whenever possible
4. To assure referral and linkage which is voluntary in nature to persons provided screening and/or screening outreach services to appropriate mental health and social services
5. To coordinate access, where appropriate, to the publicly affiliated acute care psychiatric resources serving a designated geographic area, that is, acute partial care, crisis house, voluntary inpatient services.



Additional Important Resources:

NJ Mental Health Cares:

For emotional support during the COVID-19 pandemic, NJ Human Services offers free, confidential support seven days a week from 8 a.m. to 8 p.m. through NJ Mental Health Cares. Call 1-866-202-HELP (4357) to reach live, trained specialists.

Division of Child Protection and Permanency:

Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to the Division of Child Protection and Permanency (formerly DYFS). Calls can be made anonymously – 1-877-NJ ABUSE (652-2873)

Peer Support Suicide and Prevention Hotline:

Need someone to talk to? We are here to help. Our specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. You're not alone ... we are only a phone call away – 1-855-NJ HOPELINE (654-6735)

National Suicide and Prevention Hotline:

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals—1-800-273-8255