

MENTAL HEALTH COUNSELING RESOURCES

New Jersey State Resource Guide

A practical referral guide for crisis support, affordable counseling, Medicaid resources, community treatment, telehealth, and peer support.

Important: This directory is informational and is not a guarantee of clinical quality, appointment availability, or eligibility. Online ratings can change and should be considered alongside licensure, clinical fit, treatment approach, cost, and direct consultation. In an emergency, call 911 or go to the nearest emergency department.

Quick Access

Need	Resource	Contact
Mental health or suicide crisis	988 Suicide & Crisis Lifeline	Call or text 988
Statewide emotional support and referrals	NJ Mental Health resources	nj.gov/basicneeds/health/mental-health.shtml
Youth behavioral crisis	Children's System of Care / PerformCare	1-877-652-7624
Substance-use treatment referral	ReachNJ	1-844-732-2465
Health and social-service referrals	NJ 211	Dial 211 or text your ZIP code to 898-211

1. Crisis and Immediate Support

988 Suicide & Crisis Lifeline

Area	Statewide, 24/7
Services	Confidential crisis counseling for suicidal thoughts, emotional distress, and mental health or substance-use crises.
Cost / access	Free. Call, text, or chat.
Phone	988
Review note	This is an official crisis service, not a provider-review listing.
Website	https://www.nj.gov/humanservices/dmhas/crisis/

Children's System of Care - Mobile Response and Stabilization

Area	Statewide; children and youth
Services	Mobile crisis response and stabilization for youth experiencing behavioral or emotional crises.
Cost / access	Available 24/7. Confirm eligibility and coverage when calling.
Phone	1-877-652-7624
Website	https://www.nj.gov/njfofosteradopt/services/mrss.html

ReachNJ

Area	Statewide, 24/7
Services	Screening and referral for substance-use treatment and recovery supports.
Cost / access	Free referral line.
Phone	1-844-732-2465
Website	https://www.nj.gov/humanservices/dmhas/help/hotlines/

2. Affordable and Sliding-Scale Counseling

Rutgers Center for Psychological Services

Area	Piscataway / telehealth when available
Services	Adult psychotherapy and specialty clinics delivered by advanced doctoral trainees under licensed supervision.
Cost / access	Uses a sliding-fee scale. Contact the clinic for current rates, waitlist, and service eligibility.
Phone	Confirm through clinic website
Review note	University training clinics may have fewer public reviews; supervision, intake fit, and wait times are more useful decision factors.
Website	https://gsapp.rutgers.edu/centers-clinics/center-psychological-services-cps/health-psychology-clinic

Mental Health Association of Monmouth County - Outpatient Services

Area	Monmouth County
Services	Outpatient counseling and behavioral-health treatment.
Cost / access	Accepts several commercial plans, Medicaid, and Medicare; also reports a sliding scale

	based on income.
Phone	Confirm through provider website
Review note	Review ratings change. Verify the exact program and clinician because experiences may vary by location and provider.
Website	https://www.mentalhealthmonmouth.org/programs/treatment-prevention/outpatient-services

Bloomfield Township Human Services

Area	Bloomfield / Essex County area
Services	Individual, child, adolescent, couples, family, and group counseling.
Cost / access	Sliding fee schedule based on family income and size; the township states clients are not refused due to inability to pay.
Phone	Confirm through department website
Website	https://www.bloomfieldtwpnj.com/220/Mental-Health-Services

Catholic Charities, Diocese of Trenton - Mental Health Services

Area	Burlington, Mercer, Monmouth, and Ocean County service areas
Services	Outpatient mental-health services and community-based supports.
Cost / access	Medicaid and sliding scale accepted. Confirm current openings and county eligibility.
Phone	800-360-7711
Review note	Faith-affiliated agency; clients can ask whether counseling is clinically based, faith-integrated, or secular according to preference.
Website	https://www.catholiccharitiestrenton.org/services/mental-health/

Open Path Psychotherapy Collective

Area	Online and participating New Jersey clinicians
Services	Directory of participating licensed therapists offering reduced-fee individual, couples, and family therapy.
Cost / access	Individual sessions generally listed at \$40-\$70, plus a one-time membership fee. Confirm the therapist's current rate.
Phone	Online directory
Review note	Open Path is a directory, so reviews and clinical fit should be checked for the individual therapist rather than the platform alone.

Website	https://openpathcollective.org/
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3. Federally Qualified Health Centers

New Jersey FQHCs provide care regardless of ability to pay. The state reports that uninsured patients are charged through a sliding-fee scale and are not turned away because of lack of funds. Behavioral-health availability differs by center, so call first.

[New Jersey FQHC Directory](#)

AtlantiCare Federally Qualified Health Center

Area	Atlantic County and surrounding area
Services	Integrated primary care and behavioral-health services depending on location.
Cost / access	Sliding-fee discount program for insured and uninsured patients based on income and household size.
Phone	Confirm through center website
Website	https://www.atlanticare.org/services/federally-qualified-health-center

4. Medicaid and Insurance-Based Care

NJ FamilyCare

Area	Statewide
Services	New Jersey's publicly funded health-coverage program, including behavioral-health and substance-use treatment benefits.
Cost / access	Eligibility-based coverage. Call or apply online.
Phone	1-800-701-0710; TTY 711
Website	https://njfamilycare.dhs.state.nj.us/

New Jersey Medicaid Provider Directory

Area	Statewide directory
Services	Search for participating psychologists, behavioral-health clinicians, clinics, and other covered providers.
Cost / access	Costs depend on NJ FamilyCare plan and covered service. Verify participation with both provider and health plan.

Phone	Online directory
Website	https://www.njmmis.com/providerDirectory.aspx?nonBilling=False

5. Free Peer and Family Support

NAMI New Jersey and Local Affiliates

Area	Statewide and local affiliates
Services	Peer-led support, family education, advocacy, and mental-health information.
Cost / access	Many NAMI support and education programs are free. Confirm local schedule and registration.
Phone	Use affiliate directory
Review note	Peer support is not a substitute for psychotherapy or emergency services, but it can complement treatment.
Website	https://www.naminj.org/

NJ 211

Area	Statewide, 24/7
Services	Referral support for mental health, housing, food, utilities, healthcare, and other community needs.
Cost / access	Free information and referral.
Phone	Dial 211; text ZIP code to 898-211
Website	https://www.nj211.org/

6. How to Evaluate Reviews Responsibly

- Confirm that reviews refer to the correct office, program, and clinician.
- Look for repeated patterns rather than relying on one unusually positive or negative review.
- Do not treat star ratings as proof that a provider is clinically appropriate for a specific diagnosis.
- Ask about licensure, supervision, evidence-based approaches, cultural responsiveness, accessibility, and treatment goals.
- Verify insurance participation directly. Online directories are often outdated.
- For community agencies, reviews may reflect scheduling or billing systems rather than the quality of the individual therapist.

7. Questions to Ask Before Scheduling

- Are you accepting new clients?
- Do you accept my insurance or NJ FamilyCare plan?
- What is the full self-pay rate?
- Do you offer a sliding scale, reduced-fee clinician, payment plan, or group option?
- Is there a waitlist?
- Do you provide in-person care, telehealth, or both?
- Do you treat my specific concern and age group?
- What approaches do you use, such as CBT, DBT, ACT, EMDR, ERP, or family therapy?
- Are clinicians independently licensed or practicing under supervision?
- What is the cancellation policy?

8. Referral Notes

Client need / presenting concern

Preferred county or telehealth

Insurance / budget

Provider contacted

Date contacted

Outcome / waitlist

Follow-up action

Sources and Verification Date

Verified July 27, 2026. Primary sources used include the New Jersey Department of Human Services, New Jersey Department of Health, NJ FamilyCare, Rutgers University, and provider program pages. Because fees, hours, ratings, insurance networks, and availability can change, confirm all information before making or giving a referral.

- [NJ 988 Crisis Services](#)
- [NJ Mental Health Support](#)
- [NJ FQHC Information](#)
- [NJ FamilyCare](#)
- [Rutgers CPS](#)
- [Open Path Pricing](#)