

Counseling Center's Community Referrals and Resource Guide



Finding a mental health provider can be a challenging task. Let us guide you through the process with our general tips and resources to make the process more manageable. While this is not an exhaustive list of resources or options, it will help to get you started.

So how do I get started finding a mental health provider in my area?
Below you can find:



1. Information about how to determine if your insurance covers certain providers and what to do if you do not have insurance

2. Mental health providers in New Jersey that are currently accepting new clients

3. Additional links to websites that can assist you in finding mental health providers and the right services to fit your needs throughout the state, with or without insurance

4. Medical care information that you may find useful to support your overall wellness



1. Insurance:

If I want to find a mental health provider through my insurance, how would I do that?

1. Contact Your Insurance Provider:

- a. Call your insurance provider, you can find the number on the back of your insurance card, and request a list of in-network, covered mental health providers within a certain mile radius. You may also be able to access this information on the insurance's website.

2. Ask About Deductibles:

- a. A deductible is the amount that you must pay out-of-pocket before your health insurance makes any payments. Depending on your deductible, for instance, you may have to pay an out-of-pocket fee before your insurance company will begin making payments on claims.

3. Find Out About Your Copayments:

- a. A copay is a charge that your insurance company requires you to pay out-of-pocket for a specific service. For instance, you may have a \$20 copay for each office visit. The copay amount varies with carriers and plans.

4. Confirm Your Coverage:

- a. When you call to schedule an appointment with a mental health provider, ask and make sure that he or she accepts your insurance. Also, ask whether he or she will bill your insurance company directly and you just provide a copayment, or if you have to pay in full and then submit the claim to your insurance company for reimbursement. If your provider does not accept insurance, ask about his or her payment policy and/or a sliding scale.

5. Sliding Scale:

- a. A sliding scale offers fees that vary based on an individual's income, student status, or other criteria set forth by providers in an effort to increase affordability and access to care.

6. No Insurance:

- a. If you do not have insurance and/or cannot pay the out-of-pocket expenses for mental health services, what are your options? Ask about a sliding scale, mentioned above! Also, look below to find links with information about free or low cost services such as Mental Health America and/or calling the referral service NJ Mental Health Cares.



2. Referral List of Mental Health Providers in New Jersey:

1. Catholic Charities

<https://www.catholiccharitiestrenton.org/services/mental-health/>
800-360-7711

1. Mercer County and Burlington County locations:
 - a. Services: Telehealth and on-site services available
 - b. Insurance Accepted: Most private insurance carriers are accepted with the exception of Tricare and Cigna
 - c. Sliding scale: Yes, for uninsured clients
 - d. With statewide partners, Catholic Charities, Diocese of Trenton is providing a **Crisis Counseling Program (CCP) to those impacted by the COVID-19 pandemic**, in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch. The CCP supports short-term interventions that involve the following goals:
 - i. Helping consumers understand their current situation and reactions
 - ii. Reducing stress and providing emotional support
 - iii. Assisting consumers in understanding their disaster recovery options/resources
 - iv. Promoting the use or development of coping strategies
 - v. Connecting consumers with other people and agencies who can help them in their coping/recovery process
 - vi. If you or anyone you know needs to speak with someone, call: **609-414-6967 or 609-414-6659 (Spanish)**.
 - vii. For more information, contact Noelle Davies at ndavies@cctrenton.org.

2. CPC Behavioral Healthcare

<https://www.cpcbehavioral.org/>
800-250-9811

1. Accepting new patients at this time
 - a. Services: Telehealth services available with limited in-person options as needed
 - b. Insurance Accepted: Medicaid, Medicare and some private insurance
 - c. Sliding Scale: Yes on a case-by-case basis depending on income, some sites are grant based

- d. Out-of-pocket expenses: Vary based on type of service rendered. If the client has no insurance CPC works with them to get grant funding or offer a sliding scale depending on their income.

3. GenPsych

<https://genpsych.com/>

855-436-7792

- 1. Accepting new clients
 - a. Services offered: Telehealth services available
 - b. Insurance Accepted: Most private insurance carriers accepted, Medicare and Medicaid are only accepted for certain services
 - c. Sliding Scale: Yes
 - d. Out of pocket expenses: Intake \$100+, all fees vary greatly and fees would be discussed with billing to figure out the best plan for an individual when scheduling specific appointments.

4. Ocean Mental Health Services

<https://oceanmhs.org/>

732-349-5550

- 1. Accepting new patients
 - a. Services: Telehealth services are offered at this time
 - b. Insurance Accepted: Most insurances are accepted with the exception of Qualcare
 - c. Sliding scale: Yes, discounted rates are available based on income and other factors
 - d. Out-of-pocket expenses: Vary based on type of service rendered

5. Preferred Behavioral Health Group

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

732-367-4700

- 1. Accepting new patients
 - a. Services: Telehealth and in-person services are available
 - b. Insurances Accepted: Most insurances are accepted except for MagnaCare and Tricare requires prior authorization before initial session
 - c. Sliding Scale: If the client has no insurance a financial eligibility assessment will be completed to determine fees
 - d. Out of packet expenses: Vary based on type of service rendered

6. The Counseling Center

<https://thecounselingcenter.com/>
855-788-8247

1. Accepting new clients
 - a. Services offered: Telehealth and in-person services are available
 - b. Insurance Accepted: Private insurance only, Medicaid and Medicare are not accepted at this time
 - c. Sliding scale: Affordable self-pay rates are offered on a case-by-case basis if the client is struggling financially
 - d. Out of pocket expense: Varies per person according to the self-pay rates decided

7. HBH Counseling

<https://www.hbhcounseling.com/>
732-477-0862

2. Accepting new clients
 - a. Services offered: Telehealth services are available
 - b. Insurance Accepted: Most private insurance carriers are accepted
 - c. Sliding scale: Sliding scale and payment plans are available
 - d. Out of pocket expense: Varies depending on service rendered and agreed upon financial agreement



3. Additional referral assistance

1. What if I still have questions about finding a provider? Feel free to use these options below:

- a. **Mental Health America**

<https://www.mhanational.org/finding-therapy>

Mental Health America offers comprehensive information about finding a provider in your area, including **affordable** community mental health services and organizations that offer specialized treatment.

b. NJ Mental Health Cares

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

866-202-4357

NJ Mental Health Cares is New Jersey's behavioral health information and **referral service**. The staff of specialists uses their experience and understanding of the behavioral health system to provide callers information and **connect callers to behavioral health and services** needed, such as legal, housing, employment, rehabilitation, inpatient and outpatient, self-help and more. The professional staff also provides supportive counseling, psycho-education, advocacy, and telephone case management to ensure every caller is linked to the services that they need.

c. State of New Jersey Department of Human Services, Division of Mental Health and Addiction Services, Directory of Mental Health Services

https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf

This **directory** is intended to provide information about a wide range of mental health programs and services in the state of New Jersey. A variety of programs are offered at many locations in **all twenty-one counties in the state**.

d. National Alliance on Mental Health New Jersey

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

732-940-0355

NAMI New Jersey (NAMI NJ) is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI NJ offers a broad array of **support, education, and resources** throughout the state, and advocacy programs.

e. Mental Health Association in New Jersey:

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

Mental Health Association in New Jersey, an affiliate of Mental Health America, offers **mental health screenings, call lines, and resources** throughout the state.



4. Medical Care:

Center for Health Education Medicine and Dentistry (CHEMED)

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

732.364.6666

CHEMED offers a range of services including; Internal Medicine, Pediatrics, Women's Health, Behavioral Health, Radiology (including Mammography), Dentistry, Podiatry and specialty services.

Parker Family Health Center (Monmouth County Residents)

<https://www.parkerfamilyhealthcenter.org/patients>

732-212-0777.

The Parker Family Health Center (PFHC) provides free medical care for Monmouth County residents who meet certain requirements and who are without any medical insurance, including either Medicare or Medicaid. In order to become a patient at PFHC, a patient must first be determined eligible by completing an Intake Appointment. To schedule an Intake Appointment, please call the number above.

Updated 8/31/2021 *Information about referrals is subject to change*