



## **REFERRAL LIST**

The following is a partial list of mental health providers in the region of Georgian Court University. Providers are not endorsed by Georgian Court University but are offered as referral resources for clients.

### **EMERGENCY**

*Monmouth Medical Center South Campus (PESS)*

Psychiatric Emergency Screening Services

600 River Ave., Lakewood, NJ 08701

Crisis Unit Number – 732.886.4474 or 1.800.245.9090

Unit Fax 3 – 732.886.4497

Emergency Room – 732.886.4525

*Hackensack Meridian Urgent Care with Behavioral Health*

2040 Route 33

Neptune, NJ 07753

732-455-5800

Walk-in behavioral healthcare center for evaluation and treatment of depression, anxiety, stress and mood disorders. Psychiatrist available for evaluation and short-term prescriptions.

### **24-HOUR HOSPITAL HOTLINES**

*Monmouth Medical Center South Campus, Lakewood (PESS)*

732.886.4474

*Centra State, Freehold*

732.780.6023

*Jersey Shore University Medical Center, Neptune (Suicide Hotline)*

732.776.4555

*Monmouth Medical Center, Long Branch (Crisis Unit/PESS)*

732.923.6999

*Riverview Medical Center, Red Bank (Crisis)*

732.219.5325

*Robert Wood Johnson University Hospital, Somerset*

908.685.2200

## **24-HOUR HOTLINES**

*Suicide and Crisis Lifeline* (call or text)  
988

*Veteran Crisis Line* (call or text)  
988 press 1

*National Domestic Violence Line*  
800.799.7233

*National Sexual Assault Hotline*  
1.800.656.4673

*Child Abuse and Neglect Hotline*  
877.652.2873

*Ocean CREST* (Community Resource for Emergency Support and Treatment)  
1376 Rt 9 Toms River, NJ 08753  
732.240.3760

*St. Francis Counseling Services* Sexual Abuse and Assault Hotline  
609.494.1090

*180 Turning Lives Around* (Monmouth County)  
Domestic Violence – 1.888.843.9262  
Sexual Assault – 1.888.264.7273

*Providence House Catholic Charities* (Ocean County)  
Domestic Violence – 732.244.8259

*New Jersey Coalition Against Sexual Assault* ( NJCASA.org )  
1.800.601.7200

*RAINN National Sexual Assault Hotline*  
1.800.656.4673

*National Suicide Prevention Lifeline and Veterans Crisis Line*  
1.800.273.8255

**OUTPATIENT COUNSELING FACILITIES**

*Hackensack Meridian Urgent Care*

2040 Hwy 33

Neptune, NJ 07753

732.455.5800

(Walk-in psychiatric and medical evaluation, medication management)

Takes most insurances.

*CHEMED*

1771 Madison Ave

Lakewood, NJ 08701

732.364.6666

(Individual therapy, couples therapy, family therapy, group therapy, and psychiatric evaluations)

Takes most insurances. No out of state insurance.

*Bright Harbor Healthcare*

732.575.1111

Locations in Brick, Point Pleasant, Toms River, Bayville

(Individual psychotherapy; medication management)

Screened on 1<sup>st</sup> appointment. Takes most insurances.

Ocean County Residents – Walk-In Mental Emergency Center in Toms River

*Preferred Behavioral Health of NJ (PBH)*

700 Airport Rd, PO Box 2036

Lakewood, NJ 08701

732.367.4700

(Individual psychotherapy, medication management, substance abuse IOP, family support program, anger management group, alcohol and drug education group)

New patients accepted based on insurance. 1<sup>st</sup> appt. Within 1-2 weeks.

Takes almost all insurances. Some United Healthcare programs not eligible.

*Hackensack Meridian Health Psychiatry*

1610 Rt 88

Brick, NJ 08724

732.295.6543

(Medication management)

No United Health or Cigna insurances.

1173 Beacon Ave Suite A

Manahawkin, NJ 08050

732.295.6543 x. 3

*CPC Behavioral Healthcare*

22 Court St

Freehold, NJ 07728

732.780.7387

270 Hwy 35

Red Bank, NJ 07701

732.842.2000

4535 US 9

Howell, NJ 07731

732.987.8200

1088 Hwy 34

Aberdeen, NJ 07747

732.290.1700

(Individual Psychotherapy, medication management, substance abuse treatment)

Has a sliding scale if person does not have insurance. Works with most insurances.

*RWJ Barnabas Behavioral Health Center*

1691 Rt 9

Toms River, NJ 08753

732.914.1688 ; 1.800.300.0628 (ACCESS)

(Individual psychotherapy, medication management, PHP and IOP, substance abuse IOP)  
Inpatient unit for 18 years and older. Takes most insurances.

*Jersey Shore Behavioral Health - Hope Tower*

1945 Hwy 33  
Neptune, NJ 07754  
732.897.3640

(Individual psychotherapy, medication management)

*HBH Counseling*

74 Brick Blvd, Building 4, Suite 206B  
Brick, NJ 08723  
732.477.0862 x 101

(mental health, substance abuse, addictive behaviors, relationships, relapse prevention,  
Dialectical Behavioral Therapy, anxiety management, eating disorder aftercare)  
Offers individual therapy and group therapy. Offers virtual and in-person options.

*Gen Psych*

940 Cedar Bridge Ave, 2<sup>nd</sup> Floor  
Brick, NJ 08723  
1.855.436.7792

908.428.0925 (virtual outpatient line)

(Depression, anxiety, eating disorder, and substance abuse treatment)  
Take most insurances. Does not accept dual plan Medicare/Medicaid.

*Silver Care*

1770 W County Line Rd, Suite 101  
Lakewood, NJ 08701  
732.276.5828

419 E County Line Rd.  
Lakewood, NJ 08701  
732.276.5828 x 3

(Parenting, children, adolescent, and adult therapy)

Clinicians trained in Theraplay, IFS, and attachment-based parenting modalities.  
Only takes NJ Family Care Insurance.

*Princeton House Behavioral Health*

Inpatient	Outpatient
905 Herrontown Rd.	741 Mount Lucas Rd.
Princeton, NJ 08540	Princeton, NJ 08540
888.437.1610 option 1	888.437.1610 option 2

(Individual psychotherapy, medication management, substance abuse IOP)  
Takes most insurances including Medicare and Medicaid.

**INDIVIDUAL MENTAL HEALTH PROVIDERS**

Psychology Today: [psychologytoday.com](https://www.psychologytoday.com)

Resource search engine to find therapists, psychiatrists, support groups and treatment centers nationwide. Users can search for providers using criteria such as: location, virtual services, insurance accepted, gender, race, ethnicity, treatment approach and specialty, among others.

NJPA Psychologist Referral Website: [psychologynj.org](https://www.psychologynj.org)

**OCEAN COUNTY**

Psychiatrists:

M.H. Yosry, MD – 732.240.5544  
40 Bey Lea Rd. Toms River, NJ 08753.

Psychologists:

Annette Appleheimer, Psy. D. - 732.701.9860  
1101 Richmond Ave. Point Pleasant, NJ 08742  
Not accepting new patients as of May 15, 2024.

Dennis Coffey, Psy. D – 732.286.2186  
668 Commons Way, Bldg. 1, Toms River, NJ 08753

Licensed Professional Counselors and Social Workers:

Lynn Davis – 908.770.6803  
Takes virtual appointments through Headway.

Dr. Phyllis Alongi, NCC, LPC, ACS – 732.823.4073  
800 Riverview Dr., Suite 104, Brielle, NJ 08730  
Out of network provider. Also does clinical supervision and guest speaking

**MONMOUTH COUNTY**

Psychiatrists:

Gubhir Khera, MD – 732.530.2900  
661 Shrewsbury Ave., Shrewsbury, NJ 07702

Victoria Ongsiako, MD – 732.617.2222  
420A Bridge Plaza Dr., Englishtown, NJ 07726

Michele Calvosa, MD – 732.409.3555  
24 Merchants Way Suite 211, Colts Neck, NJ 07722

Robert Bransfield, MD – 732.741.3263  
225 NJ-35 Suite 107, Red Bank, NJ 07701  
Does not accept insurance

Psychologists:

Mindy Breyer, Psy. D. - 732.264.2440 x230  
717 North Beers St., Suite 2B, Holmdel, NJ 07733  
Only virtual. Takes most BlueCross, Signa, AETNA, United Healthcare.

Linda Hochman, Ph. D. - 732.554.9076  
776 Shrewsbury Ave #204, Tinton Falls, NJ 07724

Barb Holstein, Ed. D. – 732.571.1200  
170 Morris Ave. Suite E, Long Branch, NJ 07740

Kerri Weiss, Ph. D. - 732.845.1111  
1300 NJ-35, Ocean Township, NJ 07712

Alan Cavaiola, Ph. D. - 732.747.8480  
3100 NJ-138 Suite 2, Wall Township, NJ 07719

Alan Zwerdling, Ph. D., - 732.936.1212  
170 NJ-35, Red Bank, NJ 07701

Licensed Professional Counselors and Social Workers:

Mary Ann Cernak, Ph. D. - 732.367.7128  
63 West Main St., Freehold, NJ 07728

Don Stanton, MSW – 732.747.1413  
40 Ave at the Commons, Shrewsbury, NJ 07702

Cheryl Manfredi, LCSW – 551.485.0091  
200 Atlantic Ave., Suite 12A, Manasquan, NJ 08736

Danielle Forshee, LLC – 732.695.4353  
280 NJ-35 #402C, Red Bank, NJ 07701  
Does not take insurance

Kimberly Pillsbury, LPC, LCADC, NCC – 732.737.1224  
316 Broad St. #4, Red Bank, NJ 07701

JoAnn Jodry, LPC – 732.263.1515  
232 Norwood Ave., West Long Branch, NJ 07764  
Does not take insurance.

**MERCER COUNTY**

Psychologists:

Hue-Sun Ann, Ph. D. – 609.759.0169  
245 Nassau St., 1st Floor Unit 1, Princeton, NJ 08542

Licensed Professional Counselors and Social Workers:

Jennifer Mele, LCSW – 609.389.9313  
1 Vanderveer Dr., Lawrenceville, NJ 08648

**EATING DISORDER SERVICES**

*Monmouth Psychological Associates*  
620 Shrewsbury Ave.  
Tinton Falls, NJ 07701  
732.530.9029

*HBH Counseling, LLC*  
74 Brick Blvd. Bldg. 4 #206B  
Brick Township, NJ 08723  
732.477.0862

*Renfrew Center for Eating Disorders*  
161 Gaither Dr. Suite 105  
Mount Laurel Township, NJ 08054

800.736.3739

*Ocean Waves Wellness Center*  
1300 NJ-35  
Ocean Township, NJ 07712  
732.845.1111

**DIALECTICAL BEHAVIORAL THERAPY (DBT)**

Angela DelRusso, MA, LPC, CCTP – 908.278.9073  
2008 NJ-37 Suite 14, Toms River, NJ 08753  
Ages 25 and older.

Perlman Counseling & Supervision Services, LLC – 732.292.4502  
200 Atlantic Ave. Suite R, Manasquan, NJ 08736

HBH Counseling, LLC – 732.477.0862  
74 Brick Blvd. Bldg 4 #206B, Brick Township, NJ 08723

**SUBSTANCE ABUSE TREATMENT FACILITIES**

*New Hope Foundation*

Outpatient	Inpatient
2 Monmouth Ave.	80 Conover Rd.
Freehold, NJ 07728	Marlboro, NJ 07746
732.308.0113	732.946.3030

*St. Francis Counseling Center*

4700 Long Beach Blvd.  
Long Beach, NJ 08008  
609.494.1554

*CPC Behavioral Healthcare*

Howell	Manahawkin / Stafford Twp.
4539 US-9	1172 Beacon Ave.
Howell, NJ 07731	Stafford Township, NJ 08050
732.987.8200	609.978.0161

*Shoreline Behavioral Healthcare / St. Barnabas Behavioral*

1691 US-9  
Toms River, NJ 08753  
732.914.1688

*Princeton House Behavioral Health*

Inpatient	Outpatient
905 Herrontown Rd.	741 Mount Lucas Rd.
Princeton, NJ 08540	Princeton, NJ 08540
888.437.1610 option 1	888.437.1610 option 2

Takes most insurances including Medicare and Medicaid.

*Sunrise Detox*

16 Whitesville Rd. Suite A  
Toms River, NJ 08753  
732.504.3527

*Endeavor House*  
6 Broadway  
Keyport, NJ 07735  
800.570.2626

*Gen Psych*  
940 Cedar Bridge Ave.  
Brick Township, NJ 08723  
855.436.7792

*Recovery Centers of America at Lighthouse*  
5034 Atlantic Ave.  
Mays Landing, NJ 08330  
609.782.0005

### **MANDATED ASSESSMENT FACILITIES FOR SUBSTANCE ABUSE**

*Preferred Behavioral Health of NJ (PBH)*  
725 Airport Rd.  
Lakewood, NJ 08701  
732.367.8859 x 7190

*New Hope Foundation – Open Door of New Brunswick*  
2-4 Kirkpatrick St.  
New Brunswick, NJ 08901  
732.246.4800

### **WOMEN'S SHELTERS AND SUPPORT**

*Providence House of Ocean County*  
88 Schoolhouse Rd., Whiting, NJ 08759  
732.350.2120

*180 Turning Lives Around*  
1.888.843.9262 (Domestic Violence)  
1.888.264.7273 (Sexual Assault)

*Displaced Homemakers*  
Ocean County – 732.255.0400 x 2297  
Monmouth County – 732.739.6020

**AA Contact:** Brian Quigley – 848.448.6488 (Speaker)

**Low Cost Meds:** rx4nj.org

**Self Help Clearing House:** 1.800.367.6274

<http://www.mededfund.org/NJgroups/index.htm>

**Number for List of Social Service Agencies: 211**



