

# Anxiety & Depression Resources

Tenaflly District is partnered with Care Plus NJ to provide mental health support for the school community. Clinical Program Managers Mackenzie Kuhl, LSW and Heather Brown-Huston, LPC are available to assist K-12 families throughout the district with referrals and local resources for mental health. Feel free to reach out to them at **201-816-4900 x4223 (Mackenzie)** or **201-816-6626 (Heather)** for further assistance.

## Anxiety Resources:

### **CarePlus NJ – Freedom from Anxiety Group,**

(201) 986-5000, Paramus NJ

<https://careplusnj.org/group-therapy-support-groups/>

### **West Bergen Mental Health – Specialized Anxiety Disorders Program,**

(201)485-7172, Ramsey NJ

<https://westbergen.org/anxiety-disorders-2/>

### **CBH Care - Stress & Anxiety Workshop,**

(201) 775-6349, Hackensack NJ

<https://cbhcare.com/programs/community-programs/community-programs-overview.html>

### **WebMD 10 Tips for Parenting Anxious Children (article)**

<https://www.webmd.com/parenting/features/10-tips-parenting-anxious-children>

## Depression Resources:

### **CarePlus NJ – Toolbox for Wellness,**

(201) 986-5000, Paramus NJ

<https://careplusnj.org/group-therapy-support-groups/>

### **West Bergen Mental Health - Depression Intervention Program,**

201-485-7172, Ramsey NJ

<https://westbergen.org/depression-intervention/>

The 24/7  
Performcare  
hotline for  
youth in crisis  
in NJ is 877-  
652-7624. A  
parent or  
guardian must  
call



*This resource is provided for informational purposes only and is not intended to be a substitute for professional advice, diagnosis, or treatment or to indicate endorsement or recommendation by Care Plus NJ, the District or Board for any particular service or agency. Always seek the advice of your mental health professional or other qualified health care provider with any questions you may have and consider your provider's guidance in determining the best course of action in your particular circumstance. The listed resources are provided for your reference.*