

General Outpatient Therapy 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.

Community Mental Health Centers

- CarePlus NJ (201-986-5000)
Paramus, NJ <https://www.careplusnj.org/>
- Korean American Outpatient Services (KAOS), CarePlus NJ
(201-265-8200 ext: 5280) Paramus, NJ
- Comprehensive Behavioral Healthcare (201-957-1800) –
Hackensack, NJ <https://www.cbhcare.com/>
- Vantage Health System (201-567-0059)
Dumont, NJ <https://www.vantagenj.org/>
- West Bergen Mental Health (201-485-7172)
Ramsey NJ <https://www.westbergen.org/>

Other Local Agencies

- Jewish Family Services of Northern NJ (201-837-9090)
Teaneck, NJ <https://www.jfcsnj.org/>
- Christian Health Care Center (201-848-5500)
Wykoff, NJ <https://christianhealthcare.org/>

Psychology Today to find local therapist by insurance accepted, language spoken www.psychologytoday.com

For emergencies, call 9-1-1, go to the ER, or contact 201-262-HELP
<https://www.careplusnj.org/service/crisis-response-services/>

For urgent response for youth, PerformCare 877-652-7624
<http://www.performcarenj.org/index.aspx> Parent/ guardian must call

For general non-emergency support for students age 10-22
may call or text the 24/7 2nd Floor helpline at 888-222-2228,
<https://www.2ndfloor.org/>

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.