

## General Wellness 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.

**Bergen Resource Net** is a free online resource directory of services, support groups, events, webinars, workshops specific to the health and wellbeing in Bergen County. [www.bergenresourcenet.org/](http://www.bergenresourcenet.org/)

### Housing:

**Consumer Credit & Budget Counseling**, (609) 390-9652  
or (888) 738-8233 <https://cc-bc.com/>

**NJ Citizen Action**, (800) 656-9637 or (973) 643-8800  
<https://njcitizenaction.org/>

**Housing Partnership**, (973) 659-1414 ext. 303  
<https://www.housingpartnershipnj.org/contact-success-housing-ownership-preservation/>

**Tri-City Peoples Corporation**, (973) 675-4484  
<http://www.tri-citypeoples.org/>

### Food:

**Center for Food Action**, (201) 569-1804  
Englewood, NJ <https://cfanj.org/>

**Helping Hands Food Pantry**, (201) 837-1600 ext. 1825  
Teaneck, NJ <https://teaneckpantry.com/>

**Jewish Family & Children's Services of Northern NJ**, (201) 837-9090  
Teaneck, NJ <https://www.jfcsnj.org/>

**Supplemental Nutrition Assistance Program (SNAP)**  
<https://www.childcarenj.gov/SocialServices>

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.*