Telephonic and Online Support Resources for the Public

**Telephonic/Online Support Resources – County Specific**

- **Atlantic County:**
  - Hope One Atlantic County, in partnership with Atlantic County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
    - 609-909-7200
    - For more information, visit: https://www.hopeoneac.com/covid19
  - Johns Brooks Recovery Center is offering peer support and online groups.
    - To connect to a recovery coach, email: Peer.support@jbrcnj.org
    - Peer groups are being offered online Monday – Friday at Noon by clicking: https://zoom.us/j/2659470199
    - For more information, visit: https://www.facebook.com/AllRoadsRCC/

- **Bergen County:**
  - The Center for Alcohol and Drug Resources, a program of Children’s Aid and Family Services, in partnership with Bergen County Prosecutor’s Office’s Operation Helping Hand program, is offering 24/7 telephonic peer recovery services by call or text.
    - 201-589-2976
    - For more information on virtual recovery support meetings, visit: https://cafsnj.org/free-virtual-recovery-support-programs-for-residents-of-bergen-county/
  - Bergen New Bridge Medical Center is offering a 24/7 Access Center for Mental Health and Substance Abuse Services.
    - 800-730-2762
Alumni in Recovery is offering support for youth and parents, and community engagement.

- For more information, contact: Nancy Labov RN CADC, Founder at 201-741-6409 or nancy@alumniinrecovery.org, or visit: www.alumniinrecovery.org

**Burlington County:**
- Burlington County Prosecutor’s Office’s Operation Helping Hand Program is offering 24/7 telephonic peer recovery services.
  - 609-354-2643 (May – August 2020)
- Straight to Treatment:
  - Evesham Twp. Police Department: Mondays, Noon – 7:00pm
  - Pemberton Police Department: Tuesdays, Noon – 6:00pm
  - City of Burlington Police Department: Wednesdays and Thursdays, Noon – 6:00pm
- Hand n’ Heart:
  - Contact Trisha Baum at: 267-237-1396 or handnhearts@gmail.com (Monday – Friday, 9:00am – 5:00pm)
- Solstice: dan@solsticecares.com or 609-287-6766
- City of Angels: 609-910-4942 (24/7)
- Hope One Burlington: For support or assistance, contact via its Facebook Page at: https://www.facebook.com/pg/hopeonebc/posts/?ref=page_internal
- For additional county resources, contact Assistant Prosecutor Melissa O’Mara, who is working with Burlington County Prosecutor’s Office’s Operation Helping Hand Program, at: momara@co.burlington.nj.us

**Camden County:**
- Center for Family Services Hotline, in partnership with Camden County Prosecutor’s Office’s Operation Helping Hand program, is offering 24/7 telephonic peer recovery services.
  - 877-266-8222

**Cape May County:**
- Hope One Cape May County, in partnership with Cape May County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
  - 609-522-4375

**Cumberland County:**
- Compassionate Addiction Recovery Equals Success (C.A.R.E.S.), in partnership with Cumberland County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
  - 800-236-2448
Cumberland County Prosecutor’s Office is hosting a series called “Coping with COVID”. There are two videos related to recovery resources during COVID-19: “Sustaining Recovery During a Pandemic” and “Mental Health & Drug Abuse”.
- The videos may be viewed at: https://www.facebook.com/njccpo/videos/1629835683806985/?hc_ref=ARRzgCH5y5A3Iylw_xslVLvLckX6ASMK8ephQJ5GhfUJGo7QPX_JIU2Zj51holeLHM4&fref=nf&__tn__=kC-R
- For additional information, email Cumberland County Prosecutor’s Office’s Special Agent Matthew Rudd at: MatthewRu@co.cumberland.nj.us

- Essex County:
  - Alumni in Recovery is offering support for youth and parents, and community engagement.
    - For more information, contact: Nancy Labov RN CADC, Founder at 201-741-6409 or nancy@alumniinrecovery.org, or visit: www.alumniinrecovery.org

- Gloucester County:
  - Gloucester County Office of Addiction Services: 856-384-6885
  - Solstice Counseling & Wellness Center: 856-345-1461
  - Center for Family Services: 877-922-2377
  - Helping Hands Behavioral Health: 856-881-9000
  - My Friend’s House: 877-215-1880
  - City of Angels: 609-910-4942 (24/7)

- Hunterdon County:
  - Hunterdon County Prosecutor’s Office’s Operation Helping Hand Program is offering 24/7 telephonic peer recovery services.
    - 908-788-1129
  - Prevention Resources, Inc., who works with Hunterdon County Prosecutor’s Office’s Operation Helping Hand Program, is offering counseling, support services, and other meetings via tele-conferencing.
    - For more information, call: 908-782-3909
    - Email kwidico@njprevent.com for treatment/early intervention services; rswartz@njprevent.com for family support; and lgabel@njprevent.com for prevention services.

- Mercer County:
  - Recovery Advocates of America, Inc., in partnership with Mercer County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
    - 888-360-7788
Middlesex County:
Blue Cares Hotline, in partnership with Middlesex County Prosecutor’s Office’s Operation Helping Hand program, is offering 24/7 telephonic peer recovery services.
  - 732-596-4199
    - Blue Cares connects individuals to Woodbridge Township Department of Health & Human Services.
  - Blue Cares App provides additional resources and information on addiction.
    - Apple Users:
      Go to the App Store on your mobile device. Search for "Blue Cares".
      Go to: Appstore.com/bluecares
    - Android Users:
      Go to the Google Play Store on your mobile device. Search for "Blue Cares".
      Go to: https://play.google.com/store/apps/details?id=com.bluecares.messenger

Monmouth County:
  - Recovery Advocates For The Shores (RAFTS), in partnership with Monmouth County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
    - 1-833-2B-SOBER (Press 1 for a recovery coach)
      - RAFTS connects individuals to CPC Behavioral Healthcare, which provides virtual intake and counseling.
        - To contact CPC Behavioral Healthcare directly, call: 800-250-9811
  - Monmouth County Prosecutor’s Office’s Operation Helping Hand Program is offering a 24/7 Helpline.
    - 1-833-OHH-CARE (1-833-644-2273)

Morris County:
Prevention is Key/Center for Addiction, Recovery, Education, and Success (CARES), in partnership with Morris County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
  - 973-625-1143
  - For available supportive virtual services, visit: www.caresnj.org
• Ocean County:
  Hope Sheds Light, a community partner with Ocean County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
  - 855-850-HOPE (4673)
  - For a calendar of available virtual meetings/classes and other resources, visit: http://www.hopeshedslight.org/wp-content/uploads/2020/05/Recovery-Center-May-2020-Calendar.pdf

• Passaic County:
  - Prevention is Key/CARES, in partnership with Passaic County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
    - 973-625-1143
    - For available supportive virtual services, visit: www.caresnj.org
  - Eva’s Village is offering a peer recovery hotline that operates Monday – Friday between 8:00am – 4:00pm.
    - 973-754-6784
  - Alumni in Recovery is offering support for youth and parents, and community engagement.
    - For more information, contact: Nancy Labov RN CADC, Founder at 201-741-6409 or nancy@alumniinrecovery.org, or visit: www.alumniinrecovery.org

• Salem County:
  - City of Angels, in partnership with Salem County Prosecutor’s Office’s Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
    - 609-910-4942
  - The Southwest Council, Inc.: 800-856-9609 x 322
    - Staff is working remotely, but checking voicemails daily and responding during the normal operating hours of 8:30am – 4:30pm.
    - To be connected to a peer recovery specialist, email: info@southwestcouncil.org
    - For information on available resources, visit: www.southwestcouncil.org
  - Salem County RESCUE, Salem County Prosecutor’s Office’s Operation Helping Hand Program, may be reached at: SalemCountyRESCUE@salemcountynj.gov
• Somerset County:
  o Richard Hall Community and Wellness Center, who works with Somerset County Prosecutor’s Office’s Operation Helping Hand Program, is offering limited access to recovery and treatment services during the crisis.
    - For updated information regarding its limited services and ongoing efforts to offer virtual services, visit: https://www.co.somerset.nj.us/government/human-services/mental-health
  o Community in Crisis Community, physically located in Bernardsville, is offering virtual recovery support meetings multiple times a day, 7 days a week.
    - For more information, visit: www.communityincrisis.org/programs/all-recovery-support

• Sussex County:
  The Center for Prevention & Recovery, who works with Sussex County Prosecutor’s Office’s Operation Helping Hand Program, is offering telephonic and virtual services.
    - For more information, call: 973-940-2966
    - To be connected to a recovery coach, call or text: 844-722-5327

• Union County:
  The Helping Hands 365 Hotline, in partnership with Union County Prosecutor’s Office’s Operation Helping Hand program, is offering 24/7 telephonic peer recovery services.
    - 855-825-3275
      - The Helping Hands 365 Hotline connects individuals to Prevention Links.
        - To contact Prevention Links directly, call: 732-381-4100

• Warren County:
  The Family Guidance Center of Warren County, who works with Warren County Prosecutor’s Office’s Operation Helping Hand Program, is offering a 24/7 crisis hotline.
    - 908-454-5141
Virtual Meetings and Additional Online Tools – General statewide

- Prevention Links is offering online recovery services.
  - Contact Sonya Elefante at selefante@preventionlinks.org for Zoom meeting dates/times and Sabrina Sabater at ssabater@preventionlink.org for peer recovery support services.
- Prevention is Key/CARES is offering online recovery services and support.
  - http://morris.caresnj.org/
- Community in Crisis is offering online recovery meetings.
  - https://communityincrisis.org/programs/all-recovery-support/
- RWJBarnabas Health Institute for Prevention and Recovery is offering virtual all recovery meetings.
  - https:// conta.cc/2UjrJZ9
- Connecticut Community for Addiction Recovery (CCAR) is offering virtual all recovery meetings.
  - https://ccar.us/zoom/
- Recovery Advocates of America, Inc. is offering online groups and meetings.
  - https://recoveryadvocates.org/events/
- Integrity House is offering online services, including peer and community support groups.
  - https://integrityhouse.org/digitalservices/
  - Individual and family therapy is also available for participants by appointment only. To schedule an appointment, contact: wellnesscenterinfo@integrityhouse.org.
- Addiction Policy Forum App (Connections App) is offering sobriety tracking, e-therapy, peer messaging, clinical support, treatment plan reminders, journaling, and a resource library.
  - https://www.addictionpolicy.org/connections-app
- The Hazelden Betty Ford Foundation has a list of other available recovery support apps.
  - https://www.hazeldenbettyford.org/recovery/tools/apps
- SoberGrid is offering 24/7 online peer recovery support.
  - https://www.sobergrid.com/
- In The Rooms is a free online recovery tool that is offering 130 weekly online meetings for those recovering from addiction and related issues.
  - https://www.intherooms.com/home/
- Recovery Link is offering online recovery meetings, peer support, and classes, such as yoga and CrossFit.
  - https://www.myrecoverylink.com/digital-recovery-support/
- LifeRing Secular Recovery is offering online meetings.
  - https://www.lifering.org/online-meetings
Refuge Recovery is offering an online daily recovery program that includes meditation and personal inventory, mentorship, retreat and service as integral components.
  - https://www.refugerecovery.org/meetings
Recovery Dharma is offering online meetings using Buddhist practices and principles.
  - http://www.recoverydharma.online
WeConnect Recovery is an online recovery support group.
  - https://www.weconnectrecovery.com/free-online-support-meetings
Herren Project is offering live virtual online support groups and recovery meetings.
  - https://herrenproject.org/online-support-groups/
Tempest is offering recovery meetings and other supportive virtual programs.
  - https://www.jointempest.co/tempest-covid19-response
DynamiCare Health is offering online recovery support meetings every day at Noon.
The Relational Center is offering online video chat support groups.
  - https://www.relatonialcenter.org/onlinesupport/
Self-Management and Recovery Training (SMART) Recovery is offering online community, forums, message boards, and support meetings.
  - https://www.smartrecovery.org/community/
Sober Recovery is an online forum for those in recovery and their friends and family.
  - https://www.soberrecovery.com/forums/
SoberCity is an online support and recovery community.
  - https://www.soberocity.com/
Soberistas is a women-only international online recovery community.
  - https://soberistas.com/
Stepchat Recovery is offering chat rooms for recovery.
  - https://www.stepchat.com
Reddit Recovery is a virtual hang out.
  - https://www.reddit.com/r/REDITORSINRECOVERY/
Unity Recovery is offering daily online recovery meetings.
  - https://www.unityrecovery.org/
New Jersey National Alliance on Mental Illness is offering online support groups.
  - http://www.naminj.org/online-support-groups/
Mental Health Association of New Jersey has a list of 12 Step Virtual Resources.
Mental Health Association of New Jersey is offering virtual support and learning opportunities for individuals and families.
  - https://www.mhanj.org/virtual-support-and-learning-opportunities/
- 12step.org is offering online/phone meetings.
  - https://www.12step.org/social/online-meetings/
- 12 Step Online is offering recovery chat and online meetings.
  - https://www.12step-online.com/
- Lionrock Recovery is offering online AA meetings and drug & alcohol support groups.
  - https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups
- Alcoholics Anonymous has online/phone meetings.
  - https://www.aa-intergroup.org/directory.php
  - https://www.onlinegroupaa.org
  - https://www.aaoLINEMeeting.net
  - https://www.aaphonemeetings.org
  - http://www.stayingcyber.org/
  - https://www.nnjaa.org/
  - Alcoholics Anonymous - North Jersey
    - 800-245-1377 (24/7)
    - http://www.centraljerseyintergroup.org/
  - Alcoholics Anonymous - Central Jersey
    - 609-586-6900 (24/7)
    - https://www.aasj.org/
  - Alcoholics Anonymous - South Jersey
    - 856-486-4444 (24/7)
- Al-non has online/phone meetings.
  - https://www.al-anon.org/al-anon-meetings/electronic-meetings/
  - https://www.al-anon.info/MtgSearch/PhoneMeetings.aspx?language=EN
- Narcotics Anonymous has online/phone meetings.
  - https://www.nanj.org/meetings/online.shtml
  - Narcotics Anonymous Helpline
    - 800-992-0401
    - https://www.narcoticsanonymouSNj.org/meetings/
    - https://www.na.org/meetingsearch/
    - https://www.virtual-na.org/
    - https://www.navoices.com
    - https://www.southjerseyna.org/online-meetings/
    - http://www.csascna.org/
    - https://www.nabyphone.com
    - https://www.na-recovery.org
    - https://www.naranonchat.com/
    - https://www.nar-anon.org/forum/
    - https://zoom.nastuff.com/
• Cocaine Anonymous has online meetings.
  o https://www.ca-online.org/
  o http://www.nj-ca.org/
• Marijuana Anonymous has virtual support.
  o https://www.ma-online.org/
• Families Anonymous is offering online meetings for families and friends.
• XA Speakers is offering recorded speakers from a variety of 12-step fellowships.
  o https://www.xa-speakers.org/
• The Phoenix is offering live stream CrossFit, yoga, and mediation daily every two hours during the COVID Crisis.
  o https://www.thephoenix.org/covid19/
Other Available Resources – General statewide

- New Hope IBHC (Inpatient and Outpatient Treatment)
  - For more information, contact Kristina Bloodgood MSW, Director of Admissions at kbloodgood@newhopeIBHC.org or 732-946-3030 (Option 3 for adults and Option 5 for adolescents)

- Integrity House (Inpatient and Outpatient Treatment)
  - For more information, visit: https://integrityhouse.org/programs-services/
Virtual/Telephonic Resources for Peers

- New Jersey Prevention Network (NJPN) created “The Confab” to be a safe space to discuss issues and strategies that may assist in peer’s health and well-being.
  - For more information, visit: https://www.njpn.org/join-us-on-confab
  - There is a Zoom Meeting every Tuesday, 2:00pm – 3:00pm and Friday, 6:00pm – 7:00pm
  - Zoom Link: https://njpn.zoom.us/j/902275465
  - Call-in Information: Dial 646-876-9923/Meeting ID: 902 275 465

- New Jersey Coalition for Addiction Recovery Support (NJ CARS) is offering virtual check-in meetings for peer support and resource sharing.
  - There is a Zoom Meeting every other Monday at 4:00pm on April 27th, May 11th, May 25th, and June 8th.
  - Zoom Link: https://zoom.us/j/494865435?pwd=Vll2am5sRThhdzJncXjpWEs0dUsyQT09&statsuccess
  - For questions, email: cdix@preventionlinks.org

- Prevention is Key/CARES is offering “Heal the Healers” every Wednesday at 7:00pm.
  - For more information for the Zoom meetings, visit: https://morris.caresnj.org/zoom-with-us/#more-2521

- Mental Health Association of New Jersey is offering a weekly virtual support group for peer support practitioners and peer recovery specialists.
  - For registration, email: consumerconnections@mhanj.org or visit: https://www.facebook.com/MHANJConsumerConnections/

- National Center for Peer Support is offering 24/7 confidential services, including peer counseling, assessments, referrals, prevention training, and post-intervention crisis response for those who serve others, including veterans/military, mothers, law enforcement, caregivers, child protection workers, and educators.
  - For more information, call: 732-235-3355
**Housing, Employment, and Other Support Services**

- **Support Team for Addiction Recovery (STAR)**
  STAR programs provide non-clinical support services (addressing homelessness, incarceration, employment, education, transportation, social services, etc.) for individuals with opioid use disorder, and are operational during this crisis in all 21 counties via virtual/telephonic intakes, assessments, and service. For more information, contact:

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<tr>
<th>Location</th>
<th>Organization</th>
<th>Address</th>
<th>Contact Person</th>
<th>Email(s)</th>
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<tbody>
<tr>
<td>Atlantic</td>
<td>AtlantiCare Behavioral Health</td>
<td>2511 Fire Road, Egg Harbor Township, NJ 08234</td>
<td>Karen Cooper</td>
<td><a href="mailto:karen.cooper@atlanticare.org">karen.cooper@atlanticare.org</a></td>
<td>609-645-7600</td>
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<tr>
<td>Cumberland</td>
<td>Oaks Integrated Care, Inc.</td>
<td>770 Woodlane Road, Mount Holly, NJ 08060</td>
<td>Kacey Batushansky</td>
<td><a href="mailto:kacey.batushansky@oaksintcare.org">kacey.batushansky@oaksintcare.org</a></td>
<td>609-984-0676</td>
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<tr>
<td>Bergen</td>
<td>Children’s Aid and Family Services</td>
<td>22-08 Route 208 S, Fair Lawn, NJ 07410</td>
<td>Elaine Hernandez</td>
<td>el <a href="mailto:hernandez@cafsnj.org">hernandez@cafsnj.org</a></td>
<td>201-261-2800</td>
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<tr>
<td>Essex</td>
<td>RWJ Barnabas Health Institute for Prevention and Recovery</td>
<td>442 State Route 35, 3rd Floor, Eatontown, NJ 07724</td>
<td>Lynn Seaward</td>
<td><a href="mailto:lynn.seaward@rwjbh.org">lynn.seaward@rwjbh.org</a></td>
<td>732-837-9401</td>
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<tr>
<td>Burlington</td>
<td>Oaks Integrated Care, Inc.</td>
<td>770 Woodlane Road, Mount Holly, NJ 08060</td>
<td>Kacey Batushansky</td>
<td><a href="mailto:kacey.batushansky@oaksintcare.org">kacey.batushansky@oaksintcare.org</a></td>
<td>609-267-5928</td>
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<tr>
<td>Gloucester</td>
<td>Center for Family Services</td>
<td>601 S. Black Horse Pike, Williamstown, NJ 08094</td>
<td>Heather Altman</td>
<td><a href="mailto:heather.altman@centerffs.org">heather.altman@centerffs.org</a></td>
<td>609-781-7346</td>
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<td><strong>Camden</strong></td>
<td>Center for Family Services 108 Somerdale Road Voorhees, NJ 08043</td>
<td>Heather Altman</td>
<td>609-781-7346</td>
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<td><strong>Hudson</strong></td>
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<td>Lynn Seaward</td>
<td>732-837-9401</td>
<td><a href="mailto:lynn.seaward@rwjbh.org">lynn.seaward@rwjbh.org</a></td>
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<td><strong>Cape May</strong></td>
<td>Center for Family Services 108 Somerdale Road Voorhees, NJ 08043</td>
<td>Kimberly Govak</td>
<td>856-831-8122</td>
<td><a href="mailto:kimberly.govak@centerffs.org">kimberly.govak@centerffs.org</a></td>
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<td><strong>Hunterdon</strong></td>
<td>Rutgers UBHC 30 Knightsbridge Road Piscataway, NJ 08854</td>
<td>Stephanie Evans</td>
<td>732-235-6184</td>
<td><a href="mailto:evanssl@ubhc.rutgers.edu">evanssl@ubhc.rutgers.edu</a></td>
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<td><strong>Mercer</strong></td>
<td>Rutgers UBHC 30 Knightsbridge Road Piscataway, NJ 08854</td>
<td>Stephanie Evans</td>
<td>732-235-6184</td>
<td><a href="mailto:evanssl@ubhc.rutgers.edu">evanssl@ubhc.rutgers.edu</a></td>
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<td><strong>Salem</strong></td>
<td>Center for Family Services 108 Somerdale Road Voorhees, NJ 08043</td>
<td>Kimberly Govak</td>
<td>856-831-8122</td>
<td><a href="mailto:kimberly.govak@centerffs.org">kimberly.govak@centerffs.org</a></td>
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<td><strong>Middlesex</strong></td>
<td>RWJ Barnabas Health Institute for Prevention and Recovery 442 State Route 35, 3rd Floor Eatontown, NJ 07724</td>
<td>Lynn Seaward</td>
<td>732-837-9401</td>
<td><a href="mailto:lynn.seaward@rwjbh.org">lynn.seaward@rwjbh.org</a></td>
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<td><strong>Somerset</strong></td>
<td>Richard Hall Community Mental Health Center 500 N. Bridge Street Bridgewater, NJ 08807</td>
<td>Nicci Spinazzola</td>
<td><a href="mailto:spinazzola@co.somerset.nj.us">spinazzola@co.somerset.nj.us</a></td>
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<tr>
<td><strong>Monmouth</strong></td>
<td>Preferred Behavioral Health 700 Airport Road Lakewood, NJ 08701</td>
<td>Jean Hennon</td>
<td>732-367-4700 ext.7136</td>
<td><a href="mailto:jhennon@preferredbehavioral.org">jhennon@preferredbehavioral.org</a></td>
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<tr>
<td><strong>Sussex</strong></td>
<td>Center for Prevention and Counseling 61 Spring Street Newton, NJ 07860</td>
<td>Becky Carlson</td>
<td>973-862-6700</td>
<td><a href="mailto:becky@centerforprevention.org">becky@centerforprevention.org</a></td>
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<td>Morris</td>
<td>CarePlus</td>
<td>610 Valley Health Plaza</td>
<td>Katherine Coleman</td>
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<td>201-986-5045</td>
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<td>Paramus, NJ 07652</td>
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<td>Jenna Paparozzi</td>
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<tr>
<td>Union</td>
<td>Prevention Links</td>
<td>121 Chestnut Street</td>
<td>Sabrina Sabater</td>
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<td>732-381-4100, ext. 123</td>
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<td><a href="mailto:ssabater@preventionlinks.org">ssabater@preventionlinks.org</a></td>
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<td>Ocean</td>
<td>Integrity House</td>
<td>310 Main St.</td>
<td>Cynthia Kelly</td>
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<td>Gary Sheridan</td>
<td><a href="mailto:gcsheridan@integrityhouse.org">gcsheridan@integrityhouse.org</a></td>
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<td>Warren</td>
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<td>610 Valley Health Plaza</td>
<td>Katherine Coleman</td>
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