

## Local Mental Health Professionals

This a partial list of public and private mental health professionals in Bergen County.

<b>NJ Mental Health Cares Helpline</b>	Call 866-202-HELP (4357) Mon-Fri, 8am - 8pm.
<b>Bergen's Promise/Perform Care</b> 877-652-7624. <a href="https://www.bergenspromise.org/">https://www.bergenspromise.org/</a>	Perform Care will conduct an assessment and link the youth and family with the services they need in the most appropriate setting. These services may include: care management, mobile response and stabilization services, a more extensive needs assessment, outpatient services, among other options.
<b>Care Plus NJ</b> <a href="https://careplusnj.org/service-type/children-family-services/">https://careplusnj.org/service-type/children-family-services/</a> Care Plus NJ, Inc. Headquarters 610 Valley Health Plaza, Paramus, NJ 07652 201-265-8200	Care Plus is an excellent resource for families/ children in crisis, in need of family support or individual/group therapy.
<b>Children &amp; Family Services</b> 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660	Children services from Care Plus
<b>Children's Aid and Family Services</b>  <b>Fair Lawn:(201) 261-2800</b> <a href="https://cafsnj.org/">https://cafsnj.org/</a>	Counseling for children and teens that have suffered trauma, have attachment issues, and family work when the child/teen has behavior issues. Individual counseling, family support groups and workshops.
<b>West Bergen Center for Children and Youth</b> Ramsey and Ridgewood- 201-444-3550 <a href="http://www.Westbergen.org">www.Westbergen.org</a>	Classes for Divorce, social skills, ADHD, ASD, family & Individual counseling Sliding scale or fee depends on group
<b>Vantage Health System</b> Dumont/Englewood 201-567-0500	Comprehensive range of outpatient clinical services designed to meet the needs of children, adolescents and adults
<b>Meaningful Directions Therapeutic Services</b> 375 Main Street Hackensack, NJ 07601 201-749-2009	Individual and Family counseling- Focus on ADHD, Autistic Spectrum Disorders, Anxiety & Depression

<p><b>Inspire Wellness</b> Closter, Glen Rock, Ridgewood, Paramus 201-564-7331 <a href="http://www.inspirewellnessnj.com">www.inspirewellnessnj.com</a></p>	<p>They employ specialists from various disciplines, including psychology, speech and language pathology, behaviorism, occupational therapy, education, wellness, and coaching. All ages/ All areas of concern/ Groups &amp; Individual therapy. Great for anxiety, self esteem, social skills.</p>
<p><b>The Koch Center-</b> Englewood &amp; Waldwick- 201-541-6420 <a href="http://www.kochcenter.com">www.kochcenter.com</a></p>	<p>Individual therapy and group work available</p>
<p><b>Hearts &amp; Crafts Counseling</b> 330 B Broadway, Hillsdale NJ 201- 818-9399 <a href="http://heartsandcraftscounseling.org/">heartsandcraftscounseling.org/</a></p>	<p>Individual and group counseling services are provided to children and teens dealing with the challenges associated with, but not limited to, bereavement, illness, divorce, school issues, abuse, diabetes, anxiety, depression and bullying</p>
<p><b>The Center for Behavioral Health</b> Teaneck NJ 201-692-9500</p>	<p>Holly L Ohren Weiss LCSW-</p>
<p><b>Free To Be Mindful</b> 730 Grand Ave., Suite 2H Ridgefield, NJ 07657 201-430 5811</p>	<p>Vanessa DeJesus Guzman, LPC, NCC Mindfulness groups for children with ADHD and autism</p>
<p><b>Anew Counseling Services, LLC</b> <a href="mailto:tamanna@anewcounselingservices.com">tamanna@anewcounselingservices.com</a> 617 Oradell Ave., Suite 3 Oradell, NJ 07649 551-795-3822</p>	<p>Tara Amanna, M. Ed, LPC</p>
<p><b>Hamilton Behavioral</b> 300 A Forest Ave, Paramus, NJ 07653 (201) 490-5158</p>	<p>Individual therapy for children and adults. They accept insurance. Regina Caslin LCSW Works with all ages. Although her focus is on kids, anxiety, depression and self -esteem.</p>
<p><b>Jill A. Panaleo, LCSW and Associates, LLC</b> 151 West Passaic St. Rochelle Park, NJ 07662 201.926.5550</p>	

<p><b>Specialized Therapy Associates</b>  4 Forest Ave, Suite 110  Paramus, NJ 07652  201-488-6678</p>	<p>Psychologists, social workers, and psychiatrists on staff.</p>
<p><b>Dr. Sara Calvert</b>  Psychiatrist  Oradell 201-2620100</p>	<p>Dr. Calvert specializes in providing comprehensive psychiatric care to children, adolescents and adults. In addition to her experience in treating mood disorders such as Bipolar Disorder and Depression, anxiety disorders such as OCD and Social Phobia, and Attention Deficit Disorders (ADHD), Dr. Calvert has a special interest in working with individuals who have Autistic Spectrum Disorders ** Dr. Calvert is an out of network provider*</p>
<p><b>Sarah Glisky, LCSW</b>  1060 Main Street, Suite 303  River Edge, NJ  201-488-0408  <a href="http://www.phgservices.org/">http://www.phgservices.org/</a></p>	
<p><b>Bergen Therapy Associates</b>  297 Kinderkamack Road Suite 212  Oradell, NJ 07649  973-806-5693/ 201-967-1346</p>	<p>ANTONELLA MARIA GUTTILLA, LPC</p>
<p><b>Minisink Psychology &amp; Psychotherapy</b>  589 Franklin Turnpike  Ridgewood, NJ  908-405-6576</p>	<p>Pam Babik, LCSW</p>
<p><b>Melissa Adessa, LCSW</b>  Rochelle Park  Melade14@aol.com  <a href="https://iocdf.org/providers/adessa-melissa/">https://iocdf.org/providers/adessa-melissa/</a></p>	
<p>Heather Christensen, LCSW, RPT    201-527-5305 Englewood  <a href="http://hchristensenlcsw.net/">http://hchristensenlcsw.net/</a></p>	
<p>C.A.T.S- Children's After-school Treatment Services- 201-336-7358</p>	<p>Free after-school social skills groups Hackensack/Paramus-</p>

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