

Local Mental Health Professionals

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

NJ Mental Health Cares Helpline	Call 866-202-HELP (4357) Mon-Fri, 8am - 8pm.
Bergen's Promise/Perform Care 877-652-7624. https://www.bergenspromise.org/	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.
Care Plus NJ https://careplusnj.org/service-type/children-family-services/ 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.
Children & Family Services 17-07 Romaine Street, Fair Lawn, NJ 07410 201-797-2660	Children services from Care Plus
Children's Aid and Family Services Fair Lawn:(201) 261-2800 https://cafsnj.org/	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.
West Bergen Center for Children and Youth Ramsey and Ridgewood- 201-444-3550 www.Westbergen.org	Classes for Divorce, social skills, ADHD, ASD, family & Individual counseling Sliding scale or fee depends on group
Vantage Health System Dumont/Englewood 201-567-0500	Comprehensive range of outpatient clinical services designed to meet the needs of children, adolescents and adults
PM Pediatrics/ Behavioral Health Paramus NJ https://pmpediatrics.com/behavioralhealth/	There is an online form on the website to request an intake appointment. Services are available for ages 5-26.
Meaningful Directions Therapeutic Services 375 Main Street Hackensack, NJ 07601 201-749-2009	Individual and Family counseling- Focus on ADHD, Autistic Spectrum Disorders, Anxiety & Depression

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<p>Inspire Wellness Closter, Glen Rock, Ridgewood, Paramus 201-564-7331 www.inspirewellnessnj.com</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 & Individual therapy. Great for anxiety, self esteem, social skills.</p>
<p>The Koch Center- Englewood & Waldwick- 201-541-6420 www.kochcenter.com</p>	<p>Individual therapy and group work available</p>
<p>Hearts & Crafts Counseling 330 B Broadway, Hillsdale NJ 201- 818-9399 heartsandcraftscounseling.org/</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>The Center for Behavioral Health Teaneck NJ 201-692-9500</p>	<p>Holly L Ohren Weiss LCSW-</p>
<p>Free To Be Mindful 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>Anew Counseling Services, LLC tamanna@anewcounselingservices.com 617 Oradell Ave., Suite 3 Oradell, NJ 07649 551-795-3822</p>	<p>Tara Amanna, M. Ed, LPC</p>
<p>Hamilton Behavioral 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>Jill A. Panaleo, LCSW and Associates, LLC 151 West Passaic St.</p>	

Rochelle Park, NJ 07662 201.926.5550	
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Specialized Therapy Associates 4 Forest Ave, Suite 110 Paramus, NJ 07652 201-488-6678	Psychologists, social workers, and psychiatrists on staff.
Dr. Sara Calvert Psychiatrist Oradell 201-2620100	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*
Sarah Glisky, LCSW 1060 Main Street, Suite 303 River Edge, NJ 201-488-0408 http://www.phgservices.org/	
Bergen Therapy Associates 297 Kinderkamack Road Suite 212 Oradell, NJ 07649 973-806-5693/ 201-967-1346	ANTONELLA MARIA GUTTILLA, LPC
Minisink Psychology & Psychotherapy 589 Franklin Turnpike Ridgewood, NJ 908-405-6576	Pam Babik, LCSW
Barbara Maurer Godwin Ave. Midland Park, NJ 551-427-7769	Trauma Specialist. Works with Kids and Teens.
Melissa Adessa, LCSW Rochelle Park Melade14@aol.com https://iocdf.org/providers/adessa-melissa/	

<p>Heather Christensen, LCSW, RPT</p> <p>201-527-5305 Englewood</p> <p>http://hchristensenlcsw.net/</p>	
<p>RISE Wellness Group</p> <p>24 Godwin Ave. B-1</p> <p>Midland Park, NJ</p> <p>201-730-4293</p>	<p>https://www.risewellnessgroup.com/</p>
<p>Light the Way Counseling Center LLC</p> <p>Midland Park, NJ</p> <p>201-444-8103</p>	<p>Many specialties and therapists in this group. They are out of network.</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>