



STUDENTS.....

Need to talk to someone???

College is a time of much excitement --- and stress!!! – get assistance with life's Issues from these places:

1. **Focus Rutgers Wellness Center** --- (973_) 732-6040 449 Broad St., Newark, N. J. Care for physical and mental health! Services for all ---- regardless of insurance or immigration status.
2. **Mental Health Association of Essex County** South Fullerton Avenue, Montclair, NJ (just off Bloomfield Ave.) In downtown Montclair. Lots of different programs and a commitment to affordable services! Helpline: 973 509-9777
3. **Single Stop** at ECC: Get help accessing the many programs and resources that you may be eligible for! Social Security, Food Stamps (SNAP), “welfare”, housing, etc..... Staff workers will help you to learn what is out there and how to get it! Yellow Area, 3rd level, main campus or call Mike Cresci, 973 877-3297.
4. **The Cope Center** – Bloomfield Avenue, Montclair – 973 783-6655.
5. **Rutgers University Behavioral Health Center / UMDNJ** – Newark and several other locations – call toll free #: 800 969-5300.
6. **East Orange General** – Behavioral Health Center: Lots of different types of help for big or little troubles: General info: 973 266-4478 Or 4470 Crisis Hotline: 973 672-9685;
7. **Catholic Charities** – Mount Carmel Guild Behavioral Health System: 56 Freeman Street, Newark, NJ; 973 596-4190 973 596-3925
8. **North Jersey Consultation Center** , Livingston NJ (73 bus to Livingston)



EOF students – speak with your Counselor or Ms. Romano if you need help with this!(If you know of other resources – see Ms. Romano, EOF -- x3231)

EOF --- Get with the Program!!!!!!!!!!!!