

## Counseling Center's Community Referrals and Resource Guide



Finding a mental health provider can be a challenging task. Let us guide you through the process with our general tips and resources to make the process more manageable. While this is not an exhaustive list of resources or options, it will help to get you started.

**So how do I get started finding a mental health provider in my area?  
Below you can find:**



**1. Information about how to determine if your insurance covers certain providers and what to do if you do not have insurance**



**2. Mental health providers in New Jersey that are currently accepting new clients**



**3. Additional links to websites that can assist you in finding mental health providers and the right services to fit your needs throughout the state, with or without insurance**



**4. Medical care information that you may find useful to support your overall wellness**



## 1. Insurance:

If I want to find a mental health provider through my insurance, how would I do that?

### 1. Contact Your Insurance Provider:

- a. Call your insurance provider, you can find the number on the back of your insurance card, and request a list of in-network, covered mental health providers within a certain mile radius. You may also be able to access this information on the insurance's website.

### 2. Ask About Deductibles:

- a. A deductible is the amount that you must pay out-of-pocket before your health insurance makes any payments. Depending on your deductible, for instance, you may have to pay an out-of-pocket fee before your insurance company will begin making payments on claims.

### 3. Find Out About Your Copayments:

- a. A copay is a charge that your insurance company requires you to pay out-of-pocket for a specific service. For instance, you may have a \$20 copay for each office visit. The copay amount varies with carriers and plans.

### 4. Confirm Your Coverage:

- a. When you call to schedule an appointment with a mental health provider, ask and make sure that he or she accepts your insurance. Also, ask whether he or she will bill your insurance company directly and you just provide a copayment, or if you have to pay in full and then submit the claim to your insurance company for reimbursement. If your provider does not accept insurance, ask about his or her payment policy and/or a sliding scale.

### 5. Sliding Scale:

- a. A sliding scale offers fees that vary based on an individual's income, student status, or other criteria set forth by providers in an effort to increase affordability and access to care.

### 6. No Insurance:

- a. If you do not have insurance and/or cannot pay the out-of-pocket expenses for mental health services, what are your options? Ask about a sliding scale, mentioned above! Also, look below to find links with information about free or low cost services such as Mental Health America and/or calling the referral service NJ Mental Health Cares.



## 2. Referral List of Mental Health Providers in New Jersey:

### 1. Catholic Charities

<https://www.catholiccharitiestrenton.org/services/mental-health/>  
**800-360-7711**

1. The Mercer County location is currently accepting new clients
  - a. Services: Currently transitioning back to in-person services with limited remote services at this time
  - b. Insurance Accepted: Medicaid and Medicare are accepted, with other insurance carriers the client would need to call to determine if coverage was available
  - c. Sliding scale: Yes, for uninsured clients
  - d. Out of pocket expenses: Intake \$160, Follow up \$125, Appointment with psychiatrist for medication management \$200, Follow up with psychiatrist for medication management \$40-\$200

### 2. CPC Behavioral Healthcare

<https://www.cpcbehavioral.org/>  
**800-250-9811**

1. Accepting new patients at this time
  - a. Services: Complete remote telehealth
  - b. Insurance Accepted: Medicaid, Medicare and some private insurance
  - c. Sliding Scale: Yes on a case-by-case basis on income, some sites are grant based
  - d. Out-of-pocket expenses: Vary based on services rendered, if client has no insurance, CPC works with them to get them on a grant or sliding scale depending on their income.

### 3. GenPsych

<https://genpsych.com/>  
**855-436-7792**

1. Accepting new clients
  - a. Services offered: All remote telehealth through Zoom
  - b. Insurance Accepted: All insurance except Medicare
  - c. Sliding Scale: No

- d. Out of pocket expenses: Intake \$100+, all fees vary greatly and that would be discussed with billing to figure out the best plan for an individual when scheduling specific appointments.

#### 4. Ocean Mental Health Services

<https://oceanmhs.org/>  
**732-349-5550**

1. Accepting new patients, although there is currently a waitlist of 2-4 months
  - a. Services: Remote telehealth is offered at this time
  - b. Insurance Accepted: Most insurances with the exception of Qualcare
  - c. Sliding scale: Yes, sliding scale is available and fees are based on income
  - d. Out-of-pocket expenses: \$170 for intake and outpatient therapy appointments

#### 5. Preferred Behavioral Health Group

<https://www.preferredbehavioral.org/>  
**732-367-4700**

1. Accepting new patients at this time
  - a. Services: Remote telehealth offered, September 8<sup>th</sup> they are reopening the Lakewood office
  - b. Insurances Accepted: Blue Cross Blue Shield currently has a waitlist, all other insurances are accepted at this time
  - c. Sliding Scale: If the client has no insurance a financial eligibility assessment will be completed to determine fees
  - d. Out of packet expenses with no insurance or sliding scale: \$167 – initial assessment, \$68 to \$90 for individual therapy, \$28 for group therapy, \$73 for a 15- minute session with psychiatrist for medication management, \$108 for a 30- minute session with psychiatrist for medication management

#### 6. Princeton House Behavioral Health

<https://www.princetonhcs.org/care-services/princeton-house-behavioral-health>  
**888-437-1610**

1. Accepting new clients
  - a. Services: All sessions are offered remotely through telehealth
  - b. Insurance Accepted: Yes, most insurances including Medicaid and Medicare
  - c. Sliding Scale: No sliding scale is offered
  - d. Out of -pocket expenses: After each individual completes an assessment, fees would be decided.

## 7. The Counseling Center

<https://thecounselingcenter.com/>  
855-788-8247

1. Accepting new clients
  - a. Services offered: Remote telehealth, in-person sessions, hybrid sessions for group therapy as well
  - b. Insurance Accepted: Private insurance only
  - c. Sliding scale: Affordable self-pay rates are offered, as well as flexibility on self-pay rates if client is struggling financially
  - d. Out of pocket expense: Varies per person according to the self-pay rates decided



### 3. Additional referral assistance

1. What if I still have questions about finding a provider? Feel free to use these options below:

- a. **Mental Health America**

<https://www.mhanational.org/finding-therapy>

Mental Health America offers comprehensive information about finding a provider in your area, including **affordable** community mental health services and organizations that offer specialized treatment.

- b. **NJ Mental Health Cares**

<https://www.njmentalhealthcares.org/>

866-202-4357

NJ Mental Health Cares is New Jersey's behavioral health information and **referral service**. The staff of specialists uses their experience and understanding of the behavioral health system to provide callers information and **connect callers to behavioral health and services** needed, such as legal, housing, employment, rehabilitation, inpatient and outpatient, self-help and more. The professional staff also provides supportive counseling, psycho-education, advocacy, and telephone case management to ensure every caller is linked to the services that they need.

c. **State of New Jersey Department of Human Services, Division of Mental Health and Addiction Services, Directory of Mental Health Services**

[https://www.nj.gov/humanservices/dmhas/home/hotlines/MH\\_Dir\\_COMPLETE.pdf](https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf)

This **directory** is intended to provide information about a wide range of mental health programs and services in the state of New Jersey. A variety of programs are offered at many locations in **all twenty-one counties in the state**.

d. **National Alliance on Mental Health New Jersey**

<https://www.naminj.org/>

732-940-0355

NAMI New Jersey (NAMI NJ) is a statewide non-profit organization dedicated to improving the lives of individuals and families affected by mental illness. NAMI NJ offers a broad array of **support, education, and resources** throughout the state, and advocacy programs.

e. **Mental Health Association in New Jersey:**

<https://www.mhanj.org/>

Mental Health Association in New Jersey, an affiliate of Mental Health America, offers **mental health screenings, call lines, and resources** throughout the state.



## 4. Medical Care:

### **Center for Health Education Medicine and Dentistry (CHEMED)**

<https://www.chemedhealth.org/>

732.364.6666

CHEMED offers a range of services including; Internal Medicine, Pediatrics, Women's Health, Behavioral Health, Radiology (including Mammography), Dentistry, Podiatry and specialty services.

### **Parker Family Health Center (Monmouth County Residents)**

<https://www.parkerfamilyhealthcenter.org/patients>

732-212-0777.

The Parker Family Health Center (PFHC) provides free medical care for Monmouth County residents who meet certain requirements and who are without any medical insurance, including either Medicare or Medicaid. In order to become a patient at PFHC,

a patient must first be determined eligible by completing an Intake Appointment. To schedule an Intake Appointment, please call the number above.

Updated 8/21/2020 \*Information about referrals is subject to change\*