**Counseling Services in the OPS Area**

**FOR IMMEDIATE ASSISTANCE:**

For immediate assistance: If you or a family member are experiencing the signs or symptoms of a mental illness and **feel you are in crisis,** **call 201-262-HELP (4357) or dial 911.**

COMMUNITY COUNSELING CENTERS:

Bergen’s Promise, Inc.

3 University Plaza Drive

Hackensack, NJ 07601

201-712-1170

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

\*CarePlus NJ

Children’s Out-Patient Endeavors (COPE)

610 Valley Health Plaza

Paramus, NJ

Call CarePlus Admissions at 201-986-5000

<http://www.careplusnj.org/service/childrens-patient-endeavors/>

Children’s Aid and Family Services

Family Counseling Center

www.familycounselingcenterfairlawn.com

22-08 Route 208 South

Fair Lawn, NJ

201-261-2800

Comprehensive Behavioral Healthcare, Inc.

25 East Salem St.

Hackensack, NJ

Contact the Access center at 201-646-0195

<http://cbhcare.com/programs/counseling-outpatient/>

Vantage Health Services

Locations in Dumont and Englewood

Call the Access Center at 201-567-0059

<http://www.vantagenj.org/children-adolescent-services/>

\*West Bergen Mental Healthcare

Locations in Ramsey, Mahwah and Ridgewood

Call the Access center at 201-485-7172

<http://westbergen.org/>

\*The asterisk indicates centers where a live person will answer the phone.

UNIVERSITY-BASED MENTAL HEALTH SERVICES:

~~Fairleigh Dickinson University~~ (Closed during NJ State of Emergency)

Center for Psychological Services

131 Temple Ave.

Hackensack, NJ

201-692-2645, ext. 1

<http://view2.fdu.edu/metropolitan-campus/center-for-psychological-services/>

AREA PROVIDERS USED BY OPS FAMILIES:

Meaningful Directions

375 Main Street, Suite 201

Hackensack, NJ 07601

201-749-2009

[www.meaningfuldirections.com](http://www.meaningfuldirections.com/)

\*Specialized Therapy Associates

4 Forest Ave, Suite 110

Paramus, NJ 07652

Also has locations in Ramsey and Hackensack

Intake: 201-488-6678

[www.specializedtherapy.com](http://www.specializedtherapy.com)

Whole Family Therapy & Wellness

99 Kinderkamack Rd., Suite 100

Westwood, NJ 07675

201-723-1776

<https://www.wholefamilynj.com/>

MedPsych Associates

180 Old Tappan Rd, Bldg 3, Suite 3D

Old Tappan, NJ 07675

201-995-1004

Also has a location in Ramsey

<http://www.medpsychhealth.com/>

Joanne An, LPC

140 E. Ridgewood Ave., Ste 415

Paramus, NJ 07652

201-351-1771

Anew Counseling Services, LLC

Tara Amanna, M. Ed, LPC

tamanna@anewcounselingservices.com

617 Oradell Ave., Suite 3

Oradell, NJ 07649

551-795-3822

<http://www.anewcounselingservices.com/home.html>

Heart to Heart & Associates, LLC

38 River Edge Rd.

River Edge, NJ 07661

201-843-3274

<https://heart2heart4autism.com/>

Holly L. Ohren, LCSW
121 Cedar Lane, Suite 3-A

Teaneck, NJ 07666

201-543-9886

<https://holly-ohren-lcsw.business.site/>

The Koch Center

71 Franklin Tnpk, Ste 8

Waldwick, NJ 07463

201-670-6450

Also has locations in Englewood, Montclair & Morristown

[www.thekochcenter.com](http://www.thekochcenter.com)

PLAY THERAPISTS

Carley Aroldi, MA, LPC, IMH-E II

<http://peacefulparentingnj.com/>

Waldwick, NJ 07463

646-765-0748

Radha Collins, MA, LPC, NCC, RPT

[Engage Counseling](http://engagecounseling.com/), LLC

118 Prospect St., Suite 2

Ridgewood, NJ 07450

973-440-9284

Anthony Dimitrion, LCSW, RPT

589 Franklin Tnpk, Suite 8A

Ridgewood, NJ 07450

609-401-2983