

### **Woodland Park Municipal Alliance Against Alcoholism and Drug Abuse:**

The Municipal Alliance is a community-based prevention organization made up of committed volunteers. They take part in initiatives, programs and events that focus on the prevention of alcoholism and drug abuse as well as creating a healthy community that is free of alcohol and drug abuse. School based prevention, youth based prevention, community based prevention and senior citizen based prevention activities are activities that are either fully or partially funded by the Alliance. For more information about the Alliance contact **Michele Bolen**, Coordinator, [mlb214@optonline.net](mailto:mlb214@optonline.net), 973-219-9111.

**Alfred H. Baumann Free Public Library**  
7 Brophy Lane, Woodland Park, NJ 07424  
973-345-8120  
[www.abwplibrary.org](http://www.abwplibrary.org)  
Facebook: <https://www.facebook.com/ABWPLibrary/?ref=hl>  
[library@abwplibrary.org](mailto:library@abwplibrary.org)

The Alfred H. Free Baumann Public Library welcomes all people and provides quality resources, including information about mental health.

The mission of the Alfred H. Baumann Free Public Library is to provide a wide range of materials, services and programs for people of all ages to meet the ever changing educational, recreation, and information needs of the residents of Woodland Park. To support this task, the Library is dedicated to providing access to information using current and emerging technologies with the best possible staff and facility. The Library is committed to being the learning and activities center for residents of all ages.

### **NJ HELPS WWW.NJHELPS.ORG/**

The NJ Helps Services Home Page is designed to give consumers a “one-stop” shopping resource for the wide range of programs, information and services provided by the Department of Human Services and its partners, to assist individuals, families and communities in throughout the State of New Jersey.



### **Task Force Vision**

The Woodland Park Task Force for Mental Health Awareness is comprised of and is represented by active members of various community groups, residents, health care providers, educators in the school district, business owners, elected officials, clergy, law enforcement, fire and first aid volunteers, library staff, and others working together to bring awareness to the conditions of mental health. This group espouses the need for a shift in mindset to one of support for those individuals living with or suffering from mental illness and diagnosable conditions.

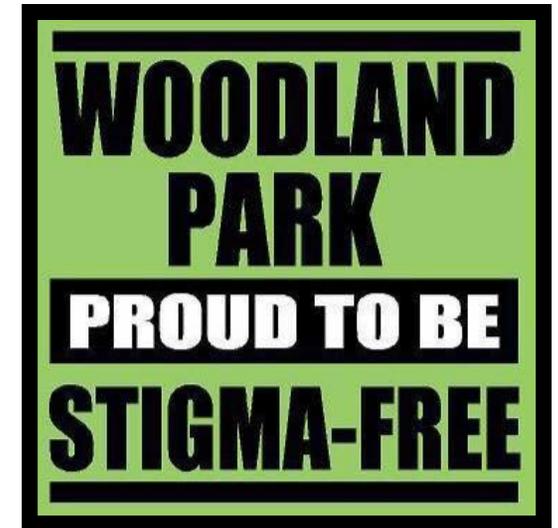
### **Task Force Mission**

The Woodland Park Task Force for Mental Health Awareness exists to increase community awareness surrounding mental health. This Task Force seeks to offer information, education, assistance and support to those who are living with or suffering from mental illness and diagnosable conditions as well as individuals who are impacted by mental health disease.

### **Task Force Goals**

- Develop and implement strategies to reduce the stigma associated with needing and receiving mental health and suicide prevention services.
- Implement educational workshops in the community on mental health awareness, suicide prevention, intervention and post-intervention.
- Increase knowledge of the risk factors and warning signs of suicide and high risk groups.
- Increase capability to help and support individuals in crisis.
- Educate the community.
- Increase and identify availability and use of crisis intervention and mental health resources.
- Create a communitywide support group and designate a safe haven(s).

## **Woodland Park Stigma Free Task Force**



## **Helpful Resources**

**Stigma Free Task Force**  
5 Brophy Lane  
Woodland Park, NJ 07424

[www.WPstigmaFREE.org](http://www.WPstigmaFREE.org)  
[wpstigmafree@wpnj.us](mailto:wpstigmafree@wpnj.us)

**Woodland Park Police Department**  
**5 Brophy Lane, Woodland Park, NJ 07424**  
**(973) 345-8111**  
**www.wpnj.us**  
**Call 911 if you have an emergency.**

Captain Eileen Tiernan  
(973) 345-8123  
Det./Lt. John Uzzalino  
(973) 345-8115  
Sergeant Michael Brady  
(973) 345-8111  
Detective Sean Morrison  
973) 345-8117

**Woodland Park School District**  
**853 McBride Ave, Woodland Park, NJ 07424**  
**(973) 317-7700**  
**<http://www.wpschools.org/>**

Director of Special Education  
973-317-7761  
School Psychologist  
973-317-7764  
Elementary School Guidance Counselor  
973-317-7783 or 973-317-7787  
Middle School Guidance Counselor  
973-317-7786  
Charles Olbon School Nurse  
973-317-7734  
Beatrice Gilmore School Nurse  
973-317-7744  
Memorial School Nurse  
973-317-7754

**Passaic Valley Regional High School**  
**100 East Main Street, Little Falls, NJ 07424**  
**973-890-2500**  
**<http://www.pvhs.k12.nj.us/>**  
Director of Guidance  
973-890-2559  
Student Assistance Counselor  
973-890-8806  
Teen Center Counselor - Director  
973-890-2550



**National Suicide Prevention Lifeline:**  
**1-800-273-TALK (8255)**  
The Lifeline is FREE, confidential, and always available. HELP a loved one, a friend, or yourself deal with trauma.

**New Jersey Suicide Prevention Hopeline**  
**855-NJ-HOPELINE**  
**855-654-6735**  
**www.hopeline.com**  
Live Chat: [njhopeline.com/LiveChat.htm](http://njhopeline.com/LiveChat.htm)  
The NJ Suicide Prevention Hopeline is a service provided in partnership with Rutgers University Behavioral Health Care and New Jersey Division of Mental Health and Addiction Services (DMHAS).

**St. Joseph's Regional Medical Center**  
**703 Main Street**  
**Paterson, NJ 07503**  
**Psychiatric Emergency Services Hotline**  
**973-754-2230**

**Crisis Text Line:**  
**www.crisistextline.org/faq/**  
**TEXT 741741**  
Text free of charge, without the number showing up on your phone bill. AT&T, T-mobile, Sprint, and Verizon have agreed to waive all possible fees associated with texting incoming.

**Veteran's Crisis Line**  
**1-800-273-8255**  
Reach out for support if you need it. Know you can rely on for help. If your symptoms are getting worse or you feel down, reach out to your provider or call.

**PTSD Mobile App/Coach:**  
**www.ptsd.va.gov/public/materials/apps/PTSDCoach.asp**  
The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma.

**NJ Vet2Vet:**  
**1-866-838-7654**  
**(1-866-VETS-NJ4)**  
**<http://ubhc.rutgers.edu/vet2vet/>**

**211(NATIONAL)**  
**WWW.211.ORG/**  
2-1-1 is a free and confidential service that helps people across North America find the local resources they need. This service helps connect clients with mental health professionals, as well as other professionals who can help meet their individual needs.

**The Trevor Project**  
**www.thetrevorproject.org/**  
**1-866-488-7386**  
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

**The Mental Health Association in Passaic County**  
**404 Clifton Ave., Clifton, NJ 07011**  
**973-478-4444**  
**www.mhapassaic.org**

**NJ Mental Health Cares**  
**1-866-202-HELP (4357)**  
Website: [www.njmentalhealthcares.org](http://www.njmentalhealthcares.org)  
email: [njmentalhealthcares@mhanj.org](mailto:njmentalhealthcares@mhanj.org)  
Free confidential information and referral.

**New Jersey Addiction Services:**  
**Addictions Hotline: 1-844-276-2777**  
Provides information and referral to substance abuse treatment agencies statewide. This free service is available 24 hours a day, 7 days a week, and information shared is confidential.

**NJ Connect:**  
**1 (855) 652-3737**  
A Free, confidential recovery referral call line.

**Blue Crest Recovery Center**  
**482 Notch Road, Woodland Park, NJ 07424**  
**973-298-5776**  
**BlueCrestRC.com**  
[MaeL@BlueCrestRC.com](mailto:MaeL@BlueCrestRC.com)

**Active Minds:**  
Active Minds is an organization on college campuses that is dedicated to reducing the stigma against seeking out mental health treatment. There are over 400 chapters on college campuses across the United States. College students can find a chapter using this link: **[www.activeminds.org/our-programming/chapters/find-a-chapter](http://www.activeminds.org/our-programming/chapters/find-a-chapter)** .

**New Jersey**  
Bergen Community College (Paramus, NJ)  
College of New Jersey (Ewing, NJ)  
County College of Morris (Randolph, NJ)  
Fairleigh Dickinson University College at Florham (Madison, NJ)  
Monmouth University (West Long Branch, NJ)  
Montclair State University (Montclair, NJ)  
Ramapo College of New Jersey (Mahwah, NJ)  
Rutgers University at New Brunswick (New Brunswick, NJ)  
Seton Hall University (South Orange, NJ)