
UNITED WAY *CAREGIVERS COALITION*



STARTING POINTS FOR CAREGIVERS IN SUBURBAN ESSEX

The following are helpful initial contacts for information about caregiving resources in Suburban Essex.

New Jersey 2-1-1

Dial 2-1-1 OR 1.877.652.1148

NJ211.org

DIAL Center for Independent Living (CIL)

973.470.8090

DIAL-CIL.org

Essex County Mental Health Administrator

973.571.2821

www.state.nj.us/humanservices/dmhas/home/admin/#7

Essex County Office of the Disabled

973.395.8429

<http://essexcountynj.org/departments-of-health-and-rehabilitation/>

Intensive Family Support Services – Mental Health Association of Essex County

973.509.9777

MHAEssex.org/family-support.html

Mental Health Association of Essex County

973.509.9777

MHAEssex.org

National Alliance on Mental Illness (NAMI) – New Jersey

862.202.9142

NamiNJ.org/Support/Affiliates/Essex/

NJ Division of Developmental Disabilities

1.800.832.9173

www.state.nj.us/humanservices/ddd/home/

NJ Self-Help Group Clearinghouse

1.800.367.6274

NJGroups.org

United Way *Caregivers Coalition*

973.993.1160, x209

UnitedWayNNJ.org/CaregiversCoalition
