

COUNSELING RESOURCES

Emergency Resources

Is your life in danger? If you have seriously harmed yourself, call 911 or go to your nearest emergency department. You can also ask someone else to call 911 or take you to the hospital.

If you are feeling hopeless, suicidal or can't see a way forward talking to someone who you don't know could help.

National Suicide Prevention Lifeline

Contact - 1 800 273 TALK (8255) Open 24 hours a day, 7 days a week.

Website: <https://988lifeline.org/>

SMS: Text "HERE" to 741-741

Chat: <https://988lifeline.org/chat/>

Blog: <https://youmatter.988lifeline.org/about-you-matter-2/>

SAMHSA

Substance Abuse and Mental Health Services Administration

Contact - 1-877-726-4727

Website: <https://www.samhsa.gov/>

Mental Health America: List of Resources:

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

Online Resources:

Talk Campus Web & App: Talk Campus is instant, free peer-to-peer global support network for student mental health that is available 24/7 on the web and through an app. Website: <https://www.talkcampus.io/>

Modern Therapy: offers the expertise of clinically licensed professionals through a private and comfortable, virtual approach. Website: <https://moderntherapy.online/>

Resources by Location

Bergen County

1. ***\$ Light the Way Counseling** | Midland Park (Primary Office); Additional sites: Fort Lee and Rutherford | 317 Godwin Avenue, 3rd floor, Midland Park, NJ 07432 | 201.444.8103
www.lightthewaycounseling.com
2. **Dr. Frank MacArthur, PsyD** | 9 Post Rd, Suite D-6, Oakland, NJ 07436 | 201-669-6320
3. ***+\$ Well Spring Counseling** | 22-08 Route 208 South, Suite 16, Fair Lawn, NJ 07410
Fair Lawn (Primary Office); Additional sites: Montclair, Hoboken, New York City (NYC) and Washingtonville (NY) | 201-956-6363 (NJ) 845-496-6311 (NY) |
www.wellsprings.org/counseling

This list of resources is neither an endorsement nor a referral by Pillar College or its Staff. Please use caution, wisdom and common sense when using these resources. Please read detailed Disclaimer at the end of this document. If you are in an emergency situation, then please dial 911.

Essex County

4. **Susanne Ciancio, MA, LPC** | 470 Prospect Ave, Suite 207, West Orange, NJ 07502 | 973-495-8586
5. ***+\$ Well Spring Counseling** | 201-956-6363 (NJ) | www.wellsprings.org/counseling

Hunterdon County

6. **Margie Negri** | 90 Beaver Ave. Suite 204, Clinton, NJ 08809
908-797-5439 | www.counselwithchrist.com

Middlesex County

7. *** Cathedral Counseling Center | Dr. Deniece Reid** | 205 Smith Street, Perth Amboy, NJ
732-585-4040 | www.thecathedral.org/resources/counseling
8. **Maria Conklin, Ed.S. LPC** | 340 Amboy Ave. Suite D., Metuchen, NJ 08840 | 908-227-6302
9. **Carrie Prince-Knospe** | 141 Union Ave, Middlesex, NJ | 908-881-6609

Monmouth County

10. *** Cathedral Counseling Center | Dr. Denice Reid** | 1400 Grand Avenue, Asbury Park, NJ |
732-775-1696 | www.thecathedral.org/resources/counseling
11. **Life Changing Christian Counseling, Inc. | Dr. Lois, Christian Counselor**
721 Route 34, 2nd Fl. Matawan, NJ 07747 | 732-858-4030 |
<http://www.christiancounselinginmatawannj.com>

Morris County

12. **Patty Allocca, RN, LCSW, PhD.** | 305 Atlantic Dr. Parsippany, New Jersey 07054
973-997-6480 | experienceheaven@aol.com
13. **Maryanne Carbone MSW, LCSW | Steve Deats MSW, LCSW**
100 Noe Ave, Chatham Township, NJ 07928 | 973-236-0601
14. **\$ Lin-Fai Whu, MA** | 115 Rt. 46, Bldg. F Mountain Lakes, NJ 07054
917-617-8766 | tijoc09@gmail.com

Passaic County

15. **Diane C. Sardanopoli, LPC** | 121 Rea Ave. 2nd. Floor, Hawthorne, NJ 07506
201-876-6496 | dsardanopoli@gmail.com
16. **M&S Psychotherapy and Counseling, LLC | Dr. Azilde Sanchez** | 1157 Main Avenue, Clifton, NJ
07011
973-341-9869

Somerset County

17. **Mountain View Counseling LLC | Michelle Badger, LPC** | 3 Clyde Rd. Suite 201, Somerset, NJ
08873
732-875-3183 | mbadger@mountainviewlpc.com

18. **+ Rise Up Counseling Center | Erin Bennington, MSW, LCSW** | 2 N. Finley Ave., 2nd Floor, Basking Ridge, NJ 07920 | 973-809-3404 | www.erin@hoperestorednj.com | <https://riseupcc.com/>
19. *** CareNet Christian Counseling, LLC | Lani M Moore, MA, LPC, NCC**
1056 Stelton Rd, Suite 6, Piscataway, NJ 08854 | 3 Clyde Road Suite 201, Somerset, NJ 08873
Phone: 732-873-8844 | www.carenetchristiancounseling.com
20. ***+ Christian Wellness Center of NJ** | 3 Clyde Road, Suite 201, Somerset, NJ 08873
732-873-2777 | <http://www.cwcnj.org/>
21. **Amy Flavin, Ph.D.** | 139 South St., Suite 201, New Providence, NJ 07974 | 908-477-3782
22. **Heart to Heart Coaching Center | Rev. Deborah Skomba**
1130 Route 202 South, Bldg. E, Suite 5, Raritan, NJ 08869
908-864-0573 | revdeb@h2hcc.org | <https://www.h2hcoaching.com/>
23. **Mary Huber, LCSW** | 75 Clairmont Ave., Suite 204, Bernardsville, NJ 07924
973-224-0827 | Huberme67@gmail.com | www.mehcounseling.vpweb.com
24. **In Him Counseling Services, LLC | Rev. Harry Martin Luther, LCADC, Christian Counselor**
77 E. Somerset St., Raritan, 08869 | 908-334-2133 | harrymluther@gmail.com
<https://www.alphaandomegacounselingministries.com/>
25. **Patricia A. Hucko, MA., LPC** | 93 South Finley Ave. Basking Ridge, NJ, 07920 | 908-766-3199
26. **Dr. Cliff Moore, PsyD.** | 2 N. Finley Ave., Basking Ridge, NJ 07920
973-489-3814 | moorecounselingnj@gmail.com
27. **+ Glenn Murphy, LPC.** 3 N. Finley Ave, 2nd Floor, Basking Ridge, NJ 07920
908-249-3159 | www.glennmurphycounseling.com | Glenn@GlennMurphyCounseling.com
28. **Zarephath Christian Church | Jennifer Olszyk, Counseling Coordinator**
Life Center Conference Room, 2 Chapel Dr. Zarephath, NJ 08890 | 732-356-0102
Grief Share Support Group | Eloise Russo | 732-356-0102 x5105 | www.zarephath.org

Union County

29. **Forerunner Counseling LLC, Damalie Namale, CPC.** 44 Elmwood Avenue, Union, NJ 07083
888-218-9731 | www.forerunnercounseling.com | damalie@forerunnercounseling.com

Out of State Options

30. **Counselors database (with specific search parameters)** | <https://www.theravive.com/>
31. **Transitions Counseling | Dr. Taunya Tinsley** | 63 Chestnut Road, Suite 10, Paoli, PA 19301 | 610-578-0157
32. **Safe Harbor Christian Counseling** | | 800-305-2089 www.safeharbor1.com

This list is alphabetically organized using county names.

* Indicates Counseling centers that have more than one location.

+ Indicates that some insurance providers *might* be accepted *and/or* that there *might* be the option of out-of-network benefits (depending on the insurance company, specific plan, etc.).

\$ Indicates that the provider *might* offer a sliding scale fee (variable prices for services based on a customer's ability to pay)

Miscellaneous Resources

1. **Celebrate Recovery:** www.celebraterecovery.com
A Christ-centered recovery program that helps in the recovery from alcoholism, divorce, sexual abuse and drug addiction.
2. **Divorce Care Groups:** www.divorcecare.com
A group for anyone experiencing the painful process of divorce or separation.
3. **First Choice Women's Resource Centers**
www.1stchoice.org | [Toll-free: 1-888-3-CHOOSE]
With locations in Morristown, Montclair, Jersey City, Newark, and Plainfield, First Choice is a safe, supportive place for help with an unintended pregnancy.
4. **Grief Share Groups:** www.griefshare.org
A support group for people grieving the loss of someone close.
5. **Most Excellent Way:** www.mostexcellentway.org
A Christ-based approach to chemical dependency.
6. **Pornographic addiction:**
www.everymansbattle.com – support in the battle for sexual integrity
7. **Sexaholics Anonymous:** www.sa.org
A recovery program to stay sexually sober
8. **Caryn O'Sullivan, INHC** | 347-387-5780 | caryn@appetitesforlife.com | www.appetitesforlife.com (Dietician)

Disclaimer: We always recommend meeting with your Pastor first if appropriate before reaching out to a counselor. While the above list of counseling services is neither an endorsement nor a referral by Pillar College or its Staff, we do hope you find the list helpful as a resource for you. Please use caution, wisdom, and common sense in finding the right counselor. Credentials or background information of individual counselors or practices have not been verified. This resource is updated on a regular basis, but always reconfirm specifics by contacting the practice/counselor to ensure that they are still open for business. Please notify the Student Engagement Dept. (studentlife@pillar.edu) if you come across any errors or observed any concerns with a previously listed counseling practice. The resource is not exhaustive neither does it claim to meet all your specific counseling needs. If you are in an emergency situation, then please dial 911.

Last revised on 11/02/2022 by Pillar College Student Engagement Office