

# PARTNERSHIP FOR COMMUNITY HEALTH



## *Community Resources for Managing Unhealthy Stress*

### TABLE OF CONTENTS

COUNSELING SERVICES .....	1
INFORMATION ABOUT STRESS AND STRESS REDUCTION TECHNIQUES.....	4
PROGRAMS FOR COPING WITH STRESS AND STRESS MANAGEMENT .....	5
WEB SITES .....	6

### **COUNSELING SERVICES**

**Bergen Regional Medical Center**  
Behavioral Health Services  
230 Ridgewood Avenue  
Paramus, NJ 07652  
Tel: (201) 967-4080  
[www.bergenregional.com](http://www.bergenregional.com)

Behavioral health services includes individual, family and group psychotherapy, medication management, and treatment for children, adolescents, adults, and older adults. Also, substance abuse and MICA (mentally ill, chemically addicted) services are available for adults as well. Medicaid, Medicare, some insurance accepted, sliding scale arrangements and free care available based upon meeting eligibility criteria.

**Catholic Community Services**  
540 Hudson Street  
Hackensack, NJ 07601  
(201) 440-7077

Community programs available at this location.  
Referrals made for individual counseling.

**Careplus, NJ**  
610 Valley Health Plaza  
Paramus, NJ 07652  
Tel: (201) 986-5000  
Fax: (201) 265-0366

Individual, family and group outpatient therapy for children and adults. All fees are on a sliding scale, based on ability to pay. Serving the following towns:

Elmwood Park	Park Ridge
Fair Lawn	Saddle Brook
Hillsdale	Washington Twp.
Montvale	Westwood
Paramus	Woodcliff Lake

**The Clinic at the New Jersey Institute for Training in Psychoanalysis**  
800 Catalpa Avenue  
Teaneck, NJ 07666  
(201) 836-1065

Individual and group outpatient therapy. All fees are on a sliding scale, based on ability to pay.

**Community Counseling Service of Pascack Valley**  
131 Pascack Road  
Park Ridge, NJ 07656  
(201) 391-1935

Pastoral counseling and psychotherapy for individuals, couples, families and groups. Fees are sliding scale, based on ability to pay.

**Comprehensive Behavioral Healthcare, Inc. (COMPCARE, Inc.)**  
395 Main Street  
Hackensack, NJ 07601  
Tel: (201) 646-0333  
Fax: (201) 646-0283

Individual, family and group outpatient therapy for children and adults. All fees are on a sliding scale, based on ability to pay. Serving the following towns:

Bogota	Moonachie
Carlstadt	New Milford
Emerson	North Arlington
East Rutherford	Oradell
Garfield	River Edge
Hackensack	Rochelle Park
Hasbrouck Heights	Rutherford
Lyndhurst	South Hackensack
Little Fairy	Teterboro
Lodi	Wallington
Maywood	Wood-Ridge

516 Valley Brook Avenue  
Lyndhurst, NJ 07071  
Tel: (201)935-3322  
Fax: (201) 935-9196

Satellite Office:  
117 Kinderkamack Road  
River Edge, NJ 07661  
(201) 441-9335

**Jewish Family and Children Services of Northern New Jersey**  
(973) 595-0111

Group, family and individual counseling. Fees are on a sliding scale, based on ability to pay. Serving Elmwood Park, Franklin Lakes, and Fair Lawn.

**Jewish Family Services**

1485 Teaneck Road  
Teaneck, NJ 07666  
(201) 837-9090

Group, couples, family and individual counseling available for children, adults and seniors. Fees are on a sliding scale, based on ability to pay.

**Pascack Mental Health**

114 Kinderkamack Road  
Park Ridge, NJ 07656  
(201) 391-1355

Individual, group and family counseling. Fees are on a sliding scale, based on ability to pay, minimum \$25.00.

**Pastoral Counseling Service of Northern New Jersey**

203 Hickory Avenue  
Bergenfield, NJ 07621  
(201) 385-4332

Individual and family counseling. Fees based on total income and ability to pay.

**Vantage Health System**

Individual, family and group outpatient therapy for children and adults. All fees are on a sliding scale, based on ability to pay. Serving the following towns:

**Dumont Office:**

2 Park Avenue  
Dumont, NJ 07628  
Tel: (201) 385-4400 Fax: (201) 385-9689

Alpine  
Bergenfield  
Closter  
Cresskill  
Demarest  
Dumont  
Harrington Park  
Haworth  
Northvale  
Norwood  
Old Tappan  
River Vale  
Rockleigh  
Tenafly

**Englewood Office:**

93 West Palisade Avenue  
Englewood, NJ 07631  
Tel: (201) 567-0500 Fax: (201) 567-9335

Cliffside Park  
Leonia  
Edgewater  
Englewood  
Englewood Cliffs  
Fairview  
Fort Lee  
Palisades Park  
Ridgefield  
Ridgefield Park  
Teaneck

**West Bergen Mental Health Care**

120 Chestnut Street  
Ridgewood, NJ 07450  
Tel: (201) 444-3550 Fax: (201) 652-1613

Individual, family and group outpatient therapy for children and adults. All fees are on a sliding scale, based on ability to pay. Serving the following towns:

Allendale  
Franklin Lakes  
Glen Rock  
Ho-Ho-Kus  
Mahwah  
Midland Park  
Oakland  
Ramsey  
Ridgewood  
Saddle River  
Upper Saddle River  
Waldwick  
Wyckoff

## INFORMATION ABOUT STRESS AND STRESS REDUCTION TECHNIQUES

### American Heart Association

One Bleeker Street  
 Millburn, New Jersey 07041  
 Tel: 979-376-3636 Fax: 973-912-9570

Free information about stress management and how stress affects health.

### American Institute of Stress Management

124 Park Avenue  
 Yonkers, NY 10703  
 (914) 963-1200  
<http://www.stress.org>

Monthly newsletter and information on specific stress topics at a low cost

### Bergen County Department of Health Services

Health Promotion Resource Center  
 327 Ridgewood Avenue  
 Paramus, NJ 07652  
 (201) 599-4033

The brochure, *Thought Stopping: A Tool to Manage Unhealthy Stress*, is available to county residents free of charge. *Happier Holidays. Managing Stress during the Holidays* is also available. Copies can be obtained by calling or downloaded directly at <http://www.bergenhealth.org/dept/resources/HolidayStress.pdf>.

### National Institute of Mental Health (NIMH)

Public Inquiries  
 6001 Executive Boulevard  
 Room 8184, MSC 9663  
 Bethesda, MD 9663  
 Voice: (301) 444-4513  
 FAX: (301) 443-4279  
 TTY: (301) 443-8431  
<http://www.nimh.nih.gov/>

Responds to public inquiries about mental health research and mental disorders and produces a wide range of free educational materials

### Pascack Valley Hospital

Health Information Resource Center  
 Old Hook Road  
 Westwood, NJ 07675  
 (201) 358-6000

Audio Library available 24 hours a day/ 7 days a week. Topics relating to stress and how to cope with stress:

10 Stress Busters You Can Do	Dial	5131
Burnout: Is It Happening to You?		5132
Exercise Reduces Stress		7428
Facing Financial Troubles		5133
How Friends Buffer Stress		5134
Mental Exercises for Stress Management		5135
Power of a Positive Attitude		5136
Relaxation Techniques		5137
Stress		5138

## **PROGRAMS FOR COPING WITH STRESS AND STRESS MANAGEMENT**

The following community and adult schools offer, or have offered, sessions in stress management, relaxation and related topics. Because schedules change frequently, be sure to call for dates, times, location and registration information.

### **Emerson Community School**

(201) 262-5502

### **Fair Lawn Community Adult School**

(201) 794-5420

### **Glen Rock Community School**

(201) 445-4011

### **Midland Park Adult School**

(201) 444-2030

### **Pascack Valley Hospital**

Old Hook Road

Westwood, NJ 07675

(201) 358-3000

### **Ramsey Adult School**

(201)327-2025

### **Ridgewood Community School**

(201) 670-7777

### **Rutherford Adult School**

(201) 933-2233

### **Teaneck Community and Education Center**

(201) 833-5514

### **The Valley Hospital Center for Complementary Therapies**

One Valley Health Plaza, Paramus

(201) 634-5359

Call for information on classes and individual sessions. Stress management techniques include: meditation, guided visualization, body movement, and breathing techniques.

## WEB SITES

### **How to Fight & Conquer Stress**

[www.coolware.com/health/medical\\_reporter/stress.html](http://www.coolware.com/health/medical_reporter/stress.html)

Directed to a male audience, this Web page explains stress, stress related health problems and stress management techniques. Provided by the *Rose Men's Health Resource* as a public service.

### **How to Master Stress Page**

[www.mindtools.com/smpage.html](http://www.mindtools.com/smpage.html)

Contains many articles about understanding stress and stress management techniques. Provided by *Mindtools, Inc*, a retail company that deals with self-help resources.

### **Learning Meditation**

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

Online meditation store that provides free information on meditation and relaxation, as well as several 3-10 minute guided audio meditations on topics such as Reducing Stress, Healing Meditation and Children's Meditation.

### **Life Stress Test**

[www.cliving.org/lifstrstst.htm](http://www.cliving.org/lifstrstst.htm)

Presented by Dr. Tim Lowenstein of the *Conscious Living Foundation*, this Web page allows people to recognize different stressful life events and add up a score to estimate their individual life pressure and susceptibility to stress related illness.

### **Meditation, Guided Fantasies and other Stress Reducers**

[www.shpm.com/stress](http://www.shpm.com/stress)

*Self-Help & Psychology Magazine's* Web page with virtual meditation slide shows to use for relaxation, as well as many articles about stress management and relaxation techniques. Also, links to related Web sites.

### **Newsletters on Stress Reduction**

[www.wellmedia.com/news/stress.html](http://www.wellmedia.com/news/stress.html)

Online holistic health resource company, *Wellspring*, has over 50 newsletters about stress reduction available for free. Topics include, Meditation, Breathing, Instant Mood Lifters and Massage.

### **Professional Life Stress Scale**

[www.hcc.hawaii.edu/intranet/committees/FacDevCom/guidebk/teachtip/stress-t.htm](http://www.hcc.hawaii.edu/intranet/committees/FacDevCom/guidebk/teachtip/stress-t.htm)

Short quiz can be taken to help increase awareness of the amount of stress encountered in one's professional life. Provided by *Honolulu Community College*.

### **Relaxation Techniques**

[www.vcn.bc.ca/rmdcmha/stress.html](http://www.vcn.bc.ca/rmdcmha/stress.html)

Provided by the *Canadian Mental Health Association*, this article describes the importance of relaxation and gives tips on relaxation techniques.

### **Stress & Relationships**

<http://www.aomc.org/PatPg/pp0303.htm>

*Arnot Ogden Medical Center* Patient Information Page with advice about the stresses of parenting.

### **Stress Assess**

[http://wellness.uwsp.edu/Health\\_Service/services/stress.shtml](http://wellness.uwsp.edu/Health_Service/services/stress.shtml)

*University of Wisconsin* Web page that contains several stress evaluations to help enhance knowledge about stress. These are: 1) Stress Sources - evaluates sources of stress in a person's life, 2) Distress Symptoms - helps identify what a person's sources of stress are, 3) Stress Balancing Strategies - provides information to aid in handling stress.

### **Stress Management Planner**

<http://www.mayoclinic.com/hlp/hlpsub.cfm?objectid=3F88DE9A-52EF-48EF-9D633B7ECA98FAE5>

The *Mayo Clinic* provides a three-step stress management planner that includes: thinking about stress management, making plans to change, and staying on course with stress management.

### **Stress**

<http://www.mayoclinic.com/findinformation/healthylivingcenter/subcenters.cfm?objectid=0002D59B-88EE-1B37-8D7E80C8D77A0000>

Also from the *Mayo Clinic*, this series of articles includes tips on coping with stress both at home and at work.

### **Stress Management: Strategies for Families**

[http://edis.ifas.ufl.edu/scripts/htmlgen.exe?DOCUMENT\\_HE328](http://edis.ifas.ufl.edu/scripts/htmlgen.exe?DOCUMENT_HE328)

Article explaining stress that occurs in family life, including stressful family situations, how families cope with stress and how to manage the effects of family stress. Provided by the *University of Florida*.

### **Tips and FAQ's on Stress Management & Relaxation**

[www.futurehealth.org/stresstips.htm](http://www.futurehealth.org/stresstips.htm)

*Futurehealth, Inc.*, an online health resource, provides this Web page of information about relaxation and stress management techniques, as well as tips on stress management.

### **YogaClass.Com**

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

Offers free on-line audio and visual guides to several yoga techniques such as breathing, stretching relaxation and chanting, in addition to further information about yoga and links to other yoga Web sites.

Please keep in mind that there are many different methods for managing unhealthy stress. Each individual should find a technique that suits his or her own preference. A relaxing activity could include gardening, painting, walking or dancing, for example. Try to make time to regularly enjoy an activity that you find stress relieving. Also, practicing healthy diet and exercise habits help strengthen the body and deal with stress. For more information, contact the Health Promotion Resource Center at the Bergen County Department of Health Services, (201) 634-2703.

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Revised September, 2002.

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Anyone who works or lives in Bergen County is welcome to join the Managing Unhealthy Stress Goal Team to contribute new ideas and help the Team complete its upcoming projects. The Goal Team meets on the second Tuesday of the month for 90 minutes from 12:00 noon - 1:30 p.m. For more information, please contact Al Ferrara at (201) 634-2744.



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**Paramus, New Jersey 07652**  
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