

If you are in crisis, feeling depressed,  
anxious, stressed or overwhelmed  
with life's circumstances,  
*we can help.*



Our Respite provides a professional, peer-operated alternative to hospitalization in a warm, supportive environment.

We are staffed 24 hours a day, 7 days a week by people trained in supporting others to transform a crisis into an opportunity for enhancing personal wellness and recovery.



Please call for more information about a Respite stay today:

Middlesex County (732) 354-4403

Essex County (862) 229-1401

Passaic County (862) 239-9896

or visit [www.cspnj.org](http://www.cspnj.org)