

Breaking Down Walls, Building Up Hope: Why Access to Care Matters Now More Than Ever

As a Board Trustee, I've had the privilege of witnessing countless moments of transformation - when a person struggling in silence finally sits across from a compassionate clinician and begins to heal. But I've also seen the other side. The phone calls that go unanswered, the weeks-long wait for an intake appointment, the transportation barriers that turn a 15-minute trip into an all-day ordeal.

These aren't just logistical inconveniences. They are barriers to care. And right now, in our post-pandemic world, those barriers are becoming more concerning than ever.

The Urgent Care Difference: Walk in, Be Seen, Start Healing

Our urgent care model is built on a simple but radical premise, mental health care should be as accessible as physical health care. If you sprain your ankle, you can walk into an urgent care and be seen the same day. If you're having a panic attack, feeling suicidal, or struggling to function, why should it be any harder to get help?

At Bridgeway's urgent care centers in Hudson and Union Counties, individuals can walk in without an appointment and be seen quickly by a trained mental health professional. Timely, compassionate care that stabilizes the immediate crisis and connects individuals to ongoing support.

A New Chapter on Morris Avenue, Elizabeth

As excited as I am about our urgent care model, I am even more energized by what's next. Bridgeway is proud to announce the upcoming opening of our new facility on Morris Avenue in Elizabeth.

This is not just another location. It's a strategic investment in one of New Jersey's most vibrant, diverse, and underserved communities. Elizabeth and the surrounding areas have long faced significant gaps in mental health services - language barriers, transportation challenges, and a shortage of culturally responsive providers.

This facility represents a leap forward in our mission to reduce barriers. It says to every resident of Elizabeth, Linden, Roselle, and beyond, "Help is in your neighborhood."

Reducing barriers to care isn't just a clinical goal. It's a moral imperative. And with our urgent care model and the new Morris Avenue facility, Bridgeway is proving that accessible, compassionate mental health care isn't a dream - it's a reality we are building together.

When we reduce barriers, we don't just improve access. We restore hope.

Need support now? Bridgeway's Mental Health Urgent Care is here when it matters most.

We offer same-day, walk-in mental health support when you need it. No referral required.

Visit one of our convenient locations:

- Hudson County Mental Health Urgent Care
506 3rd Street, Hoboken, NJ 07030
(201) 885-2539
- Union County Mental Health Urgent Care
615 North Broad Street, Elizabeth, NJ 07208
(908) 469-6517
- Center for Integrated Outpatient Services (Opening Soon)
567 Morris Avenue, Elizabeth, NJ 07208

To connect with services or to find help navigating care, call Bridgeway's Access Line at **(877) 692-5664**. Telehealth options are also available.

Walk in. Call. Or connect online. When your mental health can't wait, Bridgeway is here.