Middlesex County Resources Updates due to COVID-19

6/1/2020

We are updating resources on a weekly basis, please refer to the date on top of this page to ensure information is up to date or visit our website at www.cjfhc.org and click on ‘County Resource Updates during COVID-19’.

Middlesex County Resource Link

https://covid19.nj.gov/

https://findahealthcenter.hrsa.gov/
Enter your zip code to find a free Coronavirus testing center
Go there for free screening and treatment
If you test positive, you will be isolated for 14 days

CLOTHING & FOOD BANK INFORMATION:

Food Banks
https://www.foodpantries.org
Due to low food supply, please visit website to confirm hours of operation.

Cathedral Community Development Corporation (CCDC)
282 McClellan St
Perth Amboy, NJ 08861
Main phone - (732) 826-0447 (Open only for emergency, please call and leave a message at 908-848-3219). The charity is part of a Middlesex County coalition that has clothes, food, referrals to the WECARE card pantry network, and more.

Community Food Bank of Central NJ
https://cfbnj.org – Middlesex County Food Security Program, has database for all pantries as well.

Distribution of Food
Perth Amboy High School & Robert N. Wilenz School in Perth Amboy, Monday thru Friday 8:00am - 11:00am.

Elijah’s Promise
They have continued to see a rise in people picking up meals and are asking for donations to help as the numbers of meals needed rises daily.
McFoods has an abundance of school lunches and if anyone is interested in these you can reach out to jennifer.apostol@mciauth.com for further information.
COVID-19
MCFOODS Directory

**Emanuel Evangelical Lutheran Church**
Address: 3-5 Kirkpatrick St.
New Brunswick, New Jersey, 08901
Telephone number - (732) 545 – 2673
Open only Wednesday 9am to 12pm

**FISH**
456 New Market Rd
Piscataway, New Jersey, 08854
(732) 356 – 0081 (Call leave a message for emergency only)
This charity organization has a food pantry and clothing pantry on site that offers meals, perishable items, commodities, and other aid. The social services available from the Middlesex County charity can help the needy and low income in the community by not only offering emergency food, but also by getting them on the path to stability.

**House of Peace Center** *(Update)*
Food distribution, possible low food supply
1284 St. George Avenue
Avenel NJ, 07001
Open only on Wednesdays from 5:30pm to 6:45pm

**Help Get Healthy Food to Those in Need At the EARTH Center**
The EARTH Center for its outreach to local **food banks** and its mission to bring fresh produce and ... Against Hunger division of the New Jersey Ag Society and MCFOODS, the County **food** bank. ...

**Middlesex County is here to help! Online Resources for Government Workers**
Government workers everywhere are feeling the effects of the Federal government shutdown ... has listings of the open hours for **food banks** and pantries in Middlesex County. Please visit the ...
[http://www.mid](http://www.mid)
Hands of Hope for the Community
2136 Woodbridge Ave
Edison, NJ 08817
Call the soup kitchen - food bank at (732) 236-3330 (Open only for emergency, please leave a message someone will return call).
Free holiday meals are for very low-income families, children, and the homeless among others.

Middlesex NJ Salvation Army
Location is 433 State St.
Perth Amboy, New Jersey, 08861
Phone number - (732) 826 – 7040 (Call leave a message for emergency only)
Resources provided include shelter, hot and cold meals, food pantry, and referrals. May also have baby formula, diapers, a clothing closet, and thrift store. Locate more New Jersey Salvation Army centers.

Puerto Rican Association Board (Update)
90 Jersey Ave, New Brunswick, NJ 08901
(732) 828-4510
Food pantry only has been operating by appointment and by delivery to homes.

Trinity Episcopal Church (Update)
Location is 650 Rahway Ave
Woodbridge, New Jersey, 07095
Call the church at (732) 634 – 7422 for hours. OPEN to the public only on Thursdays from 9am to 12pm Whether it is household cleaning supplies or a box of non-perishable food, the church may assist.

COMMUNITY RESOURCES:

Active Living All State and County parks have been closed however; local parks remain open in New Brunswick but social distancing rules are still in effect.

PERTH AMBOY – Jewish Renaissance Medical Center will expand its COVID-19 drive-thru testing Friday. (Update)
JRMC has been offering testing at its main facility, 275 Hobart St. It’ll now expand the service by offering drive-thru testing at the Perth Amboy Marina.
All new patients must register by completing forms at www.jrmc.us and send via email to ctest@jrmc.us. Existing patients may call the medical center at 732-376-6632.
Friday’s drive-thru testing is free and will serve up to 250 patients, JRMC said

FREE WIFI- (Update) City Of Perth Amboy NJ
www.xfinity.com/wifi

Barbershop Books Chief Reading Inspirer Alvin Irby will be hosting story-time on Facebook Live for children (ages 8 and under) every Tuesday and Friday at 11 AM EST.
Each week, he will read a fun and engaging children's book for you and your young reader to enjoy.
New Counseling Referrals - Catholic

Central Jersey Diaper Bank (Update)
222 Livingston Avenue
New Brunswick, NJ 08901
Telephone: (732) 296-9922 (Please call to make sure someone is available)

Low supplies
New Hours: Will be open Thursdays May 21st 10am-2pm.

*Certificate of Birth (Update)

To prevent the spread of COVID-19, the New Jersey Department of Health’s Vital Records Walk-in Center located at 140 E Front Street in Trenton is currently closed to the public. During this period, customers will be unable to request and pick up copies of vital records on site. Customers may still place orders for vital records by sending requests online or via mail.

Catholic Charities
Visit the Center for Health Statistics web page for statistical information on vital events in New Jersey.

Visit the National Center for Health Statistics for information on how to request vital records from other states/jurisdictions.

Please note, New Jersey law protects and restricts the release of vital records. Vital records are not public records and cannot be searched online.

Child Care Solution application online @website below: (Update)

Parents who are essential workers and are in need of child care and assistance paying for child care due to COVID 19 please visit the following link:

https://www.childcarenj.gov/Emergency

Family Success Center:
Greenway Family Success Center’s Facebook page activities (Update)
https://www.facebook.com/GreenwayFamilySC/
Here’s the link to the NJ Friends & Family Census Outreach Toolkit:
https://nj.gov/state/census-outreach.shtml
NJ Census 2020 Complete your census NOW! 2020Census.gov

To register for programs, please click on the links below:

- Harry Potter Game Show: https://bit.ly/2yvtY3t
- Family Game Show Night: https://bit.ly/FamilyGameShow
- Make a No-bake Dessert (an STP program): https://bit.ly/2XXUzHq

We’re also available for parents/families to call if they’re looking for resources (e.g. food pantries). They can call us at 732-768-8049.

**Harmony Family Success Center**
You can reach out to us in the following email: harmonyfsc@prab.org.
We have a Facebook page: Harmony Family Success Center.
We are available on remind.com for any support: Class code 7d298h

**Bayside Family Success Center – Only Virtual Events please look at their website**
Bayside FSC- There are a variety of resources such as activities, webinars, etc. for parents, community organizations regarding STEM & STEAM. I have found a lot of the webinars very engaging and informative Address: 500 Dobranski Drive, Perth Amboy, N.J.

Phone: (732) 638-5063 X4
https://www.facebook.com/Bayside-Family-Success-Center-100130791635236/?ref=search&__tn__=%2Cd%2CP-R&eid=ARDAvJ58DJAOWmutyCLlksUu3U2mj-3CCaSB2X79-s23CaHKlqcsyBAhAYg2TfIc3QPG6VAYUEnbmdA

Dad Chat: https://www.facebook.com/events/2743651722424567/

**New Destiny Family Success Centers’ homepage [Update]- NewDestinyFSC.org**

*Central Jersey Family Health Consortium – New Mom Support Groups – Weekly Virtual Meetings*

Pregnant and New Moms with babies under one year, this is a stressful time for us all. Join us from the comfort on your home. Pre-registration required. Email Pat Vena at pvena@cjfhc.org (Please include subject line: ‘New Mom Support Group’)
Tuesdays 1pm and Thursdays 1pm.
You can also dial in using your phone: United States: +1 (646) 749-3122 Access Code: 505-793-653
Or join my meeting from your computer, tablet or smartphone: https://www.gotomeet.me/PatriciaVena
*This is the permanent call in/link for the English groups*

New to GoToMeeting? Get the app now and be ready when your first meeting starts:
https://global.gotomeeting.com/install/505793653

Central Jersey Family Health Consortium – Grupos de Apoyo para Nuevas Mamás – Reuniones Virtuales Semanales (Spanish)

Mujeres Embarazadas y Nuevas Mamás con bebés de menores de un año, está es una época estresante para todos. Acompáñenos desde la comodidad de su hogar. Necesita registrarse con anticipación. Envié un email a Mariela Flores a mflores@cjfhc.org (Por favor escriba ‘Grupos de Apoyo para Nuevas Mamás’)
Miércoles: 1pm
Puede llamar usando su celular: 1 (571) 317-3122
Código de Acceso Code: 802-793-781
O puede usar su computadora. Visite: https://global.gotomeeting.com/join/802793781

*This call in/link is for this week’s (4/22) meeting only. Updated info for next week will be sent when available* Obtenga la aplicación ahora y este lista cuando comience su primera reunión virtual:
https://global.gotomeeting.com/install/802793781
Can you please distribute this survey to your staff and client. We know how incredibly busy you are right now so we made the survey brief (5 minute) and anonymous. Survey participants can provide
contact information on a separate link to enter for one of thirty $20 Amazon gift cards. Only one survey is allowed per person.

https://utmbcar.qualtrics.com/jfe/form/SV_1G63JDwtBKd2XC5

SOCIAL MEDIA ANNOUCEMENT (SPANISH)

El Centro de Prevención a la Violencia (CVP) de University of Texas Medical Branch (UTMB) quiere escuchar sobre usted y sobre como la pandemia del Coronavirus ha impactado su seguridad y las necesidades relacionadas a la violencia y el abuso. Por favor considere tomar esta breve y anónima encuesta sobre la Seguridad del Coronavirus mediante el enlace abajo por parte de nuestros colegas del Centro de Prevención a la Violencia de UTMB.

https://utmbcar.qualtrics.com/jfe/form/SV_1G63JDwtBKd2XC5

Usted debe ser mayor de 18 años a) miembro del personal de cualquier agencia en los estados unidos ayudando a sobrevivientes de violencia domestica, abuso infantil, asalto sexual, trafico humano, o cualquier tipo de violencia o daño, o b) es usted un cliente potencial, actual o pasado de alguna agencia en los estados unidos que ayuda a sobrevivientes de la violencia domestica, abuso infantil, asalto sexual, trafico humano o cualquier tipo de violencia o daño. Al final de la encuesta, usted encontrará un enlace para que usted introduzca su información de contacto para un sorteo de una tarjeta de regalo de Amazon por $20. La encuesta estará abierta hasta el 8 de junio del 2020. Si usted tiene alguna pregunta por favor contacte a Leila Wood en UTMB (leiwood@utmb.edu) ¡Gracias por compartir sus experiencias!

https://utmbcar.qualtrics.com/jfe/form/SV_1G63JDwtBKd2XC5

Eric B. Chandler Health Center

Chandler is open to care through Telehealth, to make sure people who are healthy are still getting the help they need. Newborn children and pregnant women are still have in-person visits in order to be sure that they are getting all necessary check-ups. People who call should leave a message and they will be called back to get the help they need through a phone call basis. Routine dental care has stopped, unless there is some sort of emergency due to dental care being high risk to spread the virus.

Family Support Organization

We at The Family Support Organization have been working diligently in providing support virtually to our community during the pandemic of COVID-19. Therefore, with much excitement is that we are Announcing that the FSO of Middlesex County will be providing ONLINE SUPPORT GROUPS for caregivers both in English and Spanish. Please feel free to share with others and stay safe.
Anarai Meza  
Community Outreach Coordinator/Youth Coach  
Family Support Organization of Middlesex County  
1 Ethel Rd Suite 108  
Edison, NJ 08817  
Office: (732)-287-8701 ext.200  
Cell: (848)-219-8732  
FB: Middlesexfs0  
WeB: [https://www.middlesexfso.org/](https://www.middlesexfso.org/)

Starting May 2020
Event registration required via Eventbrite Under (Links are attached below):

**FSO Support Group:**  
First and Third Monday from 6 pm-7 pm  
Second and fourth Monday from 10:30 am-11:30 am  

**FSO Spanish Support Group:**  
Every Friday from 1pm-2 pm  

**Helping NJ Moms**

Please share the following survey, [https://www.surveymonkey.com/r/TSH79JP](https://www.surveymonkey.com/r/TSH79JP) via social media, email, etc., with any and all moms throughout the state so that we can better understand the specific needs that our out there and how we can best assist.

**Jewish Renaissance Foundation (JRF)**

Please allow 24 hours for someone to return all calls and emails, working virtually. Continue to reach out because they want to hear questions, comments and suggestions about how they can continue to provide support to families.
For general agency information call or email: (732) 324-2114 ext. 124 or info@jrfnj.org

- For Family & Community Services: Contact Sherri Goldberg via email at sherri.goldberg@jrfnj.org
- For Educational Services: Contact Dr. Natasha James-Waldon via email at njw@jrfnj.org
- For Health Services: Kristi Zayas via email at kristi.zayas@jrfnj.org
- AmeriCorps: Tawayna Bailey via email at tawayna.bailey@jrfnj.org

Please follow on Instagram at: jrfwantsyoutoknow
Visit on the Web: WWW.JRFNJ.ORG
Check out Facebook at:
https://www.facebook.com/Bayside-Family-Success-Center-100130791635236/

Lazos America Unidas

There was an issue going around with some people not having ID to get tested at certain locations. There are some places that are not requiring an ID or social security number and this might be more comfortable for those who cannot provide those documents. Middlesex County testing is only for residents of Middlesex County, which does require some sort of ID including any passport and a proof of residence (for example, a utility bill) in order to prove their address.

Live Well has focused on providing up to date information on social media platforms on everything related to Covid-19. It was asked for partners to share their information to be updated on live well by sending to livewellnb@gmail.com

Middlesex County Board of Social Services
Clients are to process applications via Online, Mail, Fax, or by phone. If you are homeless, emergency shelter, lock out notice or utility shut you may enter the building.
http://middlesexsocialservices.com

Middlesex CCYC, RCastillo@preventchildabusenj.org
Parent and Caregiver Guide can be found on www.preventchildabusenj.org
Virtual Middlesex CCYC Meeting - May 11th at 11:00am
Greenway Family Success Center - Virtual Dad Chat May 12th at 5:30pm
Information can be found on:
Facebook - Middlesex County Council for Young Children
Instagram – Middlesex_CCYC
Twitter – MiddlesexCCYC

On March 19, 2020, New Jersey Governor Philip Murphy issued Executive Order 106, which immediately suspends evictions throughout the state.
(Information about families that are facing homeliness)

https://covid19.nj.gov/forms/renter

This is called an “eviction moratorium,” and means that no tenant may be removed from his or her home as a result of an eviction proceeding, with rare exceptions for cases such as when a tenant is violent or endangering other tenants.

**Mortgage Relief Effort:** During a press conference, Governor Murphy announced that New Jersey would give homeowners mortgage relief during the Coronavirus outbreak. [www.nj-ne.ws/JcJVnsa](http://www.nj-ne.ws/JcJVnsa)


**NJ 211** [http://www.211.org/](http://www.211.org/)
You can call 211 or go online to receive different resources in your community.
Stay Informed TEXT NJCOVID to 898-211

**NJ Family Care/Seguro Medico** [www.njfamilycare.org](http://www.njfamilycare.org)

**NJ Helps** [https://www.njhelps.org](https://www.njhelps.org) – Self screen for NJ Benefits and Resources

**NJ One App** [https://oneapp.dhs.state.nj.us/](https://oneapp.dhs.state.nj.us/) - Health and Social Services Applications

**Here is the resources for parents:**


[https://www.zerotothree.org/resources/series/parent-favorites](https://www.zerotothree.org/resources/series/parent-favorites)
SPAN Fact Sheets relating to Covid-19  https://spanadvocacy.org/covid-19-fact-sheets/

**Resources for Undocumented / Uninsured Resident**


Robert Wood Johnson Traumatic Loss Coalitions for Youth Resource List

![TLC County Contacts Resource](https://www.aappublications.org/news/2020/04/02/infantcovidguidance040220)

**Rutgers Translates COVID-19 Information for New Jersey’s Diverse Population...**


**SIDS, Safe sleep & COVID-19**

https://www.aappublications.org/news/2020/04/02/infantcovidguidance040220


**Supplemental Nutritional Assistance Program (SNAP)** [SNAPSUPPORT@Mid-BOSS.com](mailto:SNAPSUPPORT@Mid-BOSS.com) formerly known as Food Stamps/Cupones de Alimentos; General Assistance (GA) [GASUPPORT@Mid-BOSS.com](mailto:GASUPPORT@Mid-BOSS.com) Temporary Assistance for Needy Families (TANF) [TANFSUPPORT@Mid-BOSS.com](mailto:TANFSUPPORT@Mid-BOSS.com)

-or-  https://oneapp.dhs.state.nj.us/

**Unemployment Offices**

All unemployment offices will be closed until further noticed, please visit [https://myunemployment.nj.gov/](https://myunemployment.nj.gov/) or call:

North Jersey: (201) 601-4100
Central Jersey: (732) 761-2020
South Jersey: (856) 507-2340

**Wellspring Center for Prevention**

All school programs are being done virtually using different platforms. If you would like to be part of the distribution list, please send an email to mara.carlin@wellspringprevention.org stating you would like to be on the distribution list. There are some online recovery resources being distributed that could be
useful. Mobile Family Success Center will hold a presentation on internet safety to provide parents more information and safety tips. On April 30th, there is going to be a virtual town hall meeting on mental health and any information on mental health can be shared to better inform community members. If you want to be on the panel for the Town Hall Meeting please send an email to Mara (email provided above).

**WIC Offices**
Will be mailing out checks, if you need to recertify call to make an appointment. Contact phone numbers Perth Amboy (732) 376-1188 and New Brunswick (732) 249-3513.
[www.signupwic.com](http://www.signupwic.com)- application online

**HEALTH INFORMATION:**

https://findahealthcenter.hrsa.gov/
Enter your zip code to find a free Coronavirus testing center
Go there for free screening and treatment
If you test positive, you will be isolated for 14 days

https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus


Middlesex County Office of Health Services & Volunteers -
[https://discovermiddlesex.com/volunteer/](https://discovermiddlesex.com/volunteer/)


Robert Wood Johnson Fitness and Wellness – hosting virtual videos on exercising from home
[https://try.rwjfitandwell.com/at-home/](https://try.rwjfitandwell.com/at-home/)

[https://www.youtube.com/watch?v=Cl21-mx0V5Q&feature=youtu.be&fbclid=IwAR2pKFU1iMuePMSChmYdoEsCh438honHVuV9VerxjCS-27ovM26VptA4](https://www.youtube.com/watch?v=Cl21-mx0V5Q&feature=youtu.be&fbclid=IwAR2pKFU1iMuePMSChmYdoEsCh438honHVuV9VerxjCS-27ovM26VptA4)
#StayHomeSaveLives

Disinfect frequently-touched surfaces.

- cell phones
- door knobs
- light switches
- fridge handles
- keys
- sink handles

#QuedateEnCasa

Desinfecta las superficies que tocas frecuentemente.

- celulares
- manijas de puertas
- interruptores de luz
- agarraderas del refrigerador
- llaves
- manijas del lavabo
**HOTLINES:**

Behavioral Health
Tele Online Support

COVID-19 Public Hotline 1-800-222-2222

National Domestic Violence hotline numbers:
800-799-7233
800-878-3224 TTY
855-812-1001 video chat

National Suicide Prevention Lifeline: 1-800-273-8255 or Text HOME to 741741.

NJ Mental Health Care 1-866-202-HELP (Crisis - 732-235-5700) or dial 9-1-1

NJ Hotline Self-Help Page - [https://nj.gov/humanservices/dmhas/home/hotlines/#1](https://nj.gov/humanservices/dmhas/home/hotlines/#1)

Poison Center Public Hotline 1-800-962-1253

Safe & Sound (Managing Grief and Loss During COVID-19) Call or Text 24-hour hotline 1-866-685-1122

**HOUSING INFORMATION:**

TLC County Contacts Resource

**INFORMATIONAL WEBSITES with REAL TIME UPDATES:**

**Edison Department of Health:**
[https://www.edisonnj.org/departments/health_department/index.php](https://www.edisonnj.org/departments/health_department/index.php) - provides link and real time updates with the Alert System. Must sign up to receive alerts
Phone: 732-278-0900 (follow prompts)

**NJ Department of Health**
NJ.gov/health – provides general State information and guidance
NJ Department of Human Services
https://nj.gov/humanservices/coronavirus.html - Guidance and announcements for Human Services Programs

NJ State Library
https://libguides.njstatelib.org/covid2019 - Various resource guides and information

US Center for Disease Control & Prevention
https://www.cdc.gov/coronavirus/2019-ncov/index.html - Medical and health information and real time updates

TELEVISION INFORMATION:
There is a program offered by Comcast, which may help by providing free internet access for two months. There are certain limitations with the plan - to apply click the link
https://www.internetessentials.com/covid19

INFORMATION:
The agency and governors of New York and New Jersey are telling residents that only essential employees should be traveling, as 100% of nonessential businesses have been forced to close and people are being told to work from home.

Bus & Rail

METRO bus and rail will operate on a Sunday schedule during this Coronavirus. RAPID and Express buses will not be in operation.
Customer Service will be open from 8 a.m.-5 p.m. and can be reached at (602) 253-5000.

Mental Health Videophone Support

New Jerseys can call the videophone helpline at 973-870-0677 for free, confidential support. Direct
NJMentalHealthCares offers free, confidential support seven days a week from 8 a.m. to 8 p.m. New Jerseyans can call 1-866-202-HELP (4357) to reach live, trained specialists. Deaf and hard of hearing individuals can also call 1-877-294-4356 TTY.

The Division of Deaf and Hard of Hearing has also launched a website for the latest COVID-19 information: https://nj.gov/humanservices/ddhh/coronavirus.shtml. The website offers videos with ASL translation, communication access tips for dealing with healthcare professionals during COVID-19, as well as COVID-19 communication cards available in English and Spanish.
A Message from the Middlesex County Office of Human Services

We are all experiencing an unprecedented public health crisis due to the COVID-19 virus. It is important to remember that even in these times, you are not alone. Support continues to be available even when it is not face-to-face. There is an entire community of call centers, text support and online support groups ready to help you and your loved ones whenever you need it.

For those who are having difficulty coping with the COVID-19 crisis, please call New Jersey Mental Health Cares, Mental Health Association in New Jersey, Inc. at (877) 294-HELP (4357) between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.

Additional resources for mental health, addiction recovery, peer support and general information about COVID-19 may be found below.

<table>
<thead>
<tr>
<th>Telephone Support</th>
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<tbody>
<tr>
<td><strong>Name</strong></td>
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<tr>
<td><strong>For Psychiatric Crisis/Emergency</strong></td>
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<tr>
<td>Rutgers Acute Psychiatric Services / Screening (APS) (24/7)</td>
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<tr>
<td><strong>For Mental Health Urgent Care/Crisis Diversion</strong></td>
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<tr>
<td>Early Intervention Support Services (EISS)</td>
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<tr>
<td>Wellness Respite Services</td>
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<tr>
<td><strong>Addiction Referral/Services/Resources</strong></td>
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<tr>
<td>ReachNJ NJ IME Addictions Access Center (24/7)</td>
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</table>
## Suicide Prevention/Supports

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Jersey Hopeline</td>
<td>1-855-654-6735</td>
<td>Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones</td>
</tr>
<tr>
<td>Suicide Prevention Lifeline (24/7)</td>
<td>1-800-273-8255</td>
<td>Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones</td>
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<tr>
<td>Call Center/Helplines</td>
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<tr>
<td>NJ Mental Health Cares</td>
<td>1-866-202-4357</td>
<td>Free, confidential mental health information and referral</td>
</tr>
<tr>
<td>New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM)</td>
<td>1-833-422-2765</td>
<td>Peer-to-peer support intended for those struggling with substance use but is open to everyone</td>
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<tr>
<td>Vets4Warriors (24/7)</td>
<td>1-855-838-8255</td>
<td>Peer-to-Peer support for military members and veterans</td>
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<tr>
<td>Vet to Vet (24/7)</td>
<td>1-866-838-7654</td>
<td>Peer-to-Peer support mental health helpline for veterans</td>
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<tr>
<td>Mom2Mom (24/7)</td>
<td>1-877-914-6662</td>
<td>Peer support for mothers caring for children with special needs</td>
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<tr>
<td>Care2Caregiver (24/7)</td>
<td>1-800-424-2494</td>
<td>Free peer helpline for those caring for someone with memory issues</td>
</tr>
<tr>
<td>Cop2Cop (24/7)</td>
<td>1-866-267-2267</td>
<td>Helpline for law enforcement officers dealing with personal or job-related stress</td>
</tr>
<tr>
<td>Worker2Worker (24/7)</td>
<td>1-855-327-7482</td>
<td>Helpline for social workers dealing with personal or job-related stress</td>
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<tr>
<td>Service</td>
<td>Contact Information</td>
<td>Description</td>
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<tr>
<td>Aid NJEA (24/7)</td>
<td>1-866-243-6532</td>
<td>Free, confidential, and effective support for NJEA member and their families</td>
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<tr>
<td>The Trevor Project for Youth (24/7 call or text)</td>
<td>TrevorLifeline: 1-866-488-7386</td>
<td>Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk</td>
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<td>TrevorText: Text 678678</td>
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<tr>
<td>Peer to Peer Warmline</td>
<td>877-292-5588</td>
<td>Peer-run service providing ongoing telephone support to individuals as they work towards recovery</td>
</tr>
<tr>
<td>NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)</td>
<td>Helpline: 1-800-950-NAMI (6264)</td>
<td>Provide support and local resources</td>
</tr>
<tr>
<td>Harm Reduction Resources</td>
<td></td>
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</tr>
<tr>
<td>NJ Harm Reduction Coalition</td>
<td>877-4NARCAN (877-462-7226)</td>
<td>Free harm reduction support via mail to receive free naloxone and fentanyl strips</td>
</tr>
<tr>
<td></td>
<td><a href="https://njharmreduction.org/">https://njharmreduction.org/</a></td>
<td></td>
</tr>
<tr>
<td>Family Supports</td>
<td></td>
<td></td>
</tr>
<tr>
<td>New Jersey Connect for Recovery</td>
<td>855-652-3737</td>
<td>Family peer support and information regarding substance use disorder treatment</td>
</tr>
<tr>
<td>Intensive Family Support Services (IFSS)</td>
<td>732-235-6184</td>
<td>Information and support for families caring for a loved one with mental illness</td>
</tr>
<tr>
<td>NAMI New Jersey</td>
<td><a href="http://www.naminj.org/online-support-groups/">http://www.naminj.org/online-support-groups/</a></td>
<td>Online weekly support groups</td>
</tr>
<tr>
<td>Legal Services</td>
<td></td>
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</tr>
<tr>
<td>Central Jersey Legal Services</td>
<td>732-249-7600</td>
<td>Provides free civil legal assistance to low income residents of central New Jersey</td>
</tr>
<tr>
<td>National Center for Disaster Fraud Hotline</td>
<td>866-720-5721</td>
<td>For victims of a scam or attempted fraud involving COVID-19</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:disaster@leo.gov">disaster@leo.gov</a></td>
<td></td>
</tr>
</tbody>
</table>
# Domestic Abuse/Violence Resources

<table>
<thead>
<tr>
<th>Domestic Violence Hotline (24/7)</th>
<th>1-800-572-7233</th>
<th>Provides confidential access to domestic violence information/services, including crisis intervention, referral, and advocacy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Abuse Hotline (24/7)</td>
<td>1-877-652-2873 (1-877NJABUSE)</td>
<td>Provides services for those reporting child abuse and neglect</td>
</tr>
</tbody>
</table>

# Resources for Persons with Disabilities

<table>
<thead>
<tr>
<th>Alliance Center for Independence</th>
<th>732-738-4388 <a href="https://www.adacil.org/">https://www.adacil.org/</a></th>
<th>Provides information and referral service and develops educational programs for people with disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronavirus Peer Support Group Meeting – Mondays at 1:00 PM</td>
<td><strong>Meeting ID:</strong> 919-1614-4439 <strong>Join URL:</strong> zoom.us/j/91916144439?pwd=dDAzaEJyYkdDd mErQVlVStVOGwzdz09 <strong>Password:</strong> Email <a href="mailto:cdodge@adacil.org">cdodge@adacil.org</a> for password <strong>Join Phone:</strong> 929-205-6099</td>
<td><strong>Coronavirus Peer Recreation Meeting - Thursdays at 1:00 PM</strong> <strong>Meeting ID:</strong> 982-0431-8294 <strong>Join URL:</strong> zoom.us/j/98204318294?pwd=RWZCNmJWZmDExWVFVPVzJTMWSiajBSUT09 <strong>Password:</strong> Email <a href="mailto:cdodge@adacil.org">cdodge@adacil.org</a> for</td>
</tr>
<tr>
<td><strong>Join Phone:</strong> 929-205-6099</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Password</strong></td>
<td></td>
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</tr>
</tbody>
</table>

| **Disability Rights New Jersey** | 800-922-7233 | advocate@drnj.org | Staff is available to advise and assist person with disabilities and family members |
| **Brain Injury Alliance of NJ (M-F 9 AM to 5 PM)** | 732-783-6172 | info@bianj.org | Free hotline with BIANJ specialists who provide support, resources, and information |

| **Resources for the Deaf/Hard of Hearing** |
| **Helpline (M-F 9 AM to 5 PM)** | 973-870-0677 VP | Free emotional support helpline for the deaf and hard of hearing |

| **Resources for Older Adults/Caregivers** |
| **Comprehensive Services on Aging (COPSA)** | 800-424-2494 | caregiver@ubhc.rutgers.edu | Free peer helpline for those caring for someone with memory issues |
| **Alzheimer’s Association Hotline (24/7)** | 800-272-3900 | [https://www.alz.org/help-support/resources/online-tools](https://www.alz.org/help-support/resources/online-tools) | Provides services, resources and continued support for caregivers and people living with Alzheimer’s |

| **COVID-19 Call Center/Hotlines** |
| **NJ Coronavirus Call Center (24/7)** | 1-800-222-1222 or 1-800-962-1253 | Hotline for COVID-19 questions |
| **Middlesex County Office of Health Services (M-F 8:30 AM-6 PM & Sat-Sun 9AM-3 PM)** | 732-745-3100, press 1 for call center | Local COVID-19 Hotline for Middlesex County residents |

| **Online Recovery Supports** |
| **Name** | **Website** | **Type of Support** |

<p>| <strong>CJFHC</strong> | <strong>Central Jersey Family Health Consortium</strong> | <strong>Type of Support</strong> |</p>
<table>
<thead>
<tr>
<th>Organization</th>
<th>Website/Link</th>
<th>Description</th>
</tr>
</thead>
</table>
[https://www.aaspeaker.com/](https://www.aaspeaker.com/) | Online 12-Step Resources and Meetings                                                               |
[http://www.na-recovery.org/](http://www.na-recovery.org/) | Online 12-Step Resources and Meetings                                                               |
| Narcotics Anonymous Online Meeting Directory | [https://tinyurl.com/ul34pet](https://tinyurl.com/ul34pet) |                                                                                                |
| The Addiction Recovery Guide          | [https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings](https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings) | Guide to various online/chat meetings for AA, NA, etc.                                              |
| Online Group AA Meetings              | [https://www.onlinegroupaa.org/](https://www.onlinegroupaa.org/) | Group AA meetings                                                                                   |
| In the Rooms: A Global Recovery Community | [https://www.intherooms.com/home/live-meetings/](https://www.intherooms.com/home/live-meetings/) | Online support live video meetings calendar                                                         |
| Sprout Health Group                   | [https://zoom.us/j/6768320638](https://zoom.us/j/6768320638)  
Meeting ID: 676 832 0638 | Virtual meetings for first responders struggling with substance use every Tuesday @ 7 PM           |
<p>| NJ Department of Human Services       | <a href="https://nj.gov/humanservices/coronavirus.html">https://nj.gov/humanservices/coronavirus.html</a> | COVID-19 Webpage with information for all NJDHS Departments                                          |
| In the Rooms                          | <a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a> | Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, |</p>
<table>
<thead>
<tr>
<th>Tool</th>
<th>Description</th>
<th>Website/Links</th>
</tr>
</thead>
<tbody>
<tr>
<td>LifeRing</td>
<td>Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people</td>
<td><a href="https://www.lifering.org/online-meetings">https://www.lifering.org/online-meetings</a></td>
</tr>
<tr>
<td>The Phoenix</td>
<td>Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis</td>
<td><a href="https://tinyurl.com/sxyl642">https://tinyurl.com/sxyl642</a></td>
</tr>
<tr>
<td>Recorded Speakers</td>
<td>Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction</td>
<td><a href="https://www.xa-speakers.org/">https://www.xa-speakers.org/</a></td>
</tr>
<tr>
<td>Refuge Recovery</td>
<td>Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board</td>
<td><a href="https://tinyurl.com/wysjufy">https://tinyurl.com/wysjufy</a></td>
</tr>
<tr>
<td>SMART Recovery USA</td>
<td>Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober</td>
<td><a href="https://www.smartrecovery.org/community/">https://www.smartrecovery.org/community/</a></td>
</tr>
<tr>
<td>while helping others do the same.</td>
<td></td>
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</tbody>
</table>