Middlesex County Resources Updates due to COVID-19

6/29/2020

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. Wilentz 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

**Farmer Market** *(will be open staring June 20th to October 31st)*
Saturdays 9am – 1pm NBCFM Market Pavilion 178 Jones Avenue
Tuesdays 10am – 2pm NBCFM Market Pavilion 178 Jones Avenue
Wednesdays 11am – 3pm Kilmer Square Park 108 Albany Street
For more information,
visit our website: [http://nbcfarmersmarket.com](http://nbcfarmersmarket.com) or email us: info@nbcfarmersmarket.com

**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
**Phone:** (732) 277-0604
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. … [http://www.middlesexcountynj.gov/News/Pages/Help-Get-Healthy-Food-to-Those-in-Need-At-the-EARTH-Center.aspx](http://www.middlesexcountynj.gov/News/Pages/Help-Get-Healthy-Food-to-Those-in-Need-At-the-EARTH-Center.aspx)

**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.

Emergency assistance is available to New Brunswick residents who lost income due to COVID-19 or are otherwise unable to pay their rent, mortgage or utility bills.

<table>
<thead>
<tr>
<th>Residents who live north and west of the railroad corridor.</th>
<th>Residents who live between the railroad and Livingston Ave, plus active church members.</th>
<th>Residents who live between Livingston Ave and Throop Ave.</th>
<th>Residents who south and east of Throop Ave, plus any active parishioners.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Call the Housing Coalition at 732-249-9700 x151.</td>
<td>Call Lorraine Ramos at 732-545-1477 x113.</td>
<td>Call the Multi-Services Program at 732-826-6278.</td>
<td>Call Miryam Gonzalez at 732-545-1681 x105.</td>
</tr>
</tbody>
</table>
COVID-19 EMERGENCY RENTAL ASSISTANCE PROGRAM (CVERAP) Update June

Open Enrollment Period:
Monday, July 6, 2020, at 9:00 am until Friday, July 10, 2020, at 5:00 pm

The COVID-19 Emergency Rental Assistance Program (CVERAP) will provide temporary rental assistance to low- and moderate-income households that have had a substantial reduction in income or became unemployed due to the COVID-19 pandemic. Applicants may be eligible for a maximum of up to 6 months of emergency rental assistance. The assistance will be capped at DCA’s fair market rent standard or the total of the rent, whichever is lesser. All participants will be reviewed at the 3-month interval to see if they are still in need of assistance. Persons applying must meet all applicable CVERAP income and eligibility requirements. You must be eighteen (18) years of age or older to apply or be an emancipated minor. **Only one (1) pre-application per household will be accepted.**

The Department of Community Affairs (DCA) will extend reasonable accommodations to disabled individuals, and persons who have limited English proficiency on a case-by-case basis and will take into consideration the disability and the need(s) of the individual(s) or those households without internet access. Please call DCA’s Applicant Service Unit at 609-292-4080, Option 1 or 8, to request an accommodation. All participants will be selected through an online lottery process. You do not have to be diagnosed with COVID-19 to be eligible.

**Anyone selected for the program must meet the following requirements:**

- Have a gross, annual household income that is at or below the maximum income limits for the county where they will be residing
- Be a New Jersey resident and have a valid lease for a unit in New Jersey signed by landlord
- Rent must be current as of March 2020; this program will not assist with arrears
- Have a substantial reduction in income or be unemployed due to the COVID-19 pandemic
- Lack of assets or savings to pay rent
- Will pay a minimum of 30% of their income towards the rent

Applicants must have an email address to apply online at: https://www.waitlistcheck.com/NJ559-2809 beginning **July 6, 2020 at 9:00 a.m. through July 10, 2020 at 5 p.m.**

For more information, dial **609-292-4080** or **551-249-2687**. You can also visit our website at: https://www.nj.gov/dca/vouchers.html, which includes information on the Maximum Income Limits and Frequently Asked Questions (FAQs) for this Program.

During the Open Enrollment Period persons who would require a reasonable accommodation, including persons with limited English proficiency or do not have internet access, can call 609-292-4080, Option 1 or 8 for assistance.

Completion of the COVID-19 Emergency Rental Assistance Pre-application does not guarantee placement in the Program.

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](http://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** *(Update)*

**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](http://Center for Health Statistics) web page for statistical information on vital events in New Jersey.

Visit the [National Center for Health Statistics](http://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)*
Family Success Center:
Greenway Family Success Center’s Facebook page activities (Update for the Month of June)
Register in the link below for activities

https://www.facebook.com/GreenwayFamilySC/

Here’s the link to the NJ Friends & Family Census Outreach Toolkit:

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


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.

Articles and Resourceful Websites New Update 6/29/2020

- Petition Presidential Candidates to Make Affordable Childcare a Priority - https://www.careforallchildren.org/
- Virtual Census Kiosk - https://www.uwcj.org/censuskiosk

New Update Direct Links to Events 6/29/2020
Everyday Heroes: Child Care is No Small Matter screening -
https://www.eventbrite.com/e/everyday-heroes-child-care-is-no-small-matter-registration-107754901812?fbclid=IwAR1M536pwXX6s0lu5e9msKTJBfbzt0eI9BKrA7W5RJ2d1Y023QfhdSA82Y

Family Success Centers New Update 6/29/2020

- Bayside Family Success Center (Facebook page) -
  https://www.facebook.com/BaysideFamilySuccessCenter/
- Greenway Family Success Center (Facebook page) -
  https://www.facebook.com/GreenwayFamilySC/
- Mobile Family Success Center of Middlesex County (Facebook page) -
  https://www.facebook.com/MFSCMiddlesex/

Harmony Family Success Center /Update for the Month of June

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

- Home Energy Program
- Utility Assistance
- 2020 LIHEAP Virtual
- 11:00am-12:00pm
- Doctor Talk (Virtual)
  3:30pm-4:30pm
- Community Resources
- NAMI en Espanol
  (Online Support Group only)
  For more information call: 888-847-5821
- “Queer 101”-Webinar w/CFC
  2:00pm-3:30pm
- Doctor Talk (Virtual)
  3:30pm-4:30pm
- Community Resources
- With FSO

Middlesex CCYC. RCastillo@preventchildabusenj.org

Parent and Caregiver Guide can be found on www.preventchildabusenj.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: 505-793-653Or 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

https://global.gotomeeting.com/install/802793781
NEW DAD SUPPORT GROUPS

Expectant and new fathers with babies under one year, this is a stressful time for us all. Join us from the comfort of your home.

Wednesdays: 7:30 pm

Virtual group co-facilitated by a therapist and an experienced father of twins.

Preregistration required.
Email Pat Vena, MSW, LCSW pvena@cjfhc.org

sponsored by

Listening Hearts and Minds Support Groups

These are unusual times - how are you doing?
This is a safe place to talk.

Virtual groups for pregnant and parenting women co-facilitated by experienced counselors.

Tuesdays: 6:00 pm

Preregistration required.
Contact Debra Cohen dcohen@cjfhc.org 888-633-5502
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: Middlesexfso
WeB: https://www.middlesexfso.org/

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

Division on Women
Resource.pdf
Helping NJ Moms

Please share the following survey, 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

(Information about families that are facing homelessness)
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)

**NAMI** - Providing state wide support groups: 2 family support groups a week and 2 peer recovery support groups a week. All this information can be found on [NAMINJ.org](http://www.namij.org). Some support groups will be in Spanish starting next week offered in Middlesex County, Hudson County and Hunterdon County. Many webinars are being held on a weekly basis that can be found on all social media platforms. A gap is being seen in older adults and finding a way to communicate with them taking in mind they might not have access to internet or telephone devices. There is an idea of using television services in order to reach them as best possible.


**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)


**Resources for Undocumented / Uninsured Resident**

- COVID-19 Resources for Undocumented Resident
- COVID-19 Resources for Spanish.pdf

**Robert Wood Johnson Traumatic Loss Coalitions for Youth Resource List**

- TLC County Contacts Resource

**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/](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.  
**WIC program website:** [https://wic.nj.gov/participantportal](https://wic.nj.gov/participantportal)

**HEALTH INFORMATION:**

[https://findahealthcenter.hrsa.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

[https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus](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/)

**Pharmacy Deliveries:** The State of New Jersey and the NJ Chief of Pharmacy Services released a list of NJ Pharmacies offering delivery. CVS and Walgreens have also announced free delivery. Please find several local pharmacies on this list. [https://monroetwp.com/index.php/news/649-nj-pharmacies-offering-home-delivery-3-27-20](https://monroetwp.com/index.php/news/649-nj-pharmacies-offering-home-delivery-3-27-20)

**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=C121-mx0V5Q&feature=youtu.be&fbclid=IwAR2pKFU1i-MueEPMScmEydoEsCh438honHVvV9VERjCS-27ovM26VptA4](https://www.youtube.com/watch?v=C121-mx0V5Q&feature=youtu.be&fbclid=IwAR2pKFU1i-MueEPMScmEydoEsCh438honHVvV9VERjCS-27ovM26VptA4)
#StayHomeSaveLives

**Disinfect frequently-touched surfaces.**

- Cell phones
- Door knobs
- Light switches
- Fridge handles
- Keys
- Sink handles

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#QuedateEnCasa

**Desinfecta las superficies que tocas frecuentemente.**

- Celulares
- Manijas de puertas
- Interruptores de luz
- Agarraderas del refrigerador
- Llaves
- Manijas del lavabo

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**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


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 - provides link and real time updates with the Alert System. Must sign up to receive alerts
https://www.edisonnj.org/emergency_notifications/index.php
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.
Middlesex County Behavioral Health Resource Guide

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 COVID19 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.

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<tr>
<th>Telephone Support</th>
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<tbody>
<tr>
<td>Name</td>
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<tr>
<td><strong>For Psychiatric Crisis/Emergency</strong></td>
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<td>Rutgers Acute Psychiatric Services / Screening (APS) (24/7)</td>
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<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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<td>Wellness Respite Services</td>
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<td><strong>Addiction Referral/Services/Resources</strong></td>
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<td>ReachNJ</td>
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<td>NJ IME Addictions Access Center (24/7)</td>
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<td><strong>Suicide Prevention/Supports</strong></td>
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<tr>
<td>Call Center/Helplines</td>
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<tr>
<td>New Jersey Hopeline</td>
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<tr>
<td>Suicide Prevention Lifeline (24/7)</td>
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<tr>
<td>Call Center/Helplines</td>
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<tr>
<td>NJ Mental Health Cares</td>
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<tr>
<td>New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM)</td>
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<tr>
<td>Vets4Warriors (24/7)</td>
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<td>Vet to Vet (24/7)</td>
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<td>Mom2Mom (24/7)</td>
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<td>Care2Caregiver (24/7)</td>
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<td>Cop2Cop (24/7)</td>
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<td>Worker2Worker (24/7)</td>
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<td>Aid NJEA (24/7)</td>
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<tr>
<td>The Trevor Project for Youth (24/7 call or text)</td>
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<tr>
<td><strong>Peer to Peer Warmline</strong></td>
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<tr>
<td><strong>NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)</strong></td>
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<tr>
<td><strong>Harm Reduction Resources</strong></td>
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<td><strong>NJ Harm Reduction Coalition</strong></td>
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<td><strong>Family Supports</strong></td>
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<tr>
<td><strong>New Jersey Connect for Recovery</strong></td>
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<td><strong>Intensive Family Support Services (IFSS)</strong></td>
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<td><strong>NAMI New Jersey</strong></td>
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<td><strong>Legal Services</strong></td>
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<td><strong>Central Jersey Legal Services</strong></td>
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<tr>
<td><strong>National Center for Disaster Fraud Hotline</strong></td>
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<tr>
<td><strong>Domestic Abuse/Violence Resources</strong></td>
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<tr>
<td><strong>Domestic Violence Hotline (24/7)</strong></td>
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<td><strong>Child Abuse Hotline (24/7)</strong></td>
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<td><strong>Women Aware (24/7)</strong></td>
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<td>Organization</td>
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<td>Alliance Center for Independence</td>
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<td>Disability Rights New Jersey</td>
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<td>Brain Injury Alliance of NJ (M-F 9 AM to 5 PM)</td>
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<td>Resources for the Deaf/Hard of Hearing</td>
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<tr>
<td>Helpline (M-F 9 AM to 5 PM)</td>
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<tr>
<td>Resources for Older Adults/Caregivers</td>
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<tr>
<td>Comprehensive Services on Aging (COPSA)</td>
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<tr>
<td>Alzheimer’s Association Hotline (24/7)</td>
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<td>COVID-19 Call Center/Hotlines</td>
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<td>NJ Coronavirus Call Center (24/7)</td>
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<tr>
<td>Middlesex County Office of Health Services (M-F 8:30 AM-6 PM &amp; Sat-Sun 9AM-3 PM)</td>
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<tr>
<td>Online Recovery Supports</td>
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<td>Name</td>
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<tr>
<td>Alcoholics Anonymous</td>
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<td>Narcotics Anonymous</td>
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<tr>
<td>Narcotics Anonymous Online Meeting Directory</td>
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<tr>
<td>The Addiction Recovery Guide</td>
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<tr>
<td>Online Group AA Meetings</td>
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<tr>
<td>In the Rooms: A Global Recovery Community</td>
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<tr>
<td>Sprout Health Group</td>
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<td><strong>NJ Department of Human Services</strong></td>
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<td><strong>In the Rooms</strong></td>
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<tr>
<td><strong>LifeRing</strong></td>
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<td><strong>The Phoenix</strong></td>
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<tr>
<td><strong>Recorded Speakers (from a variety of 12-step fellowships)</strong></td>
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<td><strong>Refuge Recovery</strong></td>
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<td>Sober Grid</td>
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