New Resources as of last Update Highlighted

*https://sma.org/covid19-resources/?gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3kJ8QpZEAAYAiAAEgIcTfD_BwE

NEW JERSEY COVID-19 Information Hub
Call (General COVID-19 Questions): 2-1-1 (7a-11p)
Call (Clinical Questions): 1-800-962-1253 (24/7)
Text NJCOVID to 898-211 to receive alerts on jobs, tax info, closures, etc.
https://covid19.nj.gov/
https://www.nj.gov/health/cd/topics/ncov.shtml
https://covid19.nj.gov/faqs/nj-information/general-public/there-is-a-silent-killer-stalking-our-streets-but-you-can-help-stop-it.?gclid=EAIaIQobChMI25OiMvRIcTfD_BwE#direct-link

State Resources:
- [http://njleep.org/covid-19resources](http://njleep.org/covid-19resources)
- [https://www.firstnations.org/coronavirus/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAYAiAAEgljY_D_BwE](https://www.firstnations.org/coronavirus/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAYAiAAEgljY_D_BwE)
- [https://icisf.org/covid19-resources/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAYAyAAEgIOWPD_BwE](https://icisf.org/covid19-resources/?gclid=EAIaIQobChMIvo2dmcyJ6gIVg4taBR3lZQVbEAAYAyAAEgIOWPD_BwE)
- [https://coronavirus.jhu.edu/](https://coronavirus.jhu.edu/)
- NJ’s 4th District Resources:
  - [https://www.njconsumeraffairs.gov/COVID19](https://www.njconsumeraffairs.gov/COVID19)
  - 211 NJ
  - Live help on COVID-19 information is available. Speak to a healthcare professional at 1-800-962-1253. For general information & basic needs, dial 211. For alerts/updates, text NJCOVID to 898-211.
  - Homelessness
    - [https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMl25O8iMvR6QIVD7bICH1b2wyUEAAYASAAEglIz4vD_BwE](https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMl25O8iMvR6QIVD7bICH1b2wyUEAAYASAAEglIz4vD_BwE)
  - [https://www.nam.org/covid-19-state-resources/](https://www.nam.org/covid-19-state-resources/)
  - Work help [https://aflcio.org/covid-19/state-resources](https://aflcio.org/covid-19/state-resources)
Testing Updates:

- **Rite aid offers free testing at their select sites:** Barrington, Bayonne, Clifton, Edgewater Park, Edison, Hackensack, Lake Hiawatha, Neptune, Newark, Robbinsville, Sewell, Somerset, Toms River, Waldwick
- [Lapcorp is also doing $10 antibody testing](https://www.labcorp.com/coronavirus-disease-covid-19/patient-information/covid-19-testing-options)
- [https://questdirect.questdiagnostics.com/products/covid-19-immune-response/b580e541-78a5-48a6-b17b-7bad949dcb57?utm_source=google&utm_medium=cpc&utm_campaign=71700000066217190&utm_content=58700005845625577&utm_term=p53388864528&gclid=EAIaIQobChMI1OH0nM7R6QIVirbICh0MiAQFEAAYASAAEgL12PD_BwE&gclsrc=aw.ds](https://questdirect.questdiagnostics.com/products/covid-19-immune-response/b580e541-78a5-48a6-b17b-7bad949dcb57?utm_source=google&utm_medium=cpc&utm_campaign=71700000066217190&utm_content=58700005845625577&utm_term=p53388864528&gclid=EAIaIQobChMI1OH0nM7R6QIVirbICh0MiAQFEAAYASAAEgL12PD_BwE&gclsrc=aw.ds)

**Ocean County Health Department:**

**Guidance and Resources:** [https://www.ochd.org/covid19/](https://www.ochd.org/covid19/)

175 Sunset Avenue, P.O. Box 2191 Toms River, NJ 08754

Toll Free- 800-342-9738 Phone: 732-341-9700 Email: info@ochd.org

**Ocean County COVID-19 Hotline** at 732-341-9700, ext. 7411, email covid@ochd.org

**Local County Offices for Child Support:**
Resources for Children

- https://childmind.org/coping-during-covid-19-resources-for-parents/
- https://www.childlife.org/resources/covid-19-resources
- https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus
- https://www.acf.hhs.gov/cb/resource/covid-19-resources
- https://www.pta.org/home/family-resources/coronavirus-information?gclid=EAIaIQobChMI6MyCgc_R6QIVFo_ICh2zmQpLEAAYASAAEgJGs_D_BwE
- https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xs0Xg5FyuG
- https://www.cpcbehavioral.org/covid-19-information

Mental Health Resources (State and Ocean County)

- Text HOME to 741741 to connect with a crisis counselor 24/7

Ocean County Mental Health Services: https://oceanmhs.org/resources/ https://www.cpcbehavioral.org/covid-19-information

Mental Health Association of NJ: https://www.mhanj.org/mhanj-in-ocean-county/

OceanResource
https://www.oceanresourcenet.org/health-services/behavioral-mental-health/mental-health/

https://www.oceanresourcenet.org/health-services/behavioral-mental-health/

https://starr.org/
  o Traumatic Loss Coalitions for Youth   Phone: 732-235-2810
    o http://ubhc.rutgers.edu/TLC
    o http://www.tlc4teens.org/
    o Contact: Stephanie Valenziano, LCSW The Community YMCA 732-963-7132
      svalenziano@cymca.org

Family helpline: the family helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occursOpen 24/7 18008435437

O Psychologytoday.com

O https://imagine the possibilities family therapy.com


O https://www.nami.org/covid-19-guide

O https://www.psychiatry.org/psychiatrists/covid-19-coronavirus

O https://mhanational.org/covid19

O https://psychhub.com/covid-19/

https://bestrong.global/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo_ICh2zmQpLEAAYASAAEgI
MYPD_BwE

https://hangsuicide.org/get-help-now/?gclid=EAIaIQobChMI-pyJjtHR6QIVFo_ICh2zmQpLEA
AYAiAAEgKZWfD_BwE

Behavioral Health Resources:
http://www.co.ocean.nj.us//WebContentFiles//6d0b5bce-93d7-49ad-8d79-e973d1f0e660.pdf

Go-To-Meeting’ account has been established in efforts to facilitate public participation. Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/614697173

You can also dial in using your phone.
United States (Toll Free): 1 866 899 4679
United States: +1 (571) 317-3117
Access Code: 614-697-173


Intellectual and Developmental Disabilities:

· The ARC Ocean County Chapter: https://www.arcocean.org/

Children and Families:

· Family Support Services: https://www.oceanresourcenet.org/community-services/family-support-services/

· Ocean County Board of Social Services: http://www.co.ocean.nj.us/OC/SocialServices/

· Family Planning Center of Ocean: https://familyplanningcenterofoceancounty.com/

· United Way: https://www.uwmoc.org/coronavirus

· The Children’s Home Society: https://www.chsofnj.org/
  - https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xp3qichKhPY

· Jersey Shore Baby Pantry: http://jerseyshoredreamcenter.org/baby-supply-pantry/

WIC

  - Toms River: 175 Sunset Avenue, Toms River, NJ – 08754, (732) 341-9700
  - Lakewood: 1771 Madison Avenue Lakewood, NJ 08701, 732-370-0122
Anchor Family Success Center

101 Prosper Way, Brick NJ 08723, Phone: 848-241-9346, Fax: 732-475-7734

https://www.chsofnj.org/family-success-centers/anchor-family-success-center-ocean-county/#.XqSaEohKhPY

Good Grief https://good-grief.org/?s=covid

https://familyplanningcenterofoceancounty.com/

Shelters and emergency housing:

https://www.hud.gov/states/new_jersey/homeless/shelters/ocean
https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMI64yi6QIV5QiCR3k8QpZEAAYASAAEgIvxw_D_BwE

Ocean County Family Support Organization: http://www.oceanfso.org/

School Resources:

School Districts Links:
https://www.k12academics.com/national-directories/school-district/New%20Jersey/Ocean

Social Emotional Learning Support:
https://docs.google.com/document/d/1r7F6D4u5dQXHRwB0f4yy8_l2NyBNknrLtfEHaY8P8hw/edit

Jackson School District: https://www.jacksonsd.org/Page/12811

Ocean County College Resources: https://www.ocean.edu/coronavirus/

Ocean County Library: https://theoceancountylibrary.org/covid-19
   http://theoceancountylibrary.org/resources/covid-19

Office of Secretary of Higher Education:
https://www.state.nj.us/highereducation/COVID-19.shtml
Financial Assistance:

**NJ COVID-19 and Residential Mortage Relief**

https://www.state.nj.us/dobi/covid/mortgagerelief.html

- **Jobs:** [https://www.indeed.com/q-Temporary-l-Ocean-County,-NJ-jobs.html](https://www.indeed.com/q-Temporary-l-Ocean-County,-NJ-jobs.html)

- Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF), and/or General Assistance (GA): [https://www.njhelps.org/](https://www.njhelps.org/)
  
  - **If you need help paying the rent**
  
  The State Rental Assistance Program provides rental assistance grants. To get more information and determine your eligibility, visit: [https://www.nj.gov/dca/divisions/dhcr/offices/srap.html](https://www.nj.gov/dca/divisions/dhcr/offices/srap.html)

- **If you are caring for family members with special needs**

  The New Jersey Department of Human Services has guidance for individuals and families caring for people with developmental disabilities:


- **Financial Success Center (FSC) Network:** **virtual Financial Coaching**, Call **732-414-6745** and leave a message with your contact information for a Financial Coach to return your call.

http://www.co.ocean.nj.us/OC/SocialServices/


https://www.nj211.org/resource-search/taxonomy/BH-3800/_/1


Health Services:

- Hospital telemedicine services:
  - Hackensack Meridian Health (Ocean Medical Center, Southern Ocean Medical Center) [https://www.hackensackmeridianhealth.org/covid19/](https://www.hackensackmeridianhealth.org/covid19/)
    - ConvenientCareNow.com for just $20 using the coupon code HMH20. If you’re 65+, use promo code HMH FREE for a free consult
  - RWJ Barnabas Healthcare System (Community Medical Center, Monmouth Medical Center Southern Campus) [RWJBHtelemed.org](https://rwjbhtelemed.org) use code RWJBH15
  - CVS and Walgreens are providing free delivery of prescription medications. Learn more [here](https://www.cvs.com/store/c/coronavirus-cdc-guidance-on-prescriptions/110270.aspx)
  - Disaster Response Crisis Counselors (DRCCs) volunteering on the phone line, which is available from 9am-8pm. Please call 732-845-2070.

Businesses:

- Score: [https://oceancounty.score.org/](https://oceancounty.score.org/)
  - [https://oceancounty.score.org/?_ga=2.245616964.1377510805.1502971668-296125960.1502971668](https://oceancounty.score.org/?_ga=2.245616964.1377510805.1502971668-296125960.1502971668)


- Southern Ocean Chamber of Commerce: [https://visitlbiregion.com/business-resources-for-covid-19/](https://visitlbiregion.com/business-resources-for-covid-19/)

- SBA [https://www.sba.gov/offices/district/nj/newark](https://www.sba.gov/offices/district/nj/newark)

Senior Services:

§ Ocean County Office of Senior Services can be reached at 732-929-2091.

§ Ocean County Meals on Wheels can call 609-978-6869

§ Comfort Keepers: https://www.comfortkeepers.com/offices/new-jersey/toms-river/resources/coronavirus-resources

Ocean County Division of Transportation: https://www.co.ocean.nj.us/OC/Transportation/frmHome.aspx

Food

§ Fulfill: https://fulfillnj.org/fulfill-to-partner-with-jersey-shore-restaurants-to-feed-people-in-need-during-coronavirus-outbreak/?fbclid=IwAR15rJQ1hVZzLffzTrjio_Kkrq-m5TtQpxMaxny_7xTtV-WxDscA5iSGi5hI

§ grab-n-go food packages:

Toms River JBJ Soul Kitchen and B.E.A.T. Center

Boys & Girls Clubs of Monmouth County (Asbury Park & Red Bank)

Red Bank Borough Public Schools

§ Toms River Food Pantries: https://www.foodpantries.org/ci/nj-toms_river

§ Ocean County Food Pantries: https://www.needhelppayingbills.com/html/ocean_county_food_banks.html

§ Food Banks, Pantries and Soup Kitchens https://www.homelessshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Ocean-County&state=NJ
Food bank finder
https://cfbnj.org/?utm_source=google&utm_medium=paidepc&utm_campaign=DD&utm_term=Covid&gclid=EAIaIQobChMI_qnM48rR6QIVi4jICh1UdQBJEAAYASAAEgL1zfD_BwE#We AreThere

*Fulfill food bank is providing a service for Monmouth/Ocean counties. If you text FOODFIND to 888-918-2729, they will give you 3 food banks near you

- https://www.uwmoc.org/coronavirus
- https://www.co.ocean.nj.us/OC/frmCoronavirus.aspx
- https://www.ochond.org/covid19/

COVID Testing:

§ Monmouth County Community COVID-19 Community-Based Testing Center at PNC Bank Arts Center in Holmdel will open at 8am every day and close when tests run out. To be eligible for testing, you must be a NJ resident and experiencing symptoms.

§ An urgent care center in Marlboro has drive-thru testing for the COVID-19 virus. Appointments are required, please call 1-855-925-5467. Intake forms are available on immcare.com. Learn more here.

§ https://wrat.com/2020/04/20/ocean-county-continues-testing-for-covid-19-test-site-to-remain-at-ocean-county-college/

Lapcorp/quest

Rite aid

Town/City Resources:

· Manchester- http://manchesterpoliceni.com/covid-19-updates/
· Toms River- https://tomsrivertownship.com/AlertCenter.aspx
- Lakewood -
- Howell - https://www.twp.howell.nj.us/408/Alerts-and-Notifications
- Freehold- http://twp.freehold.nj.us/
- Barnegat- http://www.barnegat.net/about-barnegat/links/
- Point Pleasant- https://ptboro.com/links/
- Little Egg Harbor (scroll down in news and announcements)- http://www.leht.com/
- Stafford- https://www.staffordnj.gov/
- Beachwood- https://www.beachwoodusa.com/
- Plumstead-

- Ocean - http://www.oceantwp.org/content/5931/6793/default.aspx
- Seaside Park - https://www.seasideparknj.org/
- Long Beach - https://www.longbeachtownship.com/tag/covid-19/
- Mantoloking - http://www.mantoloking.org/
- Bay Head - http://www.bayheadnj.org/bhnj/
- Long Beach Island
  - https://welcometolbi.com/relief-app/
- Island Heights - http://islandheightsboro.com/alerts/
- Pine Beach - http://www.pinebeachborough.us/pinebeach.htm
- Harvey Cedars
  - http://www.harveycedars.org/
  - http://www.harveycedars.org/cit-e-access/webpage.cfm?TID=150&TPID=17195
- Eagleswood
  - https://docs.google.com/document/d/1kHEYafRdmBdV5jyx0rIbAWbMuoxxy1f7NaDoYmY8Rf8/edit?ts=5e695003

News

https://www.ocean.edu/coronavirus/
Helpful Apps for Iphone and Androids

- Talkspace online: Affordable therapy, matches you with your best fit of therapist
- Moodpath: depression and stress tracker and tips
- Motivation Daily: good for quotes to uplift during this time
- Headspace: meditation
- I am: positive affirmations
- Mindshift CBT: tips on how to shift mindset during these times
- Youper: mental health assistant, always there to talk
- Apple Covid 19: up to date info
- CDC
- Healthylynked Covid 19 tracker
- Covid Symptom tracker
- Relief Central Coronavirus
- Daily Routine : To do list
- Pearson practice apps for schooling
- Calm: Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety
- Stop, Breathe & Think: Always free, and for kids too.
- Insight Timer: Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- 10% Happier: Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- UCLA Mindful App: Free and has meditation by Diana Winston.
- Mindfulness Coach: Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual,
self-guided training program designed to help you understand and adopt a simple mindfulness practice.

- **Sanvello**: Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic)
- **Happify**: Some free content, including stress reduction and cognitive techniques to address anxiety.
- **MindShift CBT**: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic
- **PTSD Coach**: Created by VA’s National Center for PTSD and the Department of Defense’s National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- **PTSD Family Coach**: In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve
- **Mothers and Babies Online Course**: Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them
- **COVID Coach**: Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.
- **CBT-i Coach** - Free cognitive behavioral therapy for insomnia, available for iOS and Android.

- **Healthylinked Covid-19 tracker**
- **Coronavirus COVID tracker**
- **Healthy together**
- **Safedistance**
- **Relief central**
- **Patientsphere**