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**Message from the Middlesex County Office of Human Services**

At this time our nation is experiencing an unprecedented public health crisis due to the COVID-19 virus. The situation worldwide has required a rigorous response to slow down the spread of disease. 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 or your loved ones whenever you need it.

For residents 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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| **Telephone Support**  |
| **Name** | **Phone Number** | **Type of Support** |
| NJ Coronavirus Call Center (24/7) | 1-800-222-1222 or 1-800-962-1253 | Hotline for COVID-19 questions |
| **For Psychiatric Crisis/Emergency** |
| Rutgers Acute Psychiatric Services / Screening (APS) (24/7) | 1-855-515-5700 | Psychiatric Crisis or Emergency  |
| **For Mental Health Urgent Care/Crisis Diversion** |
| Early Intervention Support Services (EISS) | 732-235-4422 or 1-800-969-5300 | Offers crisis intervention and stabilization services  |
| Wellness Respite Services | 732-354-4403 | Peer delivered outreach and support  |
| **Addiction Referral/Services/Resources** |
| ReachNJNJ IME Addictions Access Center (24/7) | 1-844-ReachNJ1-844-276-2777 | Assistance and referral to treatment for substance use |
| **Suicide Prevention/Supports** |
| New Jersey Hopeline | 1-855-654-6735 | Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones |
| Suicide Prevention Lifeline (24/7) | 1-800-273-8255 with a specialized Crisis Line for Veterans (press 1) | Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones |
| **Call Center/Helplines** |
| NJ Mental Health Cares  | 1-866-202-4357 | Free, confidential mental health information and referral |
| New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM) | 1-833-422-2765 | Peer-to-peer support intended for those struggling with substance use but is open to everyone |
| Vets4Warriors (24/7)Vet to Vet (24/7) | 1-855-838-82551-866-838-7654 | Peer-to-Peer support for military members and veteransPeer-to-Peer support mental health helpline for veterans |
| Mom2Mom (24/7)Care2Caregiver (24/7) | 1-877-914-66621-800-424-2494 | Peer support for mothers caring for children with special needsFree peer helpline for those caring for someone with memory issues |
| Cop2Cop (24/7)Worker2Worker (24/7) | 1-866-267-22671-855-327-7482 | Helpline for law enforcement officers dealing with personal or job-related stressHelpline for social workers dealing with personal or job-related stress |
| Aid NJEA (24/7) | 1-866-243-6532 | Free, confidential, and effective support for NJEA member and their families |
| The Trevor Project for Youth (24/7 call or text) | TrevorLifeline: 1-866-488-7386TrevorText: Text 678678 | Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk |
| Peer to Peer Warmline | 877-292-5588 | Peer-run service providing ongoing telephone support to individuals as they work towards recovery  |
| NAMI Helpline (Mon – Fri 10 AM – 6 PM ET) | Helpline: 1-800-950-NAMI (6264) | Provide support and local resources |
| **Family Supports** |
| New Jersey Connect for Recovery  | 855-652-3737 | Family peer support and information regarding substance use disorder treatment |
| Intensive Family Support Services (IFSS) | 732-235-6184 | Information and support for families caring for a loved one with mental illness  |
| NAMI New Jersey  | <http://www.naminj.org/online-support-groups/> | Online weekly support groups |
| **Legal Services** |
| Central Jersey Legal Services | 732-249-7600 | Provides free civil legal assistance to low income residents of central New Jersey  |
| National Center for Disaster Fraud Hotline | 866-720-5721disaster@leo.gov | For victims of a scam or attempted fraud involving COVID-19 |
| **Domestic Abuse/Violence Resources** |
| Domestic Violence Hotline (24/7) | 1-800-572-7233 | Provides confidential access to domestic violence information/services, including crisis intervention, referral, and advocacy |
| Child Abuse Hotline (24/7) | 1-877-652-2873 (1-877NJABUSE) | Provides services for those reporting child abuse and neglect  |
| Women Aware (24/7) | <https://womenaware.net/>Emergency Shelter: 732-249-4504Hotline: 833-249-4504 | Provide safety planning, crisis intervention and resources for victims of abuse |
| **Resources for Older Adults/Caregivers** |
| Comprehensive Services on Aging (COPSA) | 800-424-2494caregiver@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>  | Provides services, resources and continued support for caregivers and people living with Alzheimer’s |
| **Online Supports/Meetings** |
| **Name**  | **Website** | **Type of Support** |
| Alcoholics Anonymous | <http://aaphonemeetings.org/><http://www.aa-intergroup.org/directory.php><https://www.aaspeaker.com/> | Online 12-Step Resources and Meetings |
| Narcotics Anonymous | <http://www.nabyphone.com/><http://www.na-recovery.org/> | Online 12-Step Resources and Meetings |
| Narcotics Anonymous Online Meeting Directory | <https://tinyurl.com/ul34pet> |  |
| The Addiction Recovery Guide | <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/> | Group AA meetings |
| In the Rooms: A Global Recovery Community | <https://www.intherooms.com/home/live-meetings/> | Online support live video meetings calendar  |
| NJ Department of Human Services  | <https://nj.gov/humanservices/coronavirus.html> | COVID-19 Webpage with information for all NJDHS Departments |
| NJ Department of Health | <https://www.nj.gov/health/cd/topics/ncov.shtml> | Communicable Disease Service Webpage |
| Centers for Disease Control and Prevention | <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> | CDC Coronavirus main webpage |
| In the Rooms | [https://www.intherooms.com/home/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.intherooms.com%2Fhome%2F%3Ffbclid%3DIwAR2lgkwKhZ9XTbjrJaM8pqNPWsuXCt3BwWfTbtqkASpmfIJCZaxZ-Sw_vGU&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446588968&sdata=Ch4NvGU9rfPwz7RGwF1Cr2M2yO3kfu4aGLaylTurx98%3D&reserved=0) | Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, discussion groups, and all the other tools  |
| LifeRing | [https://www.lifering.org/online-meetings](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.lifering.org%2Fonline-meetings%3Ffbclid%3DIwAR1EeuQRn863j_TN0TSZ-dwURnHq310ZaZwj9wKGzk6Fv-Bp2ux0UrBZJgE&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446598927&sdata=yfzEC8N2aCJturCASrGIEOczUgsPvQncTEHV%2F835ZHg%3D&reserved=0) | 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  |
| The Phoenix | [https://tinyurl.com/sxyl642](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fl.facebook.com%2Fl.php%3Fu%3Dhttps%253A%252F%252Ftinyurl.com%252Fsxyl642%253Ffbclid%253DIwAR1SiYatQcdf2Z11PkAR656mPhrI3rnBiI6JAztGwVlFNW500QXz3QCoBao%26h%3DAT2Nxu-RMe8NExmfB83a9n8v9k4tMdckO7wXEUFTLAm8mMs2fj_P4GfFOL73AioGZ6kogvqOVMzMPc5cikicPGJhV5PgEJ4mRDcKfsUHPmZ5I_rLYfRSHD2DeVz768G1-AKy1aGJYFDHSxu8XWZfj4i07SRV4sfw3uJSca72M_t6TZJTUazeghp0eE27ZvktLy5CHZQsiCPyavBXjuvk361iQL_C4bymYPNoFdja-G6KrkNxGLM7q9PE4DVceAeLT4vTH4jRuH4ibJowZ154zTskAoi5ajVTEFRnIB-5dmPhVJD7vflHeIvG4Eo5s4mtR1cIrCLPKQFyrJsvzIlXcEPtxed0XEU0BXHv7ZynBS6upCe0CI52RrbTs50ylmAFKry1lLN0T4Iiot9k_pE4T98N1NJThg44VsB4oLRh_nqYnHtShgMEeTyBvSAwzM5oPbvY4-ghJeBlAQfb9DGBti4QYOQNLO9jiirFIhbrgWrDzoHX2M-U7x7xNqVJs3TlzkVW9ki_noYNnB4qn8GTjI42TKLR3bKCUkqiiL6lw2GMxi-M9xFu7AVDoWxagP5xcwytn_gKz8RDcheia63jzZPYBLKJHxLnZ65v_DGwl0XjrEgpo6UL5pIbO7qOHqOUhs0WqufQKPufgZEKYgPGsTHgp0S5A4MlvHRNklLiJ8BvL14p3eRSpPfFyAs_d2nk4zCCeT8tLKQEQwnfYwT2CvVSuOVWxSA674xRKP7gnbIuLt7Qmqab2QVDZhUjaQ_SoBIV0RSwN5E9ohNcVG5QnLL0evVUYws5lMzAlkOGaBN8gtAWQSdBOaTaqDSQ1KfHopeRCn7vJk5aQxhmvMlYnDsMwTeeBN20gARhHA_VmmCs&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446608885&sdata=h%2BpLvWfgcvZcuGafzY06twNcvRTfLZ6bC3y09k0ZGxE%3D&reserved=0) | Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis  |
| Recorded Speakers (from a variety of 12-step fellowships) | [https://www.xa-speakers.org/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.xa-speakers.org%2F%3Ffbclid%3DIwAR3yRT3LZBGMqyZ6Z5oPm3_mGT5fzTcqfjCaxNpRVTxM6UVF1Ojn5e_lrJY&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446608885&sdata=s7ukIqxB964r2hGX3E2VOPFJKfrw9f0euegsQETZ9MQ%3D&reserved=0) |  |
| Refuge Recovery | [https://tinyurl.com/wysjufy](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwebdefence.global.blackspider.com%2Furlwrap%2F%3Fq%3DAXicHczbCoIwGADg_4XSJYXagU5UWpJhgZdhc6a2g7qpzacPvP_4YAfZEsB-AjRUI_tjyKYzWFJQLLhqBDWwYICsq8-qcIpmyLIcuIicG3dCaYETTrY4YSnhWLRc6ZHnSlVyYZqq4LptxsLstSzbTG-yN6ZFuvb7XYR81xmswS1vMd5nYUeOdSzmR9YPUf7w6uAsD9z-sph1ZB60p_S39yb1fdASAF4rgD-cLD5O%26Z&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446618840&sdata=34I29fPXJRGY7vnnQXFcdaTEbSi3D%2FnzBOBGhTF3MHk%3D&reserved=0) | Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction  |
| SMART Recovery USA | [https://www.smartrecovery.org/community/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.smartrecovery.org%2Fcommunity%2F%3Ffbclid%3DIwAR1LuQNVDKLiPFLFNXW7duEHG33x1Y0QC12Eq2gqsrQO2IdaJUSyEdCUURo&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446628795&sdata=cFH%2FKy%2F6WJpv%2BCsZQVeHYR0OT1AakqWCHxU1ZGQDV5E%3D&reserved=0) | Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board |
| Sober Grid | Download the App via [Google Play](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FGooglePlay%2F%3F__tn__%3DKH-R%26eid%3DARC3p4ny1Yh4iXWz3v0-Uagk0UI2bEQhfBTdYRiLxJyEO417xN71YjgeoZYqJH1IxpnYUKSisoH_XNHe%26fref%3Dmentions%26__xts__%255B0%255D%3D68.ARD57YDPM3V506ri6JVU-XIgxDM4s038hYQns3YFac75k4XsNaH0A_B8HdNKOHqcRP_T-5eEH8db0xBCGMR2dQKAq39VZxOt_8ATzAvchRkbzT2IKqa39ididp4W3YBkdPYZjUVaUyiHu5uoMCWG3DEK2dsElPxL5TWUnRB3TazUPrTCsuEzJZms_mdoO_76dvwllew31E-Lfzznfh8qESCDhvXQtzqpSJBrPEML-Sj8-0SUjKNASyC7k6joUbXxN4n7ldYTnBJN-8myRjCSO7Y_5VhEqGRLZOmspndVpZy26B5UKb7XlqAYIZrZtS17to1jFGo2PZ2WImcaHFvUf7O9uWulIwHsKKpfwFl-odvundWPLIDYZ_wKHYpYh2BBPb4xa8xKFjv_olKADcqvGviDedtcV4bNRkFGw73Th36eqLKKPHjFDcdHEvXATpyJeT63aofunWf7e1S-dmnLS3r6D8YzQOe75o7O9cxykWiT6CXQt5Joo8H7Vw&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446628795&sdata=v8s1AtgW76Q4oVcpKhWe7281bgevuk5i%2BX9YvX45uuo%3D&reserved=0), [iTunes](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fitunes%2F%3F__tn__%3DKH-R%26eid%3DARBXI8e1lwhGuwJ2HMJkwdpD4F4-ho1qdIdZAwl9540qZ38nN7D3FRJmVjk4MN1LFDBB0ibCO83gLxRP%26fref%3Dmentions%26__xts__%255B0%255D%3D68.ARD57YDPM3V506ri6JVU-XIgxDM4s038hYQns3YFac75k4XsNaH0A_B8HdNKOHqcRP_T-5eEH8db0xBCGMR2dQKAq39VZxOt_8ATzAvchRkbzT2IKqa39ididp4W3YBkdPYZjUVaUyiHu5uoMCWG3DEK2dsElPxL5TWUnRB3TazUPrTCsuEzJZms_mdoO_76dvwllew31E-Lfzznfh8qESCDhvXQtzqpSJBrPEML-Sj8-0SUjKNASyC7k6joUbXxN4n7ldYTnBJN-8myRjCSO7Y_5VhEqGRLZOmspndVpZy26B5UKb7XlqAYIZrZtS17to1jFGo2PZ2WImcaHFvUf7O9uWulIwHsKKpfwFl-odvundWPLIDYZ_wKHYpYh2BBPb4xa8xKFjv_olKADcqvGviDedtcV4bNRkFGw73Th36eqLKKPHjFDcdHEvXATpyJeT63aofunWf7e1S-dmnLS3r6D8YzQOe75o7O9cxykWiT6CXQt5Joo8H7Vw&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446638756&sdata=pXDLwhAomG%2Fsa708v4Jg1pKcv3iOJ3mZrIekdYESuP4%3D&reserved=0) or [https://www.sobergrid.com/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fl.facebook.com%2Fl.php%3Fu%3Dhttps%253A%252F%252Fwww.sobergrid.com%252F%253Ffbclid%253DIwAR1Y5TQaEmcLFniqAAORWizSnMl_gHca7FhWhTAdzN3yvR0qggpEnqzTjSg%26h%3DAT1fbYdhERaIyVxZeedgymhqRf4b8cYxPkFel0Pj_OW9kCM2YxE-egBE2GrYvvGiQJVdv7QHVZIO-B2rdSor312gS-wBBnL5J_nS6TenExF3qS-G2Rh9Nj0fvPyIdolLLh3ln-Dmo2JuJkkE4waf1c7QE6fPNVwz_60jc_i8YU-Fr1BosL5RBZaYzNGVhT3Y38_DsRHgPF-mhcbBeV_vfl9hBHzR1ZLDvU0qdxPdjLmx2i1g2PF-JNj4xZHETOESxTNf8bgY1sHgHDeujW2ujKSdko4vrnsuM9-EO23o8V31xZcQgBsdg2lQaKsDJ5AIeiAAAARBrR9d-RqjO9lKKCQ2v2pPCmbv6oMa0knwthGz21_-pe2pOtlTaj8VzqQtCtTBXcaTiBvpKCwrO2RuZci8OqXmlmTGgO3m4rF5Z_cEAqVbb5ejwPvg2YD1WV_EPS_EwvPFXKi4DCtSPgvPwKw8Jwl7T1TrCUlRMEi_BqsB9jLv7kgqLgZ-4sBXmaH4kpGBcgNDv8_Wiu7X4j0egcknjS_2GNvXlmM4jDmhiDs0xzSq9lEHM8-SiytoZP64fn417x0_WS-7E2ToJMs4Glx4ng-6LKnEDHOZuTwkzJyuaHd9xr0P7gXShvz8qkF37lsypN37IDyMUg58CqxNIKpaV64O3VPYRpA33l0VdZFODN7ap_bzK6ZW9CoHmrhPdNUpOvV3gT759x3N7bRdssh04pTNTRnQmuS5SbjN9KC6o6g_1pv2TtezVECdIn30WC4VEouOyfHqCdw6EvIF0n5DITn52zZrlJrEYYEgNEbi2gL3HrsjRJ5fr4Ig2X_SoLYph_L2s58VzZ1bFdrwiojy2fCaSdGOXDc-lLi7ts53&data=02%7C01%7CJohn.Pellicane%40camdencounty.com%7C9a734aed56ea4d32579508d7ccff5bdf%7Cb3dba8a792024cd499e53c10de8f99ec%7C0%7C0%7C637203269446638756&sdata=SMudOfXd9opzx4cpAMxpbBwHzgsRfql%2BjlDC6QhCxK8%3D&reserved=0) | 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 while helping others do the same. |