

Local, State and National Resources for Families

New Jersey State Resources	WIC (Women, Infants and Children) Resource For information on how to apply, visit https://www.state.nj.us/health/fhs/wic/	
Community FoodBank of New Jersey	Community FoodBank is the state's largest anti-hunger and anti-poverty organization. Working together with volunteers, donors and our many partners, we fill the emptiness caused by hunger with Food, Help and Hope. If you, or anyone you know, needs food visit, https://cfbnj.org/	
Hunger Free NJ Food Resource and Information	A Program of Center for Food Action Use the link below for the latest info on how schools feed students during the COVID-19 health crisis, help people keep and apply for food assistance and increase funding for these programs. https://cfbnj.org/	
Assistance with Energy Bills	Can't Pay Your Energy Bill? https://www.nj.gov/dca/divisions/dhcr/offices/hea.html https://www.nj211.org/utility-assistance-programs	
Housing Resources Know Your Rights	https://www.nj.gov/njhrc/resources/ https://www.hud.gov/states/new_jersey/renting/tenantrights	FAQs https://www.nj.gov/faqs/house/
Employment Resources	New Jersey Department of Labor: https://www.nj.gov/labor/	
Assistance for Undocumented or Uninsured Individuals	The NJ Department of Health has released FAQs to assist undocumented or uninsured individuals: https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID-19_Resources_forUndocumented_and_UninsuredFactsheet.pdf	
Resources for the Disabled	NJ Department of Human Services https://nj.gov/humanservices/dds/home/	
Resources for Seniors	NJ Department of Human Services - https://www.state.nj.us/humanservices/doas/home/	
Resources for Veterans	NJ Department of Human Services - https://www.nj.gov/nj/community/veteran/	
Resources for victims and survivors of abuse: IN AN EMERGENCY, DIAL 911	New Jersey Domestic Violence Hotline 1 (800) 572-SAFE (7233) 24 hours a day/7 days a week The hotline is operated by Womanspace. The National Domestic Violence Hotline Available in more than 200 languages: call 1-800-799-SAFE or chat with their advocates here or text LOVEIS to 22522. Child Abuse Hotline: 1-877 NJ ABUSE (1-877-652-2873)	

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New Jersey COVID-19 Updates	NJ State COVID Update Website: https://covid19.nj.gov/
The National Center for Pyramid Innovations (NCPMI)	Emergencies & National Disasters: Helping Children & Families Cope https://challengingbehavior.cbcs.usf.edu/
Zero to Three for Parents	For our full suite of resources, visit <i>Tips for Families: Coronavirus:</i> https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus <i>IN THIS RESOURCE</i> 1. Talking about the Coronavirus 2. Self-Care & Time at Home 3. Staying Connected 4. Sesame Street Resources
Helping Children & Families Cope on Grief, Loss & Trauma	National Child Traumatic Loss Network - https://www.nctsn.org/what-is-child-trauma/trauma-types/traumatic-grief Starr Commonweath - https://starr.org/ Good Grief - https://good-grief.org/ <i>Provides virtual programming and support groups</i> Imagine, A Center for Coping with Loss - https://www.imageneni.org/ <i>Imagine provides free, year-round grief support for children, families, and communities.</i> Devereux Center for Resilient Children - https://centerforresilientchildren.org/infants/for-parents/
New Jersey Parent Link	New Jersey Parent Link provides information for families and caregivers on parenting, community resources, lists of warm lines and much more. https://www.nj.gov/njparentlink/

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New Jersey Department of Children and Families Toll-Free Hotlines / Helplines	
Child Abuse/Neglect Hotline 1-877-NJ ABUSE (652-2873)	1-800-835-5510 (TTY) 24 hours a day - 7 days a week Any person having reasonable cause to believe that a child has been abused or neglected has a legal responsibility to report it to DCF's Child Protection and Permanency (CP&P). Calls can be made anonymously.
Safe Haven Hotline 1-877-839-2339	24 hours a day - 7 days a week This hotline is for distressed parents who wish to give up an unwanted infant, 30 days or younger, anonymously. While no names or records are required, callers are encouraged to voluntarily provide information.
2ND Floor Youth Helpline 1-888-222-2228	24 hours a day - 7 days a week This is a youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.
2-1-1 www.nj211.org	24 hours a day – 7 days a week This phone number connects callers to various human services organizations in their community.
Family Helpline 1-800-843-5437	24 hours a day – 7 days a week Speak to a sensitive, trained volunteer to work through frustrations & stressors before a crisis occurs. Volunteers provide empathic listening and referrals to resources in your community..
Children's System of Care 1-877-652-7624	24 hours a day - 7 days a week Call this number to find out about services for children and teens with emotional and behavioral health care challenges and their families.
Crisis Text Line Text "NJ" to 741741	24 hours a day - 7 days a week Connect with a crisis counselor, trained in active listening and collaborative problem solving, helping to defuse a "hot" moment or a crisis.
New Jersey System of Care – PerformCare 1-877-652-7624	24 hours a day - 7 days a week Provide resources for Behavioral, Intellectual/Developmental Disabilities and Substance Abuse.
Domestic Violence Hotline 1-800-572-SAFE 1-800-572-7233	24 hours a day - 7 days a week Call this number for information about domestic violence services in your local area.
NJ HELPS www.njhelps.org	24 hours a day - 7 days a week At this web site you can find out about services and programs for children, families and individuals. You can also prescreen for eligibility for programs such as Food Stamps, Medicaid and others.
MOM2MOM 1-877-914-MOM2 1-877-914-6662	24 hours a day - 7 days a week The Mom2Mom helpline offers 24/7 peer support to mothers of children with special needs.