



Hudson County
Community Resources

Christ Hospital
176 Palisade Ave, Jersey City NJ 07306
Phone: 201-795-8200

**Department of Psychiatry and Behavioral Health-Counseling and
Resource Center**
Phone: 201-795-8375 ext. 5454

**24 Hour Crisis Intervention Hotline (Psychiatric Emergency
Services)**
Phone: 201-795-8374

Footprint
121 Newark Ave. □ Suite 503 □ Jersey City, NJ 07302
Phone: 201-677-2232

WestSide Children's Counseling Services □
249 Virginia Avenue □ Jersey City, NJ 07304
Phone: 201-798-2165

IPG Counseling Office in Jersey City NJ
235 9th Street Jersey City, New Jersey 07302
Phone: 201-798-5926

FAMILY SERVICES

Family Partners of Hudson County

FSO (www.familypartnershc.org)

911 Bergen Avenue, Suite 2 □ **Jersey City, NJ 07306** □

PHONE: (201) 915-5140 □

Support Groups at 911 Bergen Ave. Suite 2, Jersey City NJ

Parents Anonymous® Groups support parents with more effective ways of providing safe and caring homes for their children. Come share and listen to others who can identify with your journey.

Youth Partnership: “Advocates Against Mental Health Stigmas”

Youth Partnership of Hudson County is a peer support and advocacy group for youth ages 13-21 within Family Support Organizations. We are an officially recognized chapter of Youth MOVE National, a youth led national organization devoted to improving services and systems that support positive growth and development by uniting the voices of individuals who have lived experience in various systems including mental health, juvenile justice, education and child welfare.

The Youth Partnership Mission

"We are the voice!

We strive to break the silence and stigmas that are enclosed with mental health. How do we do it? By offering a subordinate, instructional, safe environment; we support, educate and advocate for ourselves and our peers. To become one step closer to preventing bullying or and occurrence of suicide. We understand that we are the future and that change starts with us!" Est. 2015

Mujeres Maravillosas

Female spanish speaking support group Grupo de apoyo en español para madres de niños con problemas emocionales, mentales y de conducta severa. Spanish support group for mothers and female caregivers of children with mental and emotional problems and severe behavior. Group Meets Every Tuesday from 11am - 1pm at 911 Bergen Avenue Suite 2, Jersey City

Transitioning into Adulthood

(For Adults 18-25)

This support group is intended for young adults interested in learning social, vocational and life skills. The goal for this support group is for its members to become solely independent while transitioning to adulthood. Our vision is to see these young men and women live on their own and become outstanding citizens of our community.

Just for the Fellas Fathers Support Group

A group to support and focus on Male Caregivers, Fathers, Brothers, Mentors Some of the topics that can be discussed are:

- “ Stress, alcohol, and work
- “ The root of fathering
- “ The power to meet my own needs
- “ Fathering and Family Roles

~ Positive Parenting and Styles of Discipline and much, much more! !
Group Meets once a month on a pre-coordinated Saturday from 10:30am to
12:00pm at 911 Bergen Avenue Suite 2, Jersey City (201) 915-5140

Special Angels

(For caregivers who have youth on the spectrum)

The goal for this support group is for caregivers to become aware and educated about the system of care and about the available resources within their own community. We offer support and guidance in a family-oriented environment. Special Angels is designed to enhance its counterpart youth participation program. While the caregiver participates in our support group, their youth will be engaged in an all-volunteer facilitated group, where they will craft, socialize, learn and, most importantly, feel at home. Group Meets Every Friday from 5:30pm - 7:30pm

HOTLINES

Family Services

Hotlines and Helplines

If you are deaf or hard of hearing, please call **1-877-294-4356 TTY** to access any hotline.

DCF Hotlines and 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 the Division of Child Protection and Permanency (formerly DYFS). Calls can be made anonymously.

FAMILY HELPLINE **1-800-THE-KIDS (843-5437)** **24 hours a day - 7 days a week** If you're feeling stressed out, call the Family Helpline and work through your frustrations before a crisis occurs. You'll speak to sensitive, trained volunteers of Parents Anonymous who provide empathic listening about parenting and refer you 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.

2NDFLOOR YOUTH HELPLINE **1-888-222-2228** **www.2ndfloor.org** **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. Youth that would rather type than talk can also get support via 2NDFLOOR's anonymous message board service.

SAFE HAVEN INFANT PROTECTION HOTLINE **1-877-839-2339** **24 hours a day - 7 days a week** This is a toll free hotline for distressed parents who wish to give up an unwanted infant anonymously, with no fear of arrest or prosecution. While information will be requested, no names or records are required.

KINSHIP NAVIGATOR PROGRAM **211** **24 hours a day - 7 days a week** Kinship caregivers are people who have taken on the responsibility for raising their relatives' children. Grandparents and other relatives can call this number to find out what services may be available to them.

NJ DOMESTIC VIOLENCE HOTLINE **1-800-572-SAFE (7233)** **24 hours a day - 7 days a week** This hotline serves domestic violence victims and others seeking information about domestic violence services.

NJ COALITION AGAINST SEXUAL ASSAULT (NJCASA) HOTLINE **1-800-601-7200** **24 hours a day - 7 days a week** NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across NJ. Its member centers represent each of NJ's 21 counties. This hotline connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls will be routed to the individual's closest rape care center.

WOMEN'S REFERRAL CENTRAL ☐ 1-800-322-8092 ☐ 24 hours a day - 7 days a week This hotline provides referrals and basic information in areas such as discrimination, housing, displaced homemakers, divorce, violence and other areas of concern.

FOSTER HOME RECRUITMENT LINE ☐ 1-877-NJ-FOSTER (653-6783) ☐ 9 a.m. - 5 p.m. **Monday - Friday** ☐ Many children in New Jersey need temporary homes until their parents are able to care for them or until a permanent home is found. Call to learn how you can open your heart and your home by becoming a foster parent.

ADOPTION HOTLINE ☐ 1-800-99-ADOPT (992-3678) ☐ 9 a.m. - 5 p.m. **Monday - Friday** ☐ If you have love to share, consider adopting a child into your family. Call to learn how you can give a child a permanent home by adopting a child with special needs.

DCF INFO LINE ☐ 1-855-INFO-DCF (1-855-463-6323) ☐ 8:30 a.m. - 4:30 p.m. **Monday - Friday** This helpline provides callers with general information about DCF programs and services.

DCF OFFICE OF ADVOCACY ☐ 1-877-543-7864 ☐ 8:30 a.m. - 4:30 p.m. **Monday - Friday** This helpline provides a timely response to issues and concerns regarding programs and services provided by DCF.

Other Important Hotlines for Families

☐ **NJ 2-1-1** ☐ 2-1-1 or www.nj211.org This number can connect you with various social services in your community ☐

ADDICTIONS HOTLINE OF NJ ☐ 1-800-238-2333

CATASTROPHIC ILLNESS IN CHILDREN RELIEF FUND ☐ 1-800-335-FUND (1-800-335-3863)

COMMISSION FOR THE BLIND & VISUALLY IMPAIRED (CBVI) HOTLINE 1-877-685-8878

CHILD CARE HELP LINE ☐ 1-800-332-9227

CHILD SUPPORT HOTLINE ☐ 1-877-NJ KIDS1 (1-877-655-4371)

DISASTER MENTAL HEALTH ☐ 1-877-294-HELP (1-877-294-4357) 1-877-294-4356 TTY (voice callers use 7-1-1 NJ Relay)

DIVISION OF THE DEAF AND HARD OF HEARING (DDHH) ☐ 1-800-792-8339 V/TTY

DIVISION OF DEVELOPMENTAL DISABILITIES (DDD) ☐ 1-800-832-9173 **DIVISION OF DISABILITY SERVICES (DDS)** ☐ 1-888-285-3036 1-609-292-1210 TTY

DIVISION OF FAMILY DEVELOPMENT (DFD) ☐ 1-800-792-9773

DIVISION OF MEDICAL ASSISTANCE AND HEALTH SERVICES ☐ 1-800-356-1561 ☐ **DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)** ☐ 1-800-382-6717 ☐ **EARNED INCOME TAX CREDIT (EITC)** ☐ Federal: 1-800-929-1040 State: 1-888-895-8179

NJ SNAP (formerly Food Stamps) ☐ 1-800-687-9512

GAMBLING ADDICTION ☐ 1-800-GAMBLER (1-800-426-2537)

GOOD NEIGHBORS - COMMUNITY LIVING FOR PEOPLE WITH DISABILITIES ☐ 1-877-DHS-LINE (1-877-347-5463)

HEALTH BENEFITS IDENTIFICATION (HBID) CARD UNIT ☐ Call if your plastic HBID card is lost or stolen 1-877-414-9251

LOW INCOME HOME ENERGY ASSISTANCE(LIHEAP) ☐ 1-800-510-3102

MEDICAID FRAUD AND ABUSE HOTLINE ☐ 1-888-937-2835

NJ FAMILYCARE/MEDICAID CALL CENTER ☐ 1-800-356-1561

NJ DISASTER MENTAL HEALTH HELPLINE ☐ 1-877-294-HELP (1-877-294-4357) 1-877-294-4356 TTY (voice callers use 7-1-1 NJ Relay)

NJ FAMILYCARE ☐ 1-800-701-0710 1-800-701-0720 TTY

NJ HOUSING RESOURCE CENTER (HRC) ☐ (for accessible, affordable housing) 1-877-428-8844 www.njhousing.gov

PPMD (Postpartum Mood Disorders) HOTLINE ☐ 1-800-328-3838

STATE DISABILITY INSURANCE ☐ (Department Of Labor & Workforce Development) ☐ 1-609-292-7060 TDD . 1-609-292-8319 NJ Relay for Deaf, Hard of Hearing, or Speech-Impaired Text Telephone User 1-800-852-7899

SUPPORT FOR WORKING FAMILIES ☐ (Transitional Supports Hotline) 1-877-951-9514

TRAUMATIC BRAIN INJURY FUND ☐ 1-888-285-3036 TDD . 1-609-292-1210 (from 9:00 a.m. to 5:00 p.m. Mondays thru Fridays)

UNIVERSAL SERVICE FUND (USF) ☐ (Help with utility bills for low-income families and individuals) 1-866-240-1347

Additional Hotlines

The following numbers are for organizations that work in conjunction with or sometimes partner with DCF or the Department of Human Services, but are not official government agencies. We are not responsible for the content of their publications or services but they can provide valuable information and/or services.

Statewide Parent Advocacy Network (SPAN) ☐ **1-800-654-SPAN (7726)** ☐ This organization provides support to parents and caregivers, and advocates for their rights.

NJ Self Help Group Clearinghouse ☐ 1-800-FOR-MASH (367-6274)

WOMENS SERVICES

Women's Services

New Jersey Domestic Violence Hotline ☐ **1 (800) 572-SAFE (7233)** ☐ **24 hours a day/7 days a week** The New Jersey Domestic Violence Hotline provides confidential access to domestic violence information and services, including crisis intervention, referral, and advocacy. Bilingual and accessible to the deaf and hearing impaired.

☐ **New Jersey Coalition Against Sexual Assault (NJCASA) Hotline** ☐ **1 (800) 601-7200** ☐ **24 hours a day/7 days a week** ☐ The New Jersey Coalition Against Sexual Assault (NJCASA) connects individuals affected by sexual violence with professionals that provide assistance and referrals. Calls are routed to the closest rape crisis care center. NJCASA is the collective voice for victims of sexual violence, their loved ones and rape crisis centers across New Jersey.

☐ **Women's Referral Central Hotline** ☐ **1 (800) 322-8092** ☐ **24 hours a day/7 days a week** ☐ The toll-free Women's Referral Central Hotline provides comprehensive information, referrals, active listening, and crisis response for issues confronting New Jersey residents, including but not limited to:

- “ Child Care
 - “ Discrimination
 - “ Displaced Homemaker
 - “ Divorce
 - “ Employment
 - “ Housing
 - “ Job Training
 - “ Legal Assistance
 - “ Single Parenting
- Social Services

YOUTH SERVICES

Youth Services

New Jersey Suicide Prevention Hopeline

1-855-654-6735 www.njhopeline.com

Psychiatric screening

Jersey City Medical Center
395 Grand Street, Jersey City NJ
Phone: 201-915-2683
Fax: 201-915-2838

Pediatric Psychological Services

Jersey City Medical Center
395 Grand Street, Jersey City NJ
Phone: 201-915-2848

2nd Floor Youth Helpline

888-222-2228

2nd Floor, is available 24-hours-a-day; seven-days-a week to children, youth and young adults ages 10-24.

Teens Helping Teens

(310) 855-HOPE or (800) TLC-TEEN from 6pm to 10pm PST.

Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!