

Office of Drug Monitoring & Analysis Drug Monitoring Initiative (DMI) COVID-19 Resource Guide



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Summary

The spread of COVID-19 has negatively impacted statewide infrastructure and reduced the availability of a wide number of Health and Prevention Sharing Network (HPSN) resources, which are essential for DMI partners and the individuals they serve.

In response to the COVID-19 (coronavirus) pandemic, NJ's Drug Monitoring Initiative (DMI) has created a "New Jersey Resource Guide" to provide DMI partners and the public with links to relevant resources for a variety of topics.

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NJ Office of the Governor COVID-19 Updates – *updates and briefings from the NJ Office of the Governor regarding COVID-19*

COVID-19 Links – *national, statewide, and local links/information to all things COVID-19 related (e.g. viral statistics, alerts, maps)*

Access to Naloxone (Narcan) – *list of programs that are still offering naloxone in NJ*

Recovery Support & Meetings – *list of active (many of which are online) recovery and support services for stakeholders and those suffering from substance use disorder*

Mental Health Support – *behavioral health information and resources to help those suffering from a mental illness*

Crisis Hotlines – *list of hotlines to call for different purposes (e.g. National Suicide Hotline, Poison Help Hotline, National Domestic Violence Hotline, The Trevor Project etc.)*

State Resources – *statewide links to information such as guidance for travelers, resources for healthcare providers, opioid-related data, and other updates*

National Resources – *links to live information hubs and maps that provide real-time information regarding COVID-19 from sources such as the Center for Disease Control (CDC) and World Health Organization (WHO)*

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Food Banks– *list of food banks by county*

Emergency Housing– *list emergency housing by county*

Senior Services – *list of services for seniors (e.g. where to find groceries, meals, and support)*

College Resources – *list of resources for college students (e.g. storage and food assistance and financial support)*

Job Searches – *support services and portals to obtain employment*

Business/Employee Resources –*resources to guide both employers and employees for financial assistance and filing paperwork/forms*

Home Expenses Information –*programs to assist in financial hardships during COVID-19*

In-Home Education – *online education resources for all ages (e.g. music lessons, art classes, online classes, and guidance on how to talk to adolescents about COVID-19)*

Entertainment – *online sources for virtual tours, concerts, kid shows, comedy, theatre, art shows etc.*

Health & Wellness –*online fitness, health, and wellness resources*

Volunteering/Donation Opportunities – *organizations that are looking for volunteers and/or donations*

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NJSP DMI COVID-19 Resource Guide – COVID-19 Links

| Program Name | Coverage Area | Description | Website |
|---|---------------|--|--|
| NJ COVID-19 Information Hub | New Jersey | Live Statistical Updates for NJ, Check your symptoms and NJ Job employment listing portal | https://covid19.nj.gov/#live-updates |
| COVID-19 General Questions | New Jersey | Call 211 (7am 11pm) | |
| COVID-19 Clinical Questions | New Jersey | Call 800-962-1253 available 24/7 | |
| COVID-19 TEXT ALERTS | New Jersey | Text NJCOVID to 898-211 to receive alerts | |
| COVID-19: Information for Communities and the General Public | New Jersey | COVID-19: Information for Communities and the General Public | https://www.nj.gov/health/cd/topics/covid2019_community.shtml |
| COVID-19: Information for Schools and Businesses | New Jersey | Be prepared if COVID-19 does appears in your community. | https://www.nj.gov/health/cd/topics/covid2019_school_business.shtml |
| COVID-19 Rumor Control & Disinformation Site | New Jersey | In a joint effort to combat rumors and disinformation regarding COVID-19, the NJ ROIC, NJOEM, & NJOHSP created the COVID-19 Rumor Control & Disinformation site. | https://www.njhomelandsecurity.gov/covid19 |
| Primary Quarantine Site for Homeless | Camden County | Created as a “back up” location for emergency situations in Camden County. The school has been set up with beds/cots in the cafeteria to quarantine the homeless for COVID-19. | Camden County Technical School 343 Berlin-Cross Keys Rd., Sicklerville, NJ 08081 Det. Gregory Jackson gjackson@gtpolice.com |

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NJSP DMI COVID-19 Resource Guide – Access to Naloxone (Narcan)

| Name | Coverage Area | Description | Address | Contact Information | Website |
|---|---------------|---|---|--|---|
| NJ CARES Pharmacies with Standing Orders | By township | List of pharmacies that are dispensing naloxone without an individualized prescription, using a "standing order" from a physician or the Department of Health. Naloxone is a medication used to reverse the effects of an opioid overdose. Anyone 18 or older can walk into any pharmacy listed and ask for a prescription of Narcan. | | | https://www.nj.gov/oag/njcar es/Pharmacy-Locations.htm |
| DMHAS Opioid Overdose Prevention Program | North | This regional opioid overdose prevention programs provide individuals at-risk for overdose, their family members, friends, and loved ones with naloxone rescue kits. They are also educated and trained on how to prevent, recognize, and respond to an opioid overdose. | Morris County Prevention is Key, 25 West Main St., Rockaway, NJ 07866 | 973-625-1998 info@mcpik.org | - |
| DMHAS Opioid Overdose Prevention Program | Central | This regional opioid overdose prevention programs provide individuals at-risk for overdose, their family members, friends, and loved ones with naloxone rescue kits. They are also educated and trained on how to prevent, recognize, and respond to an opioid overdose. | Jersey Shore Healthcare, 685 Neptune Blvd., Neptune Twp, NJ 07732 | 732-988-8877 jsasdrugstx@aol.com | - |
| DMHAS Opioid Overdose Prevention Program | South | This regional opioid overdose prevention programs provide individuals at-risk for overdose, their family members, friends, and loved ones with naloxone rescue kits. They are also educated and trained on how to prevent, recognize, and respond to an opioid overdose. | Urban Treatment Associates, 808 Market St., Camden, NJ 08102 | 856-225-0505 | - |
| Rutgers Opioid Overdose Prevention Program | Statewide | Online trainings of naloxone via WebEx. They will coordinate with your agency facilitator for distribution of free naloxone kit via mail. | 732-235-4341 | 732-235-4341 PreventOverdose@rwjms.rutgers.edu | http://rwjms.rutgers.edu/departments/psychiatry/divisions/division-of-addiction-psychiatry/opioid-overdose-prevention-network |
| New Jersey Harm Reduction Coalition | Statewide | Please call or text to have Naloxone and fentanyl test strips mailed anywhere in New Jersey. | 877-4Narcan (877-462-7226) | 877-4Narcan (877-462-7226) jenna@njharmreduction.org | https://njharmreduction.org/ |

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NJSP DMI COVID-19 Resource Guide – Recovery Support & Meetings

| Program Name | Coverage Area | Description | Website/Contact |
|--|---------------|--|---|
| Alcoholics Anonymous | Online | Alcoholics Anonymous online Intergroup meetings | beta.aa-intergroup.org |
| Adult Children of Alcoholics | Online | Adult Children of Alcoholics online support meetings | https://adultchildren.org/quick-search/?audiobt=Click+Here |
| RWJ All Recovery Meetings | Online | RWJ virtual all recovery meetings that you can join online or by phone. | https://conta.cc/2UjrJz9 |
| Al-Anon | Online | Al-Anon Electronic Meetings | https://al-anon.org/al-anon-meetings/electronic-meetings/ |
| In The Rooms | Online | Free online recovery tool, 130 weekly meetings-- 12 Step, Non-12 Step, Wellness & Mental Health | https://www.intherooms.com/home/ |
| New Perspectives | Mobile App | A Mobile Support Group: The 5 Best Sobriety Apps to Use in Recovery | https://newperspectivesfl.com/blog/sobriety-apps/ |
| Nicotine Anonymous | Online | Attend a meeting on your computer, tablet, or mobile phone. Check the home pages of the online groups to learn about meeting days, times. | https://nicotine-anonymous.org/find-a-meeting.html |
| Lion Rock Recovery | Online | COVID-19 Anxiety Support Meetings, These Are Not Substance Recovery Meetings. Everyone Struggling with Anxiety about COVID-19 is Welcome! | https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups |
| CoDependents Anonymous | Online | CoDependents Anonymous provides meetings online or by phone for both nationally and internationally | https://coda.org/find-a-meeting/phone-meetings/ |
| 12Step.org | Online | Online meetings may take place using different means of communications like text-only chat, voice or video | https://www.12step.org/social/online-meetings/ |
| Virtual NA | Online | Bringing Narcotics Anonymous Meetings to Remote or Isolated individuals in recovery from around the world to attend local face to face meetings | https://virtual-na.org/ |
| Rutgers Health Telephone Recovery Support | New Jersey | Telephone Recovery Support Services, Confidential, Free, peer staff in Recovery, Information & Support Peers provide weekly telephone recovery support calls to people seeking recovery from substance use disorders | 833-TALKRS |

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NJSP DMI COVID-19 Resource Guide – Recovery Support & Meetings

| Program Name | Coverage Area | Description | Website/Contact |
|--|-----------------|--|---|
| WE Connect Recovery | Online | Online recovery support groups open to anyone who is dealing with substance use, mental health concerns. Meetings are available daily | https://www.weconnectrecovery.com/free-online-support-meetings |
| Unity Recovery+Weconnect+Alano Club | Online | Now offering fre virtual recovery meetings during the COVID-19 pandemic | https://unityrecovery.org/ |
| NA | Online | Narcotics Anonymous Meeting Search Results. Zoom, Skype,Online or by phone | https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&with-in=5&day=0&lang |
| Recorded Speakers | Online | Recorded Speakers from a variety of 12-step fellowships | https://www.xa-speakers.org/ |
| NA by Phone | Online | On your phone on the Meeting page, just tap the underlined number of the meeting you wish to attend and it will be dialed automatically including the access code. Be sure to use *6 to mute and unmute your phone to cancel background noise. | www.nabyphone.com |
| Alcoholics Anonymous | Conference Call | A meeting every day at 2pm | (425) 436-6360 Access Code 422932 |
| National Rehabs Recovery | Mobile App | Below is a list of recovery-based apps that you can download on your phone to stay connected to a support community and meet your own treatment goals, no matter how long you've been sober. All of the apps are available on Google Android and Apple iOS. | https://www.rehabs.com/smartphone-apps-for-recovery/ |
| SMART Recovery | Online | Smart Recovery Community Online | https://www.smartrecovery.org/community/ |
| PC World | Mobile App | Seven apps to help you stay sober, one day at a time | https://www.pcworld.com/article/2091042/seven-apps-to-help-you-stay-sober-one-day-at-a-time.html |
| Refuge Recovery | Online | Grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction | https://refugerecovery.org/meetings |
| SoberGrid | Online | Platform to help anyone get sober and stay sober. Some join to get support, other to give it. Each Free download, post and connection create an opportunity to stay sober while helping others do the same. Download the SoberGrid App via Google Play, iTunes or the link above | http://www.sobergrid.com/ |

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NJSP DMI COVID-19 Resource Guide – Recovery Support & Meetings

| Program Name | Coverage Area | Description | Website/Contact |
|---|---------------|--|---|
| Narcotics Anonymous | Online | Narcotics Anonymous Online Meeting directory | https://www.na.org/meetingsearch/ |
| NA Online Meetings | Online | NA Zoom Meetings:24 Hour marathons, LGBTQ, Rise to Recovery, Just for today, Fresh Start, Rotating Format and many more | www.zoom.nastuff.com |
| LifeRing | Online | LifeRing is an 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 stories | https://www.lifering.org/online-meetings |
| The Peer Recovery Warmline | New Jersey | Peer Recovery WarmLine (PRW) is a peer-run service providing ongoing telephone support to mental health consumers as they work towards their recovery.PRW is live Monday to Friday, 8 am to 10 pm, Saturday and Sunday, 5 pm to 10 pm, and holidays, 3 pm to 10 pm. 877-292-5588 | www.mhanj.org |
| NJ Connect for Recovery | New Jersey | NJ Connect for Recovery is a free, confidential call line focused on helping family members and friends coping with a loved one's substance use disorder. We provides a safe, nonjudgmental place for individuals and family members to get counseling, and assistance from professional staff members on substance use issues. 855-652-3737 | www.njconnectforrecovery.org |
| Council on Compulsive Gambling of New Jersey | New Jersey | This service provides 24 hour information to help compulsive gamblers and referrals to self-help groups and counseling services. 800-GAMBLER | www.800gambler.org |
| IME Addictions Access Center | New Jersey | Call to see if you qualify for funding and a referral to treatment. 24 hours a day/7 days a week | 844-276-2777 |
| NJ Vet 2 Vet | New Jersey | Veterans Counseling Hotline NJVet2Vet understands and wants to assure you that we have worked through contingency plans that allow our peers to remain standing by 24/7 to talk with you and connect you to needed resources. 866-VETS-NJ4 | www.njvet2vet.com |

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NJSP DMI COVID-19 Resource Guide – Recovery Support & Meetings

| Program Name | Coverage Area | Description | Website/Contact |
|--------------------------------|---------------|---|---|
| Vets4Warriors | National | A 24/7 program for veterans who have served In wars | 833-422-2765 |
| New Jersey Mental Health Cares | New Jersey | NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns. | 1-866-202-Help (4357) TYY: 877-294-4356 help@njmentalhealthcares.org |
| Camden County Services | Camden County | 24/7 information and referrals FOR Mental Health & Substance Support 877-266-8222 | https://www.camdencounty.com/service/mental-health-and-addiction/ |



NJSP DMI COVID-19 Resource Guide – Mental Health Support

| Program Name | Coverage Area | Description | Contact | Website |
|--|----------------------|---|--|--|
| New Jersey Mental Health Cares | New Jersey | NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns. | 1-866-202-Help (4357) TTY: 877-294-4356 help@njmentalhealthcares.org | www.njmentalhealthcares.org |
| NAMI New Jersey | New Jersey | NAMI NJ is dedicated to improving the lives of people affected by mental illness. | 732-940-0991 In a crisis text NAMI to 74174 | http://www.naminj.org/where-to-get-help/state-services/ |
| SAMHSA | Nationwide | Disaster Distress help line, 24/7 365 days a year. Substance abuse, mental health services and crisis counseling. | 1-800-985-5990 | https://www.samhsa.gov/find-help/disaster-distress-helpline |
| FCP/DOW Community Program Directory | New Jersey by County | The Family and Community Partnerships' Community Program Directory provides public access to statewide resources that are designed to support family success and keep children safe. | 1-800-572-SAFE (7233) TTY:888-252-SAFE (7233) | https://www.nj.gov/dcf/families/dfcp/index.html https://www.nj.gov/dcf/families/dfcp/DFCPDirectory.pdf |
| AFSP | Online Resource | Resources for mental health during this time. | | https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/ |
| Coronavirus Anxiety Resources | Nationwide | The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research-backed and helpful tools for you—articles, meditations, access to mental health experts, anxiety screenings, and more. | - | https://www.virusanxiety.com/?fbclid=IwAR2FFrjgYGpUB6aLdfY9-bxxYUCBzxFjIJMsSjqp5qb1YP80gLB3QRHHA |
| Vets4Warriors | National | A 24/7 program for veterans who have served In wars | 833-422-2765 | https://www.vets4warriors.com/ |
| Mom2Mon | New Jersey | Mothers with special needs children 8am - 8pm | 877-914-6662 | http://www.mom2mom.us.com/GlassbookProject.htm |
| Care2Caregiver | New Jersey | Family members who are caring for family members with memory loss, Alzheimer's, dementia or a related disorder 8am - 8pm | 800-424-2494 | http://www.care2caregivers.com/resources/ |
| Cop2Cop | New Jersey | 24-hour peer support program for NJ Law Enforcement Officers and their families. | 866-267-2267 | https://njcop2cop.com/ |
| Worker2Worker | New Jersey | for DCP&P workers 8am - 8pm | 855-327-7482 | |
| Aid NJEA | New Jersey | school staff members and their families | 866-243-6532 | https://www.njea.org/aid-njea/ |

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NJSP DMI COVID-19 Resource Guide – Mental Health Support by County (DMHAS)



NEW JERSEY DEPARTMENT OF HUMAN SERVICES
DIVISION OF MENTAL HEALTH AND ADDICTION SERVICES

DESIGNATED SCREENING SERVICES

Primary Screening Service in Each County

Affiliated Psychiatric Emergency Services – AES (Affiliated with Screening Service)

(Please contact paula.turek@dhs.nj.gov with any changes)
(Updated: February 7, 2020)

| County | Hospital/Agency | Address | City | 24 Hour Hotline | Coordinator/Director & Telephone Number | Email Address |
|------------|--|------------------------|----------------------------|-----------------|---|--|
| Atlantic | Psych Intervention Program @ Atlanticare Reg'l Medical Ctr | 1925 Pacific Ave | Atlantic City 08401 | 609-344-1118 | Sharon Repko 609-404-7330 | Sharon.repko@atlanticare.org |
| Bergen | Care Plus NJ Inc @ New Bridge Medical Center | 230 East Ridgewood Ave | Paramus 07652 | 201-262-4357 | Lisa Montuore 201-262-7108 | lisamo@careplusnj.org |
| Burlington | Legacy Treatment Services | 218 A Sunset Road | Willingboro 08046 | 609-835-6180 | Samantha Kunz 609-835-6180 | skunz@legacytreatment.org |
| Camden | Oaks Integrated Care | 2201 W. Chapel Ave | Cherry Hill 08002 | 856-428-4357 | Cheryl Williams 856-428-4357 x54008 | Cheryl.williams@oaksintcare.org |
| Cape May | Acenda Integrated Health | 2 Stone Harbor Blvd | Cape May Court House 08210 | 609-465-5999 | Kathy Reeves 844-422-3632 x2020 | kreeves@acendahealth.org |
| Cumberland | Cumberland Co Guidance Ctr @ Inspira Medical Centers, Inc. | 333 Irving Ave | Bridgeton 08302 | 856-455-5555 | Elvira Smith 856-575-4512 | esmith@ccgcnj.org |
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NJSP DMI COVID-19 Resource Guide – Mental Health Support by County (DMHAS)

| County | Hospital/Agency | Address | City | 24 Hour Hotline | Coordinator/Director & Telephone Number | Email Address |
|------------|--|----------------------------|-------------------|-------------------------------|---|--|
| Essex | Clara Maass Medical Center | 1 Clara Maass Drive | Bellville 07109 | 973-844-4357 | Wanda Maragni | Wanda.Maragni@rwjbh.org |
| Essex | Newark Beth Israel Med Center | 201 Lyons Ave | Newark 07112 | 973-926-7444 | Helen Hartney 973-926-4369 | helen.hartney@rwjbh.org |
| Essex | University Behavioral Healthcare | 150 Bergen Street | Newark 07101 | 973-623-2323 | Brian Howard 973-972-0478 | howardbd@ubhc.rutgers.edu |
| Gloucester | Acenda Integrated Health | 42 South Delsea Drive | Glassboro 08028 | 856-845-9100 | Jennifer Plews 844-422-3632 x9580-1601 | jplews@acendahealth.org |
| Hudson | Jersey City Medical Center | 355 Grand St. | Jersey City 07302 | 866-367-6023 | Silvana Gomez 201-915-2268 | silvana.gomez@rwjbh.org |
| Hudson | Hackensack UMC - Palisades Medical Center (AES) | 7600 River Rd | N. Bergen 07047 | 201-854-5760 | Jessica Cofone 201-854-5000 x4824 | jessica.cofone@hackensackmeridian.org |
| Hudson | Christ Hospital (AES) | 176 Palisade Ave | Jersey City 07306 | 201-795-8374 | Rachel Corus 201-795-7384 | rachel.corus@carepointhealth.org |
| Hudson | Hoboken Univ. Medical Center (AES) | 308 Willow Ave | Hoboken 07030 | 201-418-2090 | Javier Munoz 201-418-1892 | javier.munoz@carepointhealth.org |
| Hunterdon | Hunterdon Medical Center Emergency Svcs Behavioral Health | 2100 Wescott Drive | Flemington 08822 | 908-788-6400 | Al Bassetti 908-788-2584 | abassetti@hhsnj.org |
| Mercer | Capital Health Regional Medical Center | 750 Brunswick Ave | Trenton 08638 | 609-396-4357/ 609-989-7297 | Jill Claudio 609-815-7683 | jclaudio@capitalhealth.org |
| Middlesex | University Behavioral Health Care | 671 Hoes Lane | Piscataway 08855 | 732-235-5700 | P. Greg Fitzpatrick 732-235-5150 | fitzpapg@ubhc.rutgers.edu |
| Middlesex | Raritan Bay Medical Center (AES) | 530 New Brunswick Ave | Perth Amboy 08861 | 732-442-3794 | Jed Klein 732-324-5094 | jed.klein@hackensackmeridian.org |
| Monmouth | Monmouth Medical Center | 300 Second Ave | Long Branch 07740 | 732-923-6999 | Douglas Hoffman 732-923-6999 | Douglas.hoffman@rwjbh.org |
| Monmouth | Centra State Medical Center (AES) | 901 W. Main Street | Freehold 07728 | 732-294-2595 | Cheryl Craig 732-294-2806 | ccraig@centrastate.com |
| Monmouth | Jersey Shore University Medical Center (AES) | 1945 Corlies Avenue, Rt 33 | Neptune, 07753 | 732-776-4555 | Kelly Smith | KellyA.Smith@hackensackmeridian.org |
| Monmouth | Riverview Medical Center (AES) | 1 Riverview Plaza | Red Bank, 07701 | 732-219-5325 | Carley Gibson Dawson 732-450-2870 | carley.gibson@hackensackmeridian.org |



NJSP DMI COVID-19 Resource Guide – Mental Health Support by County (DMHAS)

| County | Hospital/Agency | Address | City | 24 Hour Hotline | Coordinator/Director & Telephone Number | |
|----------|--|----------------------|----------------------|-------------------------------|---|--|
| Morris | Prime Healthcare Services - St. Clare's LLC | 25 Pocono Road | Denville 07834 | 973-625-6160 | Kimberly Donnenberg 973-625-6463 | kimberlydonnenberg@primehealthcare.com |
| Morris | Morristown Memorial Hospital (AES) | 100 Madison Avenue | Morristown 07962 | 973-540-0100 | Maria Merida 973-971-7911 | maria.merida@atlanticealth.org |
| Morris | Chilton Medical Center (AES) | 97 West Parkway | Pompton Plains 07444 | 973-831-5078 | Lisa Dressner 908-522-2775 | lisa.dressner@atlanticealth.org |
| Ocean | Monmouth Medical Center South | 600 River Avenue | Lakewood 08701 | 866-904-4474/ 732-886-4474 | JoAnn Jason 732-961-2340 Joe Cuffari | joann.jason@rwjbh.org Joe.Cuffari@rwjbh.org |
| Passaic | St. Joseph's Hospital Health Care System | 703 Main Street | Paterson 07514 | 973-754-2230 | Danielle Granado 973-754-3575 & 3756 | Granadod@sjhmc.org |
| Passaic | St. Joseph's Hospital Health Care System (AES) | 703 Main Street | Paterson 07514 | 973-754-2230 | Narine Kaprelian 973-754-2831 | kapreliann@sjhmc.org |
| Salem | Healthcare Commons Inc @ Memorial Hospital of Salem County | 310 Woodstown Road | Salem 08079 | 856-299-3001 | Laura Taylor 856-299-3200 x113 | l.taylor@hcommons.com |
| Somerset | Bridgeway Rehabilitation Inc. | 282 East Main Street | Somerville, 08876 | 908-526-4100 | Allison MacFadyen 908-526-4100 | Allison.MacFadyen@bridgewayrehab.org |
| Sussex | Newton Medical Center | 175 High St | Newton 07860 | 973-383-0973 | Paul Burns 973-579-8627 | Paul.burns@atlanticealth.org |
| Union | Trinitas Regional Medical Center | 655 East Jersey St | Elizabeth 07206 | 908-994-7131 | Kelly Baker 908-994-7152 | kbaker@trinitas.org |
| Union | Overlook Medical Center (AES) | 99 Beauvoir Road | Summit, 07901 | 973-831-5078 | Lisa Dressner 908-522-2775 | lisa.dressner@atlanticealth.org |
| Union | Rahway Hospital (AES) | 865 Stone Street | Rahway, 07065 | 732-381-4949 732-499-6165 | Tina Butler 732-499-6166 | Tina.butler@rwjbh.org |
| Warren | Family Guidance Ctr of Warren Co | 370 Memorial Parkway | Phillipsburg 08865 | 908-454-5141 | Annette Smith 908-454-4470 | asmith@fgcwc.org |

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NJSP DMI COVID-19 Resource Guide – Crisis Hotlines

| Program Name | Coverage Area | Description | Contact | Email |
|--|---------------|--|--|---|
| NJ Hope Line | New Jersey | New Jersey's 24/7 Peer Support & Suicide Prevention Hotline, specialists are available for confidential telephone counseling and support 24 hours a day, 7 day per week. You're not alone ... we are only a phone call away. | 855-654-6735 njhopeline@ubhc.rutgers.edu | www.njhopeline.com |
| National Suicide Hotline | Nationwide | The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. | 800-273-8255 | www.suicidepreventionlifeline.org |
| American Association of Poison Control Centers | Nationwide | Poison control centers offer free, confidential, expert medical advice 24/7 and our new online, interactive tool, PoisonHelp.org. | 800-222-1222 | www.aapcc.org |
| The Poison Help Hotline | Nationwide | The Poison Help hotline connects callers to their local poison control center anywhere in the United States and territories. | 800-222-1222 | www.poisonhelp.org |
| 2nd Floor | New Jersey | 2NDFLOOR is a confidential and anonymous helpline for NJ's youth and young adults. We are available 24/7 365 days a year. | 1-888-222-2228 info@2NDFLOOR.org | www.2ndfloor.org |
| National Domestic Violence Hotline | Nationwide | 24/7 support for victims and survivors. | 800-799-7233 | https://www.thehotline.org/ |
| National Sexual Assault Hotline (R.A.I.N.N. Rape Abuse and Incest National Network) | Nationwide | 24/7 help via phone and online chat for survivors and their loved ones. Free and confidential. | Call 800-656-HOPE (4673) | https://www.rainn.org/about-rainn |
| Self-Injury Hotline | Nationwide | S.A.F.E. ALTERNATIVES® is a nationally recognized treatment approach, professional network, and educational resource base, committed to helping you achieve an end to self-injurious behavior. | Call 800-DONT-CUT (366-8288) | https://carrierclinic.org/2019/08/06/cutting-and-self-injury/ |
| The Trevor Project | Nationwide | The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. | Call 866-488-7386, text START to 678678 | https://www.thetrevorproject.org/get-help-now/ |
| Statewide Domestic Violence Hotline | New Jersey | The Office of Domestic Violence Services (ODVS) funds 22 domestic violence programs and the New Jersey Coalition to End Domestic Violence. There is at least one DCF-funded domestic violence program in each of New Jersey's 21 counties. | 1-800-572-SAFE (7233) TYY:888-252-SAFE (7233) | https://www.nj.gov/dcf/women/domestic/ |
| National Human Trafficking Hotline | Nationwide | The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, 7 days a week, every day of the year. | 1-888-373-7888 | https://www.acf.hhs.gov/acf-hotlines#chapter-4 |

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NJSP DMI COVID-19 Resource Guide – National Resources

| Program Name | Coverage Area | Description | Website |
|---|---------------|---|---|
| CDC COVID-19 Page | Nationwide | COVID-19 updates and info from the Center for Disease Control | https://www.cdc.gov/coronavirus/2019-ncov/index.html |
| WHO COVID-19 page | Worldwide | COVID-19 updates and info from the World Health Organization | https://www.who.int/emergencies/diseases/novel-coronavirus-2019 |
| CDC COVID-19 Resources for Children | Nationwide | Free tips and resources for how to talk to your kids about Coronavirus | https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html |
| CDC White House Page on Coronavirus | Nationwide | We have 15 critical days to slow the spread of Coronavirus. See the latest guidelines from the President and the CDC. | https://www.coronavirus.gov/ |
| Johns Hopkins Coronavirus Resource Center | Worldwide | Johns Hopkins experts in global public health, infectious disease, and emergency preparedness have been at the forefront of the international response to COVID-19. This website is a resource to help advance the understanding of the virus, inform the public, and brief policymakers in order to guide a response, improve care, and save lives. | https://coronavirus.jhu.edu/ |
| Johns Hopkins Live Coronavirus Dashboard/Map | Worldwide | Johns Hopkins Live Mapping | https://coronavirus.jhu.edu/map.html |



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NJSP DMI COVID-19 Resource Guide – Food Banks

| Program Name | Coverage Area | Address | Telephone |
|--|-------------------|---|----------------|
| Jewish Family of Atlantic County | Atlantic County | 607 North Jerome Ave, Margate, NJ 08402 | (609) 822-2381 |
| Main Street Pantry | Atlantic County | 6011 Main Street Mays Landing, NJ 08330 | (609) 432-9177 |
| Salvation Army – Mays Landing | Atlantic County | 1309 Route 50 Mays Landing, NJ 08330 | (609) 625-1212 |
| Salvation Army Buena | Atlantic County | 600 Central Avenue, Minotola, NJ 08341 | (856) 696-5252 |
| Salvation Army - Atlantic City | Atlantic County | 22 South Texas Ave. Atlantic City, NJ 08401 | (609) 344-0660 |
| Atlantic Human Resources Food Pantry | Atlantic County | 119 West Bayview Avenue, Pleasantville, NJ 08232 | (609) 641-5111 |
| Mount Zion Baptist Church | Atlantic County | Site: 353 South New Road, Pleasantville, NJ 08232 | (609) 641-4337 |
| Bergen County Board of Social Services | Bergen County | 218 Route 17 North, Rochelle Park, NJ 07662 | (201) 368-4200 |
| Salvation Army of Hackensack | Bergen County | 436 Union Street Hackensack, NJ 07601 | (201) 342-6531 |
| Salvation Army of Englewood | Bergen County | 380 S. Van Brunt Street, Englewood, NJ 07631 | (201) 503-9400 |
| Center for Food Action | Bergen County | 192 West Demarest Avenue, Englewood NJ 07631 | (201) 569-1804 |
| Church of the Epiphany Food Pantry | Bergen County | 247 Knox Avenue Cliffside Park, NJ | (201) 943-7320 |
| Center for Food Action | Bergen County | 316 First St. Hackensack, NJ | (201) 883-9375 |
| Cliffside Park Borough Hall | Bergen County | 525 Palisade Avenue, Cliffside Park NJ | (201) 945-3456 |
| Faith Christian Counseling Center | Burlington County | 704 Cooper St., Beverly, NJ 08010 | (609) 880-3025 |



NJSP DMI COVID-19 Resource Guide – Emergency Shelter

| Program Name | Coverage Area | Address | Telephone |
|--------------------------------------|-------------------|--|--|
| Atlantic City Rescue Mission | Atlantic County | 2009 Bacharach Boulevard, Atlantic City NJ 08401 | (609) 345-5517 |
| Bergen County Homeless Shelter | Bergen County | 214 State Street. Hackensack NJ 07601 | (201) 488-5100 |
| Bergen County Homeless Shelter | Bergen County | 21 East Kansas St. Hackensack NJ 07601 | (201) 488-5100 |
| Family Promise | Bergen County | 479 Maitland Avenue, Teaneck, NJ 07666 | (201) 833-8009 |
| Peter's Place Safe Haven | Bergen County | 251 State St. Hackensack, NJ 07661 | (201) 342-2365 |
| Burlington County Action Program | Burlington County | 718 Route 130 South, Burlington, NJ 08016 | (609) 386-5800 |
| Delaware House-Catholic Charities | Burlington County | 25 Ikea Drive, West Hampton, NJ 08060 | (609) 267-9339 |
| Salt and Light Company Mt. Holly | Burlington County | 96Rancocas Rd., Mt. Holly, NJ 08060 | (609) 261-4571 |
| Emergency Services of Delanco | Burlington County | 801 Burlington Ave | (856) 764-6940 |
| The Extended Hand Ministries Inc. | Burlington County | 275 Holeman St., Mt. Holly, NJ 08060 | (609) 914-4270 |
| Providence House | Burlington County | P.O. Box 496, Willingboro, NJ 08046 | (609) 871-7551 |
| Interfaith Hospitality Network | Burlington County | 16 E main St, Moorestown NJ 08057 | (856) 638-0110 |
| Aletha R. Wright Center | Camden County | 271 Atlantic Ave, Camden 08104 | (856) 966-0909 |
| Respond, Inc. Path Homeless Services | Camden County | 816-818 N 5th St, Camden 08102 | (856) 365-6597 |
| Homeless Hospitality Network | Camden County | 816-818 N 5th St, Camden 08102 | (856) 963-5820 Intake, (609) 238-8885 Emergency |

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NJSP DMI COVID-19 Resource Guide – Senior Services

| Name | Coverage Area | Description | Website |
|---|---------------|--|---|
| Meals on Wheels | Nationwide | Vulnerable seniors are at the greatest risk amid COVID-19. Local Meals on Wheels programs are on the front lines every day, focused on doing all they can to keep older Americans safe and nourished in communities across the country. | https://www.mealsonwheelsamerica.org |
| Senior and Vulnerable Shoppers - Special Hours | Nationwide | Many stores are opening early or offering special shopping times for seniors and vulnerable shoppers. See list to the right and be sure to check with individuals stores in your area to verify. | |
| Scoop 4 Seniors | Nationwide | 19 Free Services for Seniors or Their Caregivers | http://seniornet.org/blog/19-free-services-for-seniors-or-their-caregivers/ |
| Salvation Army | Nationwide | The Salvation Army of New Jersey is committed to meeting the needs of our community during the Coronavirus pandemic. Our corps community centers are prepared to assist those in need of emergency services, which includes our feeding programs. With the disproportionate risk to the senior population we are conducting an outreach to senior citizens in communities to ensure that they stay safe and that they have necessary provisions. | https://newjersey.salvationarmy.org/ |



NJSP DMI COVID-19 Resource Guide – College Resources

| Name | Coverage Area | Description | Website |
|---|---------------|--|---|
| Hope Center Guide for Supporting College Students | Nationwide | Guide to help colleges and universities keep their students, faculty, and staff healthy, safe, and educated during the COVID-19 pandemic. | https://hope4college.com/supporting-students-during-covid19/ |
| SNAP for College Students | Nationwide | SNAP can be used to buy groceries at over 246,000, authorized retailers, grocery stores, and other places that sell food, including discount stores, bodegas, and farmers markets. | https://www.clasp.org/sites/default/files/publications/2017/10/SNAP%20for%20College%20Students-An%20Overview.pdf |
| Edquity | Nationwide | Provides online emergency support for students during COVID-19 outbreak by providing online access to emergency funding and other resources. | https://edquity.co/COVID-19.pdf |
| U-Haul | Nationwide | 30-days free storage for college students impacted by campus closure. Call 800-GO-UHAUL | https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm_campaign=uhaulsm&utm_source=twitter&utm_medium=pr&utm_content=20200312-uhaulisoffering30 |
| Lowering College Students' Bills with Energy Assistance Programs | Nationwide | Guide to help students navigate programs offered by utility companies to lower bills to help avoid financial distress. | https://hope4college.com/beyond-the-food-pantry-lowering-college-students-bills-with-energy-assistance-programs/ |



NJSP DMI COVID-19 Resource Guide – Job Searches

| Name | Coverage Area | Description | Website |
|--|---------------|---|---|
| State of New Jersey COVID-19 Jobs and Hiring Portal | Statewide | The State of New Jersey has developed a centralized resource to match talent with opportunities in industries on the front lines of serving New Jerseyans during the outbreak. Did you lose your job or have your hours reduced as a result of COVID-19? Businesses across New Jersey need thousands of workers for immediate hire. Learn more about who is hiring in your community. | https://jobs.covid19.nj.gov/ |
| Jersey Job Club | Statewide | The Jersey Job Club gives you the tools and support you need to find a job. We'll help you develop new skills and improve on skills you already have. There are 23 Jersey Job Clubs throughout New Jersey. | https://careerconnections.nj.gov/careerconnections/plan/support/jobclub/jersey_job_club.shtml |
| NJ Career Connections | Statewide | a resume can serve many purposes in your search for employment. Therefore, it is important to choose a resume type that best meets your needs. Obtain assistance in writing the best resume for you | https://careerconnections.nj.gov/careerconnections/prepare/resumes/assist/resume_writing_assistance.shtml |
| Transportation Assistance | Statewide | Transportation can be one of the biggest hurdles to employment for jobseekers. Fortunately, whether you plan to drive to your next job, take the bus or train, or are in need of special services to assist you in your travels, there are many resources in New Jersey to help you get to your next job. | https://careerconnections.nj.gov/careerconnections/prepare/transportation/transportation_assistance.shtml |
| NJ Career Connections Ex-Offender Services | Statewide | If you are an individual who has either been recently released from incarceration, were previously incarcerated, has an arrest or misdemeanor conviction in need of employment assistance, your One-Stop Career Center can help. Each One-Stop Career Center has trained staff available to assist you. | https://careerconnections.nj.gov/careerconnections/plan/foryou/exoffenders/ex_offender_services.shtml |



NJSP DMI COVID-19 Resource Guide – Business/Employee Resources

| Name | Coverage Area | Description | Contact | Website |
|--|---------------|---|---|---|
| Division of NJ Unemployment | Statewide | File a Claim for New Jersey Unemployment Services | North New Jersey: 201-601-4100 Central New Jersey: 732-761-2020 South New Jersey 856-507-2340 | https://myunemployment.nj.gov/ |
| NJ Unemployment FAQ's | Statewide | Frequently Asked Questions | | https://myunemployment.nj.gov/labor/myunemployment/help/faqs/ |
| Division of Temporary Disability and Family Leave Insurance | Statewide | New Jersey's Earned Sick Leave Law even covers public health emergencies – employees can use Earned Sick leave if their workplace or child's school or daycare is closed due to an epidemic, or if a public health authority determines the need for a quarantine. | | https://myleavebenefits.nj.gov/ |
| NJ COVID-19 Hire on Demand | Statewide | COVID-19 Employer On Demand Hiring Intake Form Please complete this form for each specific job that you are currently hiring for. If you have questions about completing this form, please send an email to . Please note: information provided by your company will be made available to the public through the COVID19 Jobs Portal and will be subject to the Open Public Record Act. | | covid19jobs@njeda.com |
| CDC Interim Guidance for Businesses and Employers | Nationwide | This interim guidance is based on what is currently known about the coronavirus disease 2019 (COVID-19). The Centers for Disease Control and Prevention (CDC) will update this interim guidance as needed and as additional information becomes available. | | https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html |
| Department of Labor & Workforce Development | Statewide | NJDOL and the Coronavirus (COVID-19): What Employers & Businesses Should Know | | https://www.nj.gov/labor/employer-services/business/covid.shtml |

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NJSP DMI COVID-19 Resource Guide – Business/Employee Resources

| Name | Coverage Area | Description | Contact | Website |
|---|---------------|--|---|---|
| Restaurant Workers Community Foundation | Nationwide | Information and links to resources that will help restaurants and workers deal most effectively with the COVID-19 Emergency | info@restaurantworkerscf.org | |
| U.S. Department of Labor Unemployment Insurance | Nationwide | New guidance on unemployment insurance flexibilities during COVID-19 outbreak. | | https://www.dol.gov/newsroom/releases/eta/eta20200312-0 |
| U.S. Small Business Administration Disaster Assistance | Nationwide | The SBA provides low-interest disaster loans to help businesses and homeowners recover from declared disasters. Monday through Friday from 8:00 am to 8:00 pm ET | 1-800-659-2955 Deaf /Hard-of-Hearing: 1-800-877-8339 disastercustomerservice@sba.gov | https://www.sba.gov/disaster-assistance/coronavirus-covid-19 |
| Freelance Artist Resources | Nationwide | Aggregated list of free resources, opportunities, and financial relief options available to artists of all disciplines. | - | https://covid19freelanceartistresource.wordpress.com/ |
| Resources for Musicians and Live Music Professionals | Nationwide | List of resources for musicians and live music professionals during COVID-19, as well as ways fans can support artists right now. | - | https://sheshredsmag.com/covid-19-resources-for-musicians/ |
| Various Freelancer Resources | Nationwide | Everything from emergency funding to remote job opportunities. | - | https://covid19freelanceartistresource.wordpress.com/ |



NJSP DMI COVID-19 Resource Guide – Home Expenses Information

| Name | Coverage Area | Description | Website |
|--|---|---|---|
| NJ 211 Housing Assistance | Statewide | Housing Expense Assistance by Topic | https://www.nj211.org/resource-search/taxonomy/BH-3800/_/1 |
| Community Food Bank of NJ | Monmouth, Ocean, Mercer, Hunterdon, Sussex, and Warren Counties | If you need additional food assistance, our SNAP Outreach team can help you apply or recertify for SNAP benefits. Please call our SNAP hotline for assistance over the phone: 800-609-3663. | https://cfbnj.org/findfood/ |
| Mend Hunger Relief Network | Essex County | Meeting Essential Needs with Dignity. MEND is an network of 20 member food pantries located throughout Essex County, NJ, that strengthens and supports its food pantry network by providing supplemental food, funds, volunteers. | https://mendnj.org/ |
| State of NJ Office of Emergency Management | Statewide | NJ's Board of Public Utilities has announced that all of NJ's public electric and gas utilities have agreed to suspend service shutoffs. | http://ready.nj.gov/plan-prepare/public-utilities.shtml |
| State of NJ Board of Public Utilities | Statewide | If you are having issues with a utility company, the Board of Public Utilities asks that you contact them | https://www.state.nj.us/bpu/assistance/index.html |
| Division of Housing and Community Resources | Statewide | Department of Consumer Affairs "one stop" website to let you see if you are eligible for housing and utilities assistance programs all at the same time. Section 8 Housing Vouchers, Rental Assistance, HIV+, and Veterans. There also homelessness and eviction prevention programs and Energy Assistance Programs | https://njdca-housing.dynamics365portals.us/en-US/ |
| State level eviction and foreclosure protections: bill A3859/S2276. | Statewide | Governor Murphy Enacts Moratorium on Removals of Individuals Due to Evictions or Foreclosures | https://nj.gov/governor/news/news/562020/approved/20200319c.shtml |
| Fulfill | Monmouth & Ocean Counties | Fulfill's mission is to alleviate hunger and build food security in Monmouth & Ocean Counties and to make sure that all people at all times have access to enough nutritious food to maintain an active and healthy life. 732-918-2600 | https://fulfillnj.org/get-help/locate-a-pantry/?gclid=EAIaIQobChMkYeYiPiX6AIVB7zACh1ZGAxPEAAAYASAAEgKyc_D_BwE |
| Seeds of Service | Brick Twp. | Seeds of Service has clothing and household needs programs on site, as well as a food pantry. Due to COVID-19 recommendations, S.O.S. has temporarily changed its protocol. Please call ahead 732-746-3456 | https://seedsofservice.help/ |



NJSP DMI COVID-19 Resource Guide – In-Home Education (Online)

| Name | Description | Website |
|--|---|---|
| NASP | Free tips and resources on how to talk to your kids about COVID-19. | https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource |
| Class Central | List of 450 free, online Ivy League courses. | https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/ |
| Life Skills for Kids | 100 life skills to teach your kids. | https://drive.google.com/file/d/1LWbdX8zIbkCFSh-LhN5Ip2TI3QIw5H1K/view?fbclid=IwAR2fCHl3o7ruiTMQj7V79_ONBAiKkxqht5hwi1wBat-Feq2SgsTwMuHkW10 |
| Live Streaming Shows & Music Classes for Kids: Online Listings (created by Amelia of Mil's Trills) | Online streaming for kids concerts and lessons. | https://docs.google.com/spreadsheets/d/1cUldDMYYhMy-gBDChEmuWZzx12TyKp3lYrkEsSKcPqs/edit?fbclid=IwAR1rp9Ukg4d6Wy6CNMgchmOfPaUMVhFd-0ZpB2r-TN-Dci0DDNK21ISJS8#gid=0 |
| What Moms Love | 87 energy-busting, physical activities for kids. | https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/ |
| Lynda | Online learning platform with courses in business, software, technology, and creative skills. Use it to achieve personal and professional goals. Free with your library card. | https://www.lynda.com/portal/patron?org=multcolib.org |
| Early Bird Books | Free Ebooks | https://earlybirdbooks.com/ |
| BookBub | Free Ebooks | https://www.bookbub.com/welcome |
| Freebooksy | Free Ebooks | https://www.freebooksy.com/ |
| Free EBooks | Free Ebooks | https://www.free-ebooks.net/ |



NJSP DMI COVID-19 Resource Guide – Entertainment

| Name | Description | Website |
|--|--|---|
| Pluto TV | Free streaming of TV shows for kids. | https://pluto.tv/welcome |
| Kanopy TV | Free streaming of TV shows for kids. (requires a library card) | https://www.kanopy.com/kids |
| Metropolitan Opera | Free nightly streaming during COVID-19 closures. | https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/?fbclid=IwAR14mDjjOvqBCN9zU1q-SqCla0uf-SjORR1OWxEtbk98N3WPuG09B1It6k0 |
| Detroit Symphony Opera | Free webcast archives and streaming of the DSO. | https://livefromorchestrahall.vhx.tv/browse |
| Google Arts & Culture | Explore national parks and museums through virtual tours. | https://artsandculture.withgoogle.com/en-us/national-parks-service/parks |
| Travel and Leisure | 12 famous museums with virtual tours. | https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours |
| Google Arts & Culture | Free virtual museum tours. | https://artsandculture.google.com/partner?hl=en |
| NPR's list of Virtual Concerts | A list of live virtual concerts to watch during the coronavirus shutdown. Archives can be found at the bottom of the list. | https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown |
| Adventure Journal | A list of animal cams. | https://www.adventure-journal.com/2020/03/if-youre-stuck-inside-might-as-well-enjoy-this-list-of-animal-cams/?fbclid=IwAR1woJKSe9-Rt75C6rL_zFALH4B-w7JCKSktGqPNp4EUqENXzmPcMmxcdPc |
| Color Our Collections | Free coloring sheets from libraries, archives, and other cultural institutions around the world. | http://library.nyam.org/colorourcollections/ |
| Aaron Nigel Smith's The Big Up Show | Portland musician Aaron Nigel Smith is offering “Music & Movement Time for Kids”, live every Friday at 10:30 am. | https://www.youtube.com/channel/UCaxyI10xdR4YGSBmBJ5SAVQ |
| iHeartRADIO | 24/7 Comedy show. | https://www.iheart.com/live/247-comedy-4902/ |



NJSP DMI COVID-19 Resource Guide – Health & Wellness

| Name | Description | Website |
|--|--|---|
| Headspace | Free online guided meditations. | https://www.headspace.com/covid-19 |
| Where are COVINA-19 testing centers in New Jersey? | Symptom check self assessment and testing center look-up | https://covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey |
| Meditation | Meditation. It takes only 5-10 minutes and will bring you stress levels down. | https://www.youtube.com/user/Getsomeheadspace/videos |
| NASP | Free tips and resources for how to talk to your kids about Coronavirus | https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource |
| CDC | Free tips and resources for how to talk to your kids about Coronavirus | https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/talking-with-children.html |
| Planet Fitness | Planet Fitness, one of the country's largest chain gyms, is offering free online classes for the next two weeks, starting March 16. | https://www.youtube.com/user/planetfitnessnh/videos |
| Yoga With Adriene | Free yoga classes. | https://www.youtube.com/user/yogawithadriene |
| CorePower Yoga | This popular yoga studio is offering free access to a selection of their online classes while they are closed to help stop the spread of COVID-19. | https://www.corepoweryogaondemand.com/keep-up-your-practice |
| Grokker | Free access to online fitness / wellbeing classes through April 30. | https://grokker.com/individuals |
| CLI Studios | Free dance classes. | https://www.instagram.com/clistudios/ |
| Francisco Gella Dance Works | Free dance classes - See Instagram post for schedule of live classes. | https://www.instagram.com/p/B9z7HCMHjDH/ |
| Stretch and Grow of the Rockies | Stretch and Grow of the Rockies is a kids health and wellness enrichment company that teaches children age-appropriate fitness and yoga routines. | https://www.youtube.com/channel/UCNi_Xu7vxDVz0X5Weh6aPdA |
| Cosmic Kids | Cosmic Kids offers yoga lessons working on balance and strength on YouTube. Episodes range between 2 minutes and 1 hour. | https://www.youtube.com/user/CosmicKidsYoga |
| Fitness Blender | Fitness Blender offers hundreds of free workout videos ranging in difficulty, length, and body focus. | https://www.fitnessblender.com/videos |
| Down Dog | Down Dog maintains five fitness and yoga apps that offer yoga practices or at-home workouts. | https://www.downdogapp.com/ |
| YMCA 360 | YMCA 360 is an "on-demand" healthy living network | https://www.youtube.com/channel/UCOGt_IpceP_xQhhCMCrut_A/videos |

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NJSP DMI COVID-19 Resource Guide – Volunteering/Donation Opportunities

| Name | Coverage Area | Description | Website |
|----------------------------|---------------------------|---|---|
| Red Cross | Nationwide | Right now, the American Red Cross has an ongoing critical need for blood product donations as uncertainties remain during this coronavirus pandemic. Blood drives continue to be canceled at an alarming rate and patients need a sufficient blood supply throughout the many weeks of this crisis and beyond. Healthy individuals are needed to schedule an appointment to give in the days and weeks ahead to help patients counting on lifesaving blood, platelets or AB Elite plasma. | https://www.redcross.org/ |
| Feeding America | Nationwide | Help food banks respond to COVID-19. Food banks are responding to COVID-19 by doing what they do best – feeding people in need. | https://www.feedingamerica.org/ |
| Salvation Army | Nationwide | The Salvation Army of New Jersey is committed to meeting the needs of our community during the Coronavirus pandemic. Our corps community centers are prepared to assist those in need of emergency services, which includes our feeding programs. With the disproportionate risk to the senior population we are conducting an outreach to senior citizens in communities to ensure that they stay safe and that they have necessary provisions. | https://newjersey.salvationarmy.org/ |
| Mend Hunger Relief Network | Essex County | Meeting Essential Needs with Dignity. MEND is an interfaith network of 20 member food pantries located throughout Essex County, NJ. MEND strengthens and supports its food pantry network by providing supplemental food, funds, volunteers, and a monthly forum for collaboration. MEND also advocates for policies to improve the quality of life for those in need in the County. | https://mendnj.org/ |
| SJ Mutual Aid Network | South Jersey | The Salvation Army will remain Jersey Strong and continue to meet the needs of our communities for years to come. | https://docs.google.com/forms/d/e/1FAIpQLSdUTAWBd4f6XvZBgiS427DtGs7_vOuXWbBFVHtYSqMGa-yAYw/viewform?fbclid=IwAR0-yr6liPqwsybm4_dphyx3Cc9Z9H73rwEK_bW2JaEF8PbNsCFtBdU0J_E |
| 100 Million Mask Challenge | Statewide | Join the 100 Million Masks Challenge Anyone who knows how to sew can help protect the doctors, nurses, and caregivers on the frontlines in the fight against COVID-19. | https://millionmaskchallenge.com/masks-in-need-in-new-jersey/ |
| Fulfill | Monmouth & Ocean Counties | Fulfill's mission is to alleviate hunger and build food security in Monmouth & Ocean Counties and to make sure that all people at all times have access to enough nutritious food to maintain an active and healthy life. 732-918-2600 | https://fulfillnj.org/get-help/locate-a-pantry/?gclid=EAIaIQobChMIkYeYiPiX6AIVB7z_ACh1ZGAXPEAAAYASAAEgKyc_D_BwE |



For questions or to add a resource, email us at DMI@gw.njsp.org. Please include the following when requesting to add a resource: the resource topic title and applicable information needed.