

## COVID Resource Guide

### General Info about COVID

- NJ Covid Information Hub for state updates, job portal, check your symptoms
  - <https://covid19.nj.gov/>
- NJ Covid General Questions
  - Call 211 from 7AM – 11PM for questions and information
- COVID Text Alerts
  - Text NJCOVID to 898-211 to enroll in text alerts

### Mental Health Services

- National Suicide Prevention Hotline: 1-800-273-8255
  - To chat online: <https://suicidepreventionlifeline.org/chat/>
  - For Spanish: 1-888-628-9454
  - For Deaf and Hard of Hearing: 1-800-799-4889 (skype call)
- NJ Mental Health Cares
  - 1-866-202-Help (4357)
  - TTY: 877-294-4356 or [help@njmentalhealthcares.org](mailto:help@njmentalhealthcares.org)
- The Trevor Project: crisis intervention and suicide prevention for LGBTQ+ youth under 25
  - Call 866-488-7386, text START to 678678
  - <https://www.thetrevorproject.org/get-help-now/>
- 2<sup>nd</sup> Floor: NJ's confidential and anonymous hotline for youth and young adults
  - 1-888-222-2228
  - [info@2NDFLOOR.org](mailto:info@2NDFLOOR.org)
  - <http://www.2ndfloor.org/>
- New Jersey HOPELINE 24/7 Peer Support and Suicide Prevention Hotline
  - <http://www.njhopeline.com/>
  - 1-855-654-6735
- Coping After a Disaster, activity book for children by the CDC:  
[https://www.cdc.gov/cpr/readywrigley/documents/RW\\_Coping\\_After\\_a\\_Disaster\\_508.pdf](https://www.cdc.gov/cpr/readywrigley/documents/RW_Coping_After_a_Disaster_508.pdf)

## Stress and Coping (offered in more languages if needed)

- CDC - <https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html> (Spanish)
- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html> (English)

## SUD and Recovery Support Services

- Alcoholics Anonymous Online (AA)
  - <https://beta.aa-intergroup.org/>
- Adult Children of Alcoholics
  - <https://adultchildren.org/quick-search/?audiobt=Click+Here>
- RWJ All Recovery Meetings
  - Online or by phone
  - <https://conta.cc/2UjrJz9>
- Virtual NA (Narcotics Anonymous)
  - <https://virtual-na.org/>
- The Peer Recovery Warmline: 877-292-5588
- NJ Vet 2 Vet: Veterans Counseling Hotline: 866-VETS-NJ4 or [www.nvet2vet.com](http://www.nvet2vet.com)

## Domestic Violence/Child and Family Safety

- National Domestic Violence Hotline: 800-799-7233
  - <https://www.thehotline.org/>
- National Sexual Assault Hotline (R.A.I.N.N. Rape Abuse and Incest National Network) – Nationwide
  - Call 800-656-HOPE (4673)
  - <https://www.rainn.org/about-rainn>
- Statewide Domestic Violence Hotline
  - 1-800-572-SAFE (7233)
  - TYY:888-252- SAFE (7233)
  - <https://www.nj.gov/dcf/women/domestic/>
- New Jersey Coalition Against Sexual Assault (NJCASA) Hotline
  - 1 (800) 601-7200
- Child Abuse Hotline: 1-877 NJ ABUSE (1-877-652-2873) or TTY 1-800-835-5510
  - 201-336-7575 (24/7 Crisis Hotline)
  - <https://www.co.bergen.nj.us/divisions-of-alternatives-to-domestic-violence/alternatives-to-domestic-violence>

- New Jersey Coalition Against Sexual Assault (NJCASA)
  - 1 (800) 601-7200
- Center for Hope and Safety: 201-944-9600
- National Domestic Violence Hotline: 1-800-799-7233
  - Log onto: thehotline.org or text LOVEIS to 22522

## **Food Resources – Bergen County Food Banks**

- Bergen County Board of Social Services
  - 218 Route 17 North, Rochelle Park, NJ 07662
  - (201) 368-4200
- Center for Food Action
  - 192 West Demarest Avenue, Englewood NJ 07631
  - (201) 569-1804
- Church of the Epiphany Food Panty
  - 247 Knox Avenue Cliffside Park, NJ(201) 943-7320
- Office of Concern Food Pantry at St Cecilia
  - 55 West Demarest Ave. Englewood, 201.568.1465
- Center for Food Action (Hackensack)
  - 316 First St. Hackensack, NJ
  - (201) 883-9375
- Cliffside Park Borough Hall
  - 525 Palisade Avenue, Cliffside Park NJ
  - (201) 945-3456
- Salvation Army of Hackensack
  - 436 Union Street Hackensack, NJ 07601
  - (201) 342-6531
- Salvation Army of Englewood
  - 380 S. Van Brunt Street, Englewood, NJ 07631
  - (201) 503-9400

## **Housing and Emergency Shelters**

- Bergen County Homeless Shelter: (201) 488-5100
  - 214 State Street. Hackensack NJ 07601
  - 21 East Kansas St. Hackensack NJ 07601
- Family Promise: (201) 833-8009
  - 479 Maitland Avenue, Teaneck, NJ 07666
- Peter's Place Safe Haven: (201) 342-2365
  - 251 State St. Hackensack, NJ 07661
- NJ 211 Housing Assistance
  - [https://www.nj211.org/resource-search/taxonomy/BH-3800/\\_/1](https://www.nj211.org/resource-search/taxonomy/BH-3800/_/1)

## Resources for Older Adults

- COVID-19 Checklist for Older Adults
  - [https://www.aarp.org/health/conditions-treatments/info-2020/cdc-coronavirus-checklist.html?intcmp=Outbrain&obref=obnetwork&utm\\_source=AFE+-+update-coronavirus-April+28&utm\\_campaign=Coronavirus+-+April+28&utm\\_medium=email](https://www.aarp.org/health/conditions-treatments/info-2020/cdc-coronavirus-checklist.html?intcmp=Outbrain&obref=obnetwork&utm_source=AFE+-+update-coronavirus-April+28&utm_campaign=Coronavirus+-+April+28&utm_medium=email)
- AARP's Fraud Watch Hotline – 1-877-908-3360
  - [https://www.aarp.org/money/scams-fraud/?cmp=RDRCT-CON-FRD-zFRDWCHNET\\_SEP2018](https://www.aarp.org/money/scams-fraud/?cmp=RDRCT-CON-FRD-zFRDWCHNET_SEP2018)
- Age Friendly Englewood - 201.568.7474, supporting senior residents in the Englewood Community
- **Good Morning Englewood** – program in which the Englewood Fire Department will check daily on the welfare of our Senior Citizens, differently-abled residents, or those residents who may have special needs, but who live alone, with no one to look in on them on a daily basis
  - Call 201-871-6694 or 201-871-6693 between 8AM-3PM
  - [http://cityofenglewood.org/content/9264/9272/9288/9504.aspx?utm\\_source=AFE+-+update-coronavirus-April+6&utm\\_campaign=Coronavirus+-+April+5&utm\\_medium=email&utm\\_source=AFE+-+update-coronavirus-April+28&utm\\_campaign=Coronavirus+-+April+28&utm\\_medium=email](http://cityofenglewood.org/content/9264/9272/9288/9504.aspx?utm_source=AFE+-+update-coronavirus-April+6&utm_campaign=Coronavirus+-+April+5&utm_medium=email&utm_source=AFE+-+update-coronavirus-April+28&utm_campaign=Coronavirus+-+April+28&utm_medium=email)