

# Hudson County Resource Guide

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## *Emergency Numbers and General Resources*

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Below is a listing of numbers to use in case of an emergency and/or crises.

**If you have a medical emergency or at risk of harm call 911 immediately.**

### **Youth and Families in Crises**

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**2nd Floor Youth Helpline**

Statewide youth helpline open 24 hours a day, seven days a week.

1.888.222.2228

[www.2ndfloor.org](http://www.2ndfloor.org)

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**American Red Cross of Northern New Jersey**

Provides disaster services and a variety of other services to those facing emergencies.

973.797.3300

<http://www.redcross.org/nj/princeton/locations/fairfield>

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**Child Abuse/Neglect Hotline**

If you have a reasonable cause to believe a child is being neglected or abused, you must report it to authorities.

1.877.NJ.ABUSE (1.877.652.2873)

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**Domestic Violence Hotline**

Provides support for individuals who are involved in domestic violence.

1.800.572.SAFE (7233)

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**Family Helpline**

If you find yourself stressed and on the verge of a crisis, call the family Helpline to speak with trained volunteers who offer a listening ear and can refer to you to local resources.

1.800.THE.KIDS (843.5437)

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**Homeless Hotline of Hudson County**

Provides resources and support for individuals experiencing homelessness.

201.420.3001

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**Hudson County Homeless Hotline for Families**

Provides resources and support for families experiencing homelessness.

1.800.624.0287

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<p><b>National Child Abuse Hotline</b></p> <p>1.800.422.4453</p>	<p>National hotline that provides support to report child abuse.</p>
<p><b>National Runaway Safeline</b></p> <p>1.800.RUNAWAY (1.800.786.2929)</p>	<p>A National hotline for youth who are thinking of running away from home, have a friend who has or plans to runaway, or have runaway and need to be connected to resources. Also provides assistance to parents, teachers, and adults who believe a youth is at</p> <p><a href="http://www.1800runaway.org/">http://www.1800runaway.org/</a></p>
<p><b>North Hudson Community Action Corporation</b></p> <p>201.210.0333 ex. 22105</p>	<p>Assistance includes food vouchers, emergency motel/housing for those displaced by fires or sudden building closures .</p> <p><a href="http://nhcac.org/social-services-2-2/">http://nhcac.org/social-services-2-2/</a></p>
<p><b>Poison Control</b></p> <p>1.800.222.1222</p>	<p>Provides assistance when you believe someone has ingested dangerous, poisonous, or other harmful substances such as drugs, cleaners, carbon monoxide, prescription drugs, etc.</p> <p><a href="http://www.njpies.org/">http://www.njpies.org/</a></p>
<p><b>Safe Haven Infant Protection Hotline</b></p> <p>1.877.839.2339</p>	<p>Hotline for parents who are in distress and want to give up an unwanted infant anonymously without fear of arrest or prosecution.</p>

## Mental Health and Substance Abuse Treatment and Recovery

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**Primary Crises and Mental Health  
Hotline of Hudson County - Jersey  
City Medical Center**

866.367.6023

Primary mental health crisis line for Hudson County staffed 24-hours by mental health professionals.

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**SAMHSA National Helpline**

1.800.662.HELP (4357)

Free and confidential referral information service for mental health and/or substance use disorders, available 24 hours a day, seven days a week.

<https://findtreatment.samhsa.gov/>

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**CONTACT We Care, Inc.**

908.232.2880

New Jersey's Caring and Crises Hotline. Text "CWC" to 839863 Monday through Friday from 4-10pm.

[www.contactwecare.org](http://www.contactwecare.org)

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**National Suicide Prevention  
Lifeline**

1.800.273.8255

24 hour suicide prevention hotline.

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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**Veteran's Crisis Line**

1.800.273.8255

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

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## Law Enforcement Non-Emergency Phone Numbers

<p style="text-align: center;"><b>Bayonne</b> 630 Avenue C, Bayonne</p> <p style="text-align: center;">201.858.6900</p> <p><a href="http://www.bayonnepd.com/">http://www.bayonnepd.com/</a></p>	<p style="text-align: center;"><b>East Newark</b> 34 Sherman Avenue, East Newark</p> <p style="text-align: center;">973.481.2900</p> <p><a href="http://www.boroughofeastnewark.com/Emergency-Center.html">http://www.boroughofeastnewark.com/Emergency-Center.html</a></p>	<p style="text-align: center;"><b>Guttenberg</b> 6808 Park Avenue, Guttenberg</p> <p style="text-align: center;">2011. 868.3300</p> <p><a href="http://www.guttenbergnj.org/Departments/police/">http://www.guttenbergnj.org/Departments/police/</a></p>
<p style="text-align: center;"><b>Harrison</b> 318 Harrison Avenue, Harrison</p> <p style="text-align: center;">973.483.4100</p> <p><a href="http://www.townofharrison.com/policedept.html">http://www.townofharrison.com/policedept.html</a></p>	<p style="text-align: center;"><b>Hoboken</b> 106 Hudson Street, Hoboken</p> <p style="text-align: center;">201.420.2100</p> <p><a href="http://www.hobokenpd.com/">http://www.hobokenpd.com/</a></p>	<p style="text-align: center;"><b>Jersey City</b> 1 Journal Square Plaza, Jersey City</p> <p style="text-align: center;">201.547.5477</p> <p><a href="http://www.njcpd.org/">http://www.njcpd.org/</a></p>
<p style="text-align: center;"><b>Hudson County Sheriff</b> 257 Cornelison Avenue, Jersey City</p> <p style="text-align: center;">201.915.1300</p> <p><a href="http://www.hudsoncountysheriff.com">http://www.hudsoncountysheriff.com</a></p>	<p style="text-align: center;"><b>Kearny</b> 237 Laurel Avenue, Kearny</p> <p style="text-align: center;">201.998.1313</p> <p><a href="http://www.kearnyusa.com/Police">http://www.kearnyusa.com/Police</a></p>	<p style="text-align: center;"><b>North Bergen</b> 4233 Kennedy Boulevard, North Bergen</p> <p style="text-align: center;">201.392.2100</p> <p><a href="http://www.northbergenpolice.com/">http://www.northbergenpolice.com/</a></p>
<p style="text-align: center;"><b>Secaucus</b> 1203 Paterson Plank Road, Secaucus</p> <p style="text-align: center;">201.867.8000</p> <p><a href="http://secaucusnj.gov/departments/office-of-emergency-management/">http://secaucusnj.gov/departments/office-of-emergency-management/</a></p>	<p style="text-align: center;"><b>Union City</b> 3715 Palisade Avenue, Union City</p> <p style="text-align: center;">201.865.1111</p> <p><a href="http://www.ucnj.com/Departments/police/">http://www.ucnj.com/Departments/police/</a></p>	<p style="text-align: center;"><b>Weehawken</b> 400 Park Avenue, Weehawken</p> <p style="text-align: center;">201.863.7800</p> <p><a href="http://www.weehawken-nj.us/police.html">http://www.weehawken-nj.us/police.html</a></p>
	<p style="text-align: center;"><b>West New York</b> 428 60th Street, West New York</p> <p style="text-align: center;">201.295.5000</p> <p><a href="http://www.westnewyorknj.org/">http://www.westnewyorknj.org/</a></p>	

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For more information about resources offered in the county you can also visit:

<http://www.nj211.org/>

<http://www.hudsonservicenetwork.org/>

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## Aging and Senior Services

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There are services available specifically for senior citizens and elderly populations. Services can include help with access to community wide resources, house/yard work, food assistance, financial resources, and much more.

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**Jewish Family Service of MetroWest NJ - Hudson County Services**

256 Columbia Turnpike, Suite 105  
Florham Park

973.765.9050

Provides a wide range of services to seniors and older adults in lower Hudson County. Services include: Kosher Meals on Wheels and Nutrition Site, case management, financial services, support groups and counseling.

<http://www.jfsmetrowest.org/services/for-older-adults/hudson-county-services>

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**Residential Maintenance - North Hudson Community Action Corporation**

7007 Polk Street  
Guttenberg

201.210.0333 ext. 22106

Provides residential maintenance assistance including repairs related to health and safety for seniors 60 years or older.

<http://nhcac.org/social-services-2-2/>

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**Social Security Administration**

79 Hudson Street  
Hoboken

1.800.772.1213

You can call this number for 24 hour automated services. To talk to a representative call between 7 a.m. and 7 p.m. Monday through Friday. If you are deaf or hard of hearing, call our toll-free TTY number, 1.800.325.0778, between 7 a.m. and 7 p.m. Monday through Friday.

[www.ssa.gov](http://www.ssa.gov)

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**Social Security Administration**

325 West Side Avenue  
Jersey City

1.800.772.1213

You can call this number for 24 hour automated services. To talk to a representative call between 7 a.m. and 7 p.m. Monday through Friday. If you are deaf or hard of hearing, call our toll-free TTY number, 1.800.325.0778, between 7 a.m. and 7 p.m. Monday through Friday.

[www.ssa.gov](http://www.ssa.gov)

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**Urban League of Hudson County**

253 Martin Luther King, Jr. Drive  
Jersey City

201.451.8888

Provides seniors with general social services, assistance, referrals, and advocacy. ULOHC also provides seniors over the age of 60 years old. Other services include assistance in setting up in-home care and supportive services.

<http://www.ulohc.org/programs/senior-services/>

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<p><b>Puertorriqueños Asociados for Community Organization, Inc. (PACO)</b>  398 Manila Avenue  Jersey City</p> <p>201.963.8282</p>	<p>Provides a safe space for senior citizens to socialize, and receive a variety of services.</p> <p><a href="http://www.pacoagency.com/senior/sabout">http://www.pacoagency.com/senior/sabout</a></p>
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<p><b>Salvation Army of Greater Kearny</b>  443 Chestnut Street  Kearny</p> <p>201.991.1115</p>	<p>Provides Seniors a program to help adults (above the age of 50) learn how to use a computer and navigate the internet.</p> <p><a href="http://newjersey.salvationarmy.org/NewJersey/kearny">http://newjersey.salvationarmy.org/NewJersey/kearny</a></p>
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<p><b>North Hudson Community Action Corporation - Social and Health Assistance Program for the Elderly (SHAPE)</b>  400 38th Street, Suit 213 &amp; 219  Union City</p> <p>201.867.0002 (English) or  201.867.7175 (Spanish)</p>	<p>Project SHAPE is the states EASE single point of contact agency for all information regarding senior citizens. They can help with access to public health programs targeting senior citizens including: Meals on Wheels, Adult Protective Services, LIFELINE, Jersey Assistance for Community Caregiving (JACC), Prescription drug discounts program, and much more.</p> <p><a href="http://nhcac.org/social-services-2-2/">http://nhcac.org/social-services-2-2/</a></p>

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## Children and Family Services

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Raising youth today can be challenging given the many circumstances we may encounter. Luckily, there is help and you do not have to navigate it alone. Here are a few online resources to help:

- <http://njparentlink.nj.gov/> - An Early Childhood, Parenting and Professional Resource Center run by the state. It provides an extensive list of resources, information, and knowledge for parents, guardians, and other family members.
- <http://www.nj.gov/dcf/> - A website for the State of New Jersey Department of Children and Families (DCF); it provides information, resources, and promotes awareness of issues regarding the safety, well-being of youth and families. A Community Program Directory developed by DCF is available at <http://www.state.nj.us/dcf/families/dfcp/DfcpDirectoryHudson.pdf>. Additionally, a list of hotlines, many of which are also included in this guide, can be found at <http://www.state.nj.us/dcf/families/hotlines/>.

The safety of children and youth should be a top priority for all who live in our community. It is important to report any situation that looks unsafe for youth, including neglect and abuse. Abuse can be any physical, emotional, sexual harm, or risk of harm to a person under the age of 18. Neglect happens when the caregiver does not provide adequate food, clothing, supervision, shelter, and medical care for the child or youth when financially able (including with the help of public assistance). Some general warning signs of abuse and neglect include:

- Unexplained bruising, broken bones, cuts, burns, and welts. Sometimes they may appear in a pattern caused by the tool the youth was hit with.
- Appears to be on alert for something to happen or scared of sudden movements.
- Tends to withdraw, act overly anxious about doing something wrong, and/or shows extremes in behavior.
- Clothing that is inadequate for the type of weather, is excessively dirty, or ill-fitting.
- Untreated injuries or medical concerns.
- Does not seem attached to guardian.
- Frequent and/or lengthy periods of time when youth is left unsupervised and in dangerous situations or environments.

These warning signs are not exhaustive of all possible signs, please seek out professional advice if you have reasonable suspicion of child abuse and/or neglect.<sup>1 2</sup>

**National Child Abuse Hotline:**

1.800.422.4453

**Child Abuse/Neglect Hotline:**

1.877 NJ ABUSE (1.877.652.2873)

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<sup>1</sup> <http://www.helpguide.org/articles/abuse/child-abuse-and-neglect.htm>

<sup>2</sup> <http://www.state.nj.us/dcf/reporting/defining/>

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<p><b>Salvation Army - Jersey City</b>  562 Bergen Avenue  Jersey City</p> <p>201.435.7355</p>	<p>Provides day care from 7:30 am to 6:30 pm. Be sure to stop by for a tour. Appointments for tours are not necessary but recommended.</p> <p><a href="http://newjersey.salvationarmy.org/NewJersey/jerseycity">http://newjersey.salvationarmy.org/NewJersey/jerseycity</a></p>
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<p><b>Hudson County Department of Family Services Division of Welfare</b>  257 Cornelison Avenue  Jersey City</p> <p>201.420.3000</p>	<p>County Welfare Agency.</p> <p><a href="http://www.nj.go/humanservices/dfd/programs/njsnap/apply/">www.nj.go/humanservices/dfd/programs/njsnap/apply/</a></p>
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<p><b>Puertorriqueños Asociados for Community Organization, Inc. (PACO)</b>  390 Manila Avenue  Jersey City</p> <p>201.963.8282</p>	<p>Provides a variety of services and/or referrals to programs designed to fit the needs of the individual and family.</p> <p><a href="http://www.pacoagency.com/multiservice/mcontactus">http://www.pacoagency.com/multiservice/mcontactus</a></p>
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<p><b>WomenRising</b>  270 Fairmount Avenue  Jersey City</p> <p>201.333.5700</p>	<p>WomenRising offers a number of services related to family and children including their Family Advocacy Program (providing in-home services to help families in crises), Family Support Services (a short term counseling program), and assistance with supervised visitation (observation/feedback and transportation).</p> <p><a href="http://www.womenrising.org/family-services">http://www.womenrising.org/family-services</a></p>
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<p><b>Boys and Girls Club of Hudson County</b>  225 Morris Boulevard  Jersey City</p> <p>201.333.4100</p>	<p>Offers a variety of clubs, programs, and activities for youth ages 5 to 21 that focus on building character and leadership, education and career development, health and life skills, and recreation opportunities. For more information on all of their programs, contact their office or check out their website.</p> <p><a href="http://www.bgchc.org/">http://www.bgchc.org/</a></p>
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<p><b>The Nurturing Place</b>  81 York Street  Jersey City</p> <p>201.413.1982</p>	<p>An early childhood development center for children aged four months to 6 years old, whose mothers reside in St. Joseph's Home or attend Kenmare High School.</p> <p><a href="http://yorkstreetproject.org">yorkstreetproject.org</a></p>

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**York Street Project**  
89 York Street  
Jersey City  
  
201.451.9838

York Street Project is a not for profit that is designed to break the cycle of poverty for women and children. Established in 1989 by the Sisters of St. Joseph of Peace, The Project represents a holistic approach to addressing the needs of women and children so that they may break through the socio-economic, emotional, and physical barriers that have confined them for too many years.

[yorkstreetproject.org](http://yorkstreetproject.org)

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**Women, Infants, and Children (WIC) - North Hudson Community Action Corporation**  
407 39th Street  
Union City  
  
201.866.4700

WIC is a nutrition that provides healthy foods, nutrition education, and other resources to pregnant, breastfeeding, and other women who have had a baby in the last six months, as well as babies and youth, to the age of 5.

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**Head Start and Early Head Start - North Hudson Community Action Corporation**  
5800 Kennedy Boulevard  
West New York  
  
201.617.0901

Head Start and Early Head Start are programs that help to serve children from birth to age five, and their families, at no cost for those eligible. For more information and locations, please visit their website.

<http://nhcac.org/nhcac-head-start-and-early-head-start/>

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**PerformCare (Children's System of Care)**  
  
877.652.7624

Offers services for children up to age 21 who are experiencing behavioral or emotional issues as well as families needing services for developmentally disabled youth.

<http://www.nj.gov/dcf/families/csc/index.html>

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**Safe Haven Infant Protection Hotline**  
  
1.877.839.2339

Hotline for parents who are in distress and want to give up an unwanted infant anonymously, without fear of arrest or prosecution.

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**2nd Floor Youth Helpline**  
  
1.888.222.2228

Statewide youth helpline, open 24 hours a day, seven days a week.

[www.2ndfloor.org](http://www.2ndfloor.org)

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**National Runaway Safeline**

1.800.RUNAWAY (1.800.786.2929)

National hotline for youth who are thinking of running away from home, have a friend who has or plans to runaway, or have runaway and need to be connected to resources. Also provides assistance to parents, teachers, and adults who believe a youth is at risk of running away or are experiencing homelessness. The hotline is open 24 hours a day, seven days a week.

<http://www.1800runaway.org/>

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## Domestic Violence

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Domestic violence can happen to anyone despite their gender, race, age, sexual orientation, education level, socio-economic status, and relationship status. Intimate partners will use violence, abuse, and threats to instill feelings of guilt in the victim to gain or maintain power, control, and extreme influence over the other person. Abusive behaviors typically escalate over a period of time and can be generalized in five categories involving a variety of acts including, but not limited to:

- **Physical abuse** includes punching, biting, hitting, slapping, shoving, and grabbing. Physical abuse may or may not leave welts, bruises, and other physical signs of abuse.
- **Sexual abuse** includes unwanted, forced, coerced, unsafe, and degrading sexual activity. This kind of abuse can also include demanding, forcing, and manipulating an individual to perform sexual acts, dress in sexual ways, and refusing to use or removing contraception/condoms during intercourse.
- **Emotional abuse** includes insulting, belittling, isolating from family and friends, threatening physical violence, humiliating, cheating on, blaming the abused, and monitoring the actions of the abused. Individuals who use emotional abuse also attempt to control the appearance, social connections, and actions of those being abused. Sometimes the abuser will threaten to harm their own life or the life of close friends, family, and pets.
- **Financial abuse** is when the abusive partner uses their power and influence to control financial decisions including: denying access to funds/accounts, forbidding one to work, using credit in the name of the abused, refusing money to pay for necessities and shared expenses, or providing a strict and monitored allowance. Typically the goal is to control the finances to the point that the abused is financially dependent on their abuser.
- **Digital abuse** can include the use of any digital platform (texting, social media, computers, phones, etc.) to bully, put down, stalk, threaten, and harass the abused. Typically this can also include close surveillance of computer and internet communications (email, search and browsing history, Facebook, Twitter, etc.) to keep constant tabs on the abused.

Victims of domestic violence may experience depression, anxiety, low self-esteem, and feelings of helplessness. For more information on signs and symptoms, please contact the following organizations and resources. <sup>3 4 5</sup>

**Domestic Violence Hotline**  
1-800-572-SAFE (7233)

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<sup>3</sup> <http://www.thehotline.org/is-this-abuse/abuse-defined/>

<sup>4</sup> <http://www.helpguide.org/articles/abuse/domestic-violence-and-abuse.htm>

<sup>5</sup> <http://www.justice.gov/ovw/domestic-violence>

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<b>WomenRising</b> 270 Fairmount Avenue Jersey City	Designated state provider for Hudson County domestic violence programming; including: 24 hour hotline, crisis intervention, referrals, counseling/support, support groups, court liaisons, DV Response Teams, and much more.
201.333.5700	<a href="http://www.womenrising.org">www.womenrising.org</a>

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<b>Hudson S.P.E.A.K.S (Formerly Hudson County Rape Crisis Center)</b> 179 Palisades Avenue Jersey City	County wide non-profit sexual assault program which provides victim-centric services for individuals of all genders ages 12 and up. Services are provided without regards to race and socioeconomic status to victims of sexual abuse, assault, and/or harassment. These services are extended to family members, marital/dating partners, and friends as well. Through the provision of a 24-hour Helpline, advocacy, education, and counseling, we strive to meet our goal to one day “Stop the Violence.”
24 Hr. Hotline: 201.795.5757	

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## Education

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Education is vital in the development of children and a community. Schools provide a variety of support, services and programs to help youth and their families succeed.

### Public Schools

<p><b>Bayonne School District</b> 669 Avenue A</p> <p>201.858.5801</p> <p><a href="http://bboed.org/">http://bboed.org/</a></p>	<p><b>East Newark School District</b> 501 11 North Third Street</p> <p>973.481.6800</p> <p><a href="http://www.eastnewarkschool.org/">http://www.eastnewarkschool.org/</a></p>	<p><b>Guttenberg School District</b> 301 69th Street</p> <p>201.861.3100</p> <p><a href="http://www.edlinesites.net/pages/Anna_L_Klein">www.edlinesites.net/pages/Anna_L_Klein</a></p>
<p><b>Harrison School District</b> 501 Hamilton Street</p> <p>973.483.2055</p> <p><a href="http://www.harrisonschools.org/">http://www.harrisonschools.org/</a></p>	<p><b>Hoboken School District</b> 158 Fourth Street</p> <p>201.356.3600</p> <p><a href="http://www.hoboken.k12.nj.us/">http://www.hoboken.k12.nj.us/</a></p>	<p><b>Jersey City School District</b> 346 Claremont Avenue</p> <p>201.915.6000</p> <p><a href="http://www.jcboe.org/">http://www.jcboe.org/</a></p>
<p><b>Kearny School District</b> 172 Midland Avenue</p> <p>201.955.5000</p> <p><a href="http://www.kearnyschools.com/">http://www.kearnyschools.com/</a></p>	<p><b>North Bergen School District</b> 7317 Kennedy Boulevard</p> <p>201.868.1000</p> <p><a href="http://www.northbergen.k12.nj.us/">http://www.northbergen.k12.nj.us/</a></p>	<p><b>Secaucus School District</b> 20 Centre Avenue</p> <p>201.974.2000</p> <p><a href="http://sboe.us/">http://sboe.us/</a></p>
<p><b>Union City School District</b> 3912 Bergen Turnpike</p> <p>201.348.5851</p> <p><a href="http://www.union-city.k12.nj.us/">http://www.union-city.k12.nj.us/</a></p>	<p><b>Weehawken School District</b> 53 Liberty Place</p> <p>201.422.6130</p> <p><a href="http://www.weehawken.k12.nj.us/">http://www.weehawken.k12.nj.us/</a></p>	<p><b>West New York School District</b> 6028 Broadway Avenue</p> <p>201.553.4000</p> <p><a href="http://www.wnyschools.net/">http://www.wnyschools.net/</a></p>

## Charter Schools

<p><b>Elysian Charter School Hoboken</b> 301 Garden Street</p> <p>201.876.0102</p> <p><a href="http://www.elysiancharter.org/">http://www.elysiancharter.org/</a></p>	<p><b>Hoboken Charter School Hoboken</b> 713 Washington Street</p> <p>201.963.0222</p> <p><a href="http://www.hobokencs.org/">http://www.hobokencs.org/</a></p>	<p><b>Hoboken Dual Language Charter School (HoLa) Hoboken</b> 123 Jefferson Street</p> <p>201.427.1458</p> <p><a href="http://holahoboken.org/">http://holahoboken.org/</a></p>
<p><b>BelovED Community Charter School Jersey City</b> 508 Grand Street</p> <p>201.744.9775</p> <p><a href="http://belovedccs.org/">http://belovedccs.org/</a></p>	<p><b>Dr. Lena Edwards Academic Charter School: Home Jersey City</b> 509 Bramhall Avenue</p> <p>201.433.5300</p> <p><a href="http://www.drlenaedwardscharterschool.org">www.drlenaedwardscharterschool.org</a></p>	<p><b>The Ethical Community Charter School Jersey City</b> 95 Broadway</p> <p>201.984.4151</p> <p><a href="http://www.teccs-jc.org/about-us">http://www.teccs-jc.org/about-us</a></p>
<p><b>Golden Door Charter School Jersey City</b> 3040 Kennedy Boulevard</p> <p>201.795.4400</p> <p><a href="http://www.goldendoorschool.org/">http://www.goldendoorschool.org/</a></p>	<p><b>Great Futures Charter High School Jersey City</b> 225 Morris Boulevard</p> <p>201.716.1520</p> <p><a href="http://www.greatfuturescharterhs.org/">www.greatfuturescharterhs.org/</a></p>	<p><b>Jersey City Community Charter School Jersey City</b> 128 Danforth Avenue</p> <p>201.433.2288</p> <p><a href="http://jcccsonline.org/">http://jcccsonline.org/</a></p>
<p><b>Jersey City Global Community Charter School Jersey City</b> 255 Congress Street</p> <p>201.636.8530</p> <p><a href="http://www.jcgcs.org/">http://www.jcgcs.org/</a></p>	<p><b>Learning Community Charter School Jersey City</b> 2495 Kennedy Boulevard</p> <p>201.332.0900</p> <p><a href="http://www.lccsnj.org/">http://www.lccsnj.org/</a></p>	<p><b>M.E.T.S. Charter School Jersey City</b> 211 Sherman Avenue</p> <p>201.526.8500</p> <p><a href="http://new.metscharterschool.org/">http://new.metscharterschool.org/</a></p>
<p><b>Soaring Heights Charter School Jersey City</b> 1 Romar Avenue</p> <p>201.434.4800</p> <p><a href="http://www.soaringheightscharterschool.com/">www.soaringheightscharterschool.com/</a></p>	<p><b>University Academy Charter School Jersey City</b> 275 West Side Avenue</p> <p>201.200.3200</p> <p><a href="http://uachs.edlioschool.com/">http://uachs.edlioschool.com/</a></p>	<p><b>Hudson County Schools of Technology North Bergen</b> 8511 Tonnelle Avenue</p> <p>201.662.6700</p> <p><a href="http://www.hcstonline.org/">http://www.hcstonline.org/</a></p>



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## Employment and Training Services

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Finding work can be a long and tedious process. It sometimes can feel like a full-time job all by itself. There are a variety of resources in the community to help train you with valuable skills for the workplace, such as developing resumes and cover letters, as well as providing referrals and other helpful resources as you search for a job.

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**Urban League of Hudson County**  
253 Martin Luther King, Jr. Drive  
Jersey City

201.451.8888

Offers job placement assistance including job training, resume development, interview preparation, and job readiness skills to walk-in clients, seniors, and welfare recipients. Helps provide GED and Adult Basic Education Program for Alternative Work Experience Participants (AWEP), along with Customer Service Training (CST), Child Care Provider Training (CCP), and Child Development Associate (CDA) Training.

<http://www.ulohc.org/programs/employment-training/>

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**WomenRising**  
270 Fairmount Avenue  
Jersey City

201.333.5700

Organization has multiple job assistance programs, including: Community Partnership in Hotel Employment (CPHE) Program to train women for the hospitality industry, Project Career Path, a 20 day intensive workforce development training program to help women from training into a career. Strong Foundations, focusing on helping women become self-sufficient with knowledge, resources, and workplace skills. Other services include a job bank, employment prep workshops, job search assistance, and referrals.

<http://www.womenrising.org/workforce-development>

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**Kenmare High School**  
89 York Street  
Jersey City

201.451.1177

A fully-accredited alternative high school providing young women ages 17+ with the opportunity to earn a high school diploma and job skills.

[yorkstreetproject.org](http://yorkstreetproject.org)

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**Jersey City One-Stop Career Center**  
438 Summit Avenue  
Jersey City

201.795.8800

Offers a variety of resources such as job fairs, referral assistance, job matching, resume development, career counseling/planning, Jersey Job Club, and Career Beacon job search workshops. On site resources include public access computer, fax, copy machine, and phone. Special services for veterans, displaced homemakers, and vocational rehabilitation services. Hours are M-F 8:30am - 4:30pm

[http://jobs4jersey.com/jobs4jersey/jobseekers/oscc/hudsonjerseycity\\_\\_oscc.html](http://jobs4jersey.com/jobs4jersey/jobseekers/oscc/hudsonjerseycity__oscc.html)

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<p><b>Hudson County One-Stop Career Center</b>  530 48th Street  Union City</p> <p>201.369.5205</p>	<p>Offers a variety of resources such as job fairs, referral assistance, job matching, resume development, career counseling/planning, and Career Beacon job search workshops. On site resources include public access computer, fax, copy machine, phone, and other equipment. Special services for veterans, displaced homemakers, and vocational rehabilitation services. Hours are M-F 8:30am - 4:30pm</p> <p><a href="http://jobs4jersey.com/jobs4jersey/jobseekers/oscc/udsonunioncity__oscc.html">jobs4jersey.com/jobs4jersey/jobseekers/oscc/udsonunioncity__oscc.html</a></p>
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<p><b>North Hudson Community Action Corporation</b>  400-38th Street  Union City</p> <p>201.758.5511</p>	<p>Assist with pre employment issues and provide employability skills training based on individual needs.</p> <p><a href="http://nhcac.org/social-services-2-2/">http://nhcac.org/social-services-2-2/</a></p>
<hr/>	
<p><b>NJ Department of Labor and Workforce Development</b>  Union City</p> <p>201.601.4100</p>	<p>File for unemployment insurance and find jobs.</p> <p><a href="http://lwd.dol.state.nj.us">lwd.dol.state.nj.us</a></p>
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## *Food Assistance (Food Pantries, Soup Kitchens, and Food Assistance Programs)*

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If you find yourself without food and/or need help finding food, there are numerous food pantries, soup kitchens, and food assistance programs in the area. Some programs may have restrictions based on the number of times someone may access the resource, the number of individuals they can help, and what specific part of the county they serve. Be sure to contact the resource prior to arriving to confirm details.

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### **H.I.G.H.W.A.Y.S**

184 Hobart Avenue  
Bayonne

201.471.2635

This site provides a thrift shop, emergency assistance to homeless individuals and families, support services, emergency food pantry. Open M-F 10am-3:30pm.

<http://windmillalliance.org/aboutus/programs.php>

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### **Bayonne Economic Opportunity Foundation (BEOF)**

555 Kennedy Boulevard  
Bayonne

201.437.7222

Open Monday-Friday 8:30am-3:30pm

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### **Jewish Family Service of MetroWest NJ - Hudson County Services**

1050 Kennedy Boulevard  
Bayonne

973.765.9050

Provides a wide range of services to seniors and older adults in lower Hudson County, services include: Kosher Meals on Wheels and Nutrition Site, case management, financial services, support groups and counseling.

<http://www.jfsmetrowest.org/services/for-older-adults/hudson-county-services>

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### **North Hudson Community Action Corporation (Emergency Assistance Program)**

7007 Polk Street  
Guttenberg

201.210.0333 (ext. 22105)

Provides emergency food assistance.

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**Hoboken Shelter**  
300 Bloomfield Street  
Hoboken  
201.656.5069

Breakfast 9am-11am; Lunch 1:30pm-2pm; Dinner 7:15pm-7:45pm. The shelter also offers showers from noon to 2pm daily.  
[www.hobokenshelter.org](http://www.hobokenshelter.org)

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**Saint Aloysius Food Pantry**  
721 Westside Avenue  
Jersey City  
201.433.6365

Open 2nd & 4th Sat: 9:30am-12pm

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**Trinity Lutheran Food Pantry**  
122 Grant Avenue  
Jersey City  
201.435.9807

Open 3rd Sat of each month: 10am-12pm

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**Garden State Episcopal  
Community Development  
Corporation**  
118 Summit Avenue  
Jersey City  
201.209.9301

Holds an emergency food pantry every third Saturday of the month at The Church of the Incarnation (68 Storms Ave., Jersey City)  
<http://gsecdc.org/>

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**St. Paul's Lutheran Church Sharing  
Place Food Pantry**  
Jersey City  
201.963.5518

Open last 2 Saturday's of each month, call for details.

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**Old Bergen Church - Deacon's  
Food**  
1 Highland Avenue  
Jersey City  
201.433.1815

Open last Tues & Sat of the last full week of the month: 9am-12pm

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**Our Lady of Sorrows Food Pantry** Open Mon, Wed, Fri: 9:30am-2pm; This site provides a food pantry, clothing and household goods.  
93 Clerk Street  
Jersey City  
  
201.433.0626

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**Calvary Kitchen** Serves lunch from 12:00 pm to 1:00 pm each Wednesday  
25 Oak Street  
Jersey City

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**Saint Mary's Food Pantry** This site provides a pantry and clothing every Tuesday.  
309 Third Street  
Jersey City  
  
201.434.8500

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**Salvation Army of Jersey City** This site provides an emergency food pantry, NJ Shares intake, an Angel Food Ministries host site, clothing and furniture vouchers, Thanksgiving dinner, Christmas toy workshop, and a day care center.  
562 Bergen Avenue  
Jersey City  
  
201.435.7355 [www.salvationarmynewjersey.org](http://www.salvationarmynewjersey.org)

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**Friends of the Lifers Youth Corporations** Open Thurs & Fri: 10am-2pm (3rd week of each month only); This site provides a pantry, clothing and referrals to social services.  
152 Martin Luther King Drive  
Jersey City  
  
201.938.1419

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**The Square Meal Community Kitchen** The TSM Community Kitchen serves nutritious hot breakfast (8:00 am – 9:00 am) and lunch (11:30 am – 1:30 pm) each weekday.  
46 Fairview Avenue  
Jersey City  
  
201.332.0864

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**Salvation Army of Greater Kearny** Hours: Office – 9am-2pm; Family Service and Food Pantry - Mon-Fri: 10am-12pm  
443 Chestnut Street  
Kearny <http://newjersey.salvationarmy.org/NewJersey/kearny>  
  
201.991.1115

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**City of Hope International Church - Renaissance Food Pantry** Office hours are Mon-Fri: 9am-5pm  
22 Wilson Avenue www.cohic.com  
Kearny

201.998.9460

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**Gospel Tabernacle Church** Open every 2nd and 4th Tuesday of the month at 4:30 pm to 9:00 pm  
5029 Kennedy Boulevard  
North Bergen

201.867.1000

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**Woodcliff Community Church** Food Pantry: 2nd and 4th Saturday of the month starting at 8:30am  
7605 Palisade Avenue  
North Bergen

201.869.4555

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**Secaucus Emergency Food Pantry** Office - Mon-Fri: 9am-4pm and Food Pantry open by appointment  
101 Centre Avenue  
Secaucus <http://www.secaucusnj.org/departments/social-services/>

201.330.2014

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**Palisades Emergency Residence Corporation (PERC)** Food Pantry: Wed 1pm-3pm; Soup Kitchen – every day: 6pm-7pm  
111 37th Street <http://www.percshelter.org/>  
Union City

201.348.8150

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**Salvation Army - Union City** Soup Kitchen: Wednesday, Thursday & Friday (11:45am to 1:00pm); Food Pantry:  
515 43rd Street Thursday at 10:00 am  
Union City

<http://newjersey.salvationarmy.org/NewJersey/unioncity>

201.867.4093

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**North Hudson Community Action Corporation - Women, Infants, and Children (WIC)**  
407 39th Street  
Union City

201.866.4700

NHCAC will help families apply for WIC, a program that provides healthy foods, nutrition education, and other resources to pregnant, breastfeeding, and those women who have had a baby in the last six months, as well as babies, and youth to the age of 5.

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**Hudson County Welfare & Supplemental Nutrition Assistance Program (SNAP)**

1.800.687.9512

SNAP, also known as food stamps, is government funded food assistance.

[www.nj.gov/humanservices/dfd/programs/njsnap/apply/](http://www.nj.gov/humanservices/dfd/programs/njsnap/apply/)

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**Women, Infants, and Children (WIC)**

1.201.547.6842

Provides healthy foods, nutrition education, and other resources to pregnant, breastfeeding, and those women who have had a baby in the last six months, as well as babies, and youth to the age of 5.

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## Healthcare and Clinics

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There are many resources available to help receive and navigate the healthcare system. Some community clinics may offer free/reduced medical services, while others can help give referrals to specific services. Additionally, community organizations have resources available to help individuals apply for health insurance through the healthcare marketplace, where you may receive a tax subsidy to help reduce the cost of insurance or apply for Medicaid (a government sponsored program for low-income individuals).

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<b>Urban League of Hudson County</b> 253 Martin Luther King, Jr. Drive, Jersey City	Volunteers are available to assist in obtaining health insurance through NJ Family Care and the Healthcare Marketplace. Visit their website for more information and details on what is needed to apply.
201.451.8888	<a href="http://www.ulohc.org/programs/healthcare-enrollment-center/">http://www.ulohc.org/programs/healthcare-enrollment-center/</a>
<b>MASSH, Medical and Social Services for the Homeless</b> 1825 John F. Kennedy Boulevard Jersey City	Provide services for individuals who are homeless and have mental health issues by offering case management, medication management, group support, and referrals other services in the community. Walk-ins accepted Monday and Wednesdays.
201.204.0004	<a href="http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Medical-And-Social-Services-for-the-Homeless.aspx">http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Medical-And-Social-Services-for-the-Homeless.aspx</a>
<b>Metropolitan Family Health Network - Healthcare for Homeless Program</b> 857 Bergen Avenue Jersey City	Offers preventative health and mental care services.  <a href="http://www.metropolitanfhn.com/Pages/healthcareforhomeless.html">http://www.metropolitanfhn.com/Pages/healthcareforhomeless.html</a>
201.478.5859	
<b>Charity Care Assistance (Uncompensated Care Program)</b> 1825 John F. Kennedy Boulevard Jersey City	Provide free and reduced charge care to patients who receive care at acute care hospitals throughout NJ.  <a href="http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Uncompensated-Care-Program.aspx">http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Uncompensated-Care-Program.aspx</a>
201.204.0004	

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**North Hudson Community Action Corporation**

5301 Broadway  
West New York

NHCAC offers assistance applying for health care through the Insurance Marketplace during enrollment periods.

<http://nhcac.org/affordable-care-act/>

201.866.9320 x11175

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**North Hudson Community Action Corporation**

Call for a medical or dental appointment.

201.210.0200

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## *Housing/Renters Assistance and Shelters*

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Safe and secure housing is a basic human right. There are numerous resources and services available to those living in Hudson County that can assist individuals who are in danger of losing their home, have lost housing, and are in need of emergency or temporary housing.

### **Housing Assistance**

If you are in search of housing or are at risk of losing your housing or utilities, you may find some of the following resources helpful.

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<b>Bayonne Economic Opportunity Foundation (BEOF)</b> Bayonne	Utility Assistance, Homeless Prevention Funds, Short-term rental assistance, and security deposits for homeless. They also provide tenant/landlord and/or foreclosure counseling.
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201.437.7222

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<b>American Red Cross of Northern New Jersey</b> 209 Fairfield Road Fairfield	Provides disaster services and a variety of other services to those facing emergencies.  <a href="http://www.redcross.org/nj/princeton/locations/fairfield">http://www.redcross.org/nj/princeton/locations/fairfield</a>
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973.797.3300

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<b>North Hudson Community Action Corporation - Homeless Prevention Assistance (HP)</b> 7007 Polk Street Guttenberg	Eligible families and individuals can receive short-term financial assistance if at risk of becoming homeless. Case management and referrals to assist in maintaining long-term stability also available.  <a href="http://nhcac.org/social-services-2-2/">http://nhcac.org/social-services-2-2/</a>
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201.210.0333 EXT. 22105

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<b>Good Counsel Homes</b> 411 Clinton St Hoboken	Tenant/landlord and/or foreclosure counseling for women and mothers.  <a href="http://www.goodcounselhomes.org/">http://www.goodcounselhomes.org/</a>
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1.800.723.8331

<p><b>Puertorriqueños Asociados for Community Organization, Inc. (PACO)</b> 346 Central Avenue Jersey City</p> <p>201.217.0583</p>	<p>Utility assistance available.</p> <p><a href="http://www.pacoagency.com/energy/eabout">http://www.pacoagency.com/energy/eabout</a></p>
<p><b>Urban League of Hudson County</b> 253 Martin Luther King, Jr. Drive Jersey City</p> <p>201.451.8888</p>	<p>Housing counseling and foreclosure mitigation education. Helps low and moderate income individuals and families obtain and maintain affordable housing. Also provides financial literacy workshop/assistance to overcome increased debt.</p> <p><a href="http://www.ulohc.org/programs/affordable-housing/">http://www.ulohc.org/programs/affordable-housing/</a></p>
<p><b>Hudson County Housing Resource Center</b> 574 Newark Ave # 304 Jersey City</p> <p>201.795.5615</p>	<p>Tenant/landlord and/or foreclosure counseling.</p>
<p><b>Jersey City Division of Tenant Landlord Relations</b> 30 Montgomery Street Jersey City</p> <p>201.547.5127</p>	<p>Tenant/landlord and/or foreclosure counseling.</p> <p><a href="http://www.cityofjerseycity.com/hedc.aspx?id=1182">http://www.cityofjerseycity.com/hedc.aspx?id=1182</a></p>
<p><b>Garden State Episcopal Community Development Corporation</b> 514 Newark Ave Jersey City</p> <p>201.209.9301</p>	<p>Short-term rental assistance, and security deposits for homeless (for Jersey City Residents only).</p> <p><a href="http://gsecdc.org/">http://gsecdc.org/</a></p>
<p><b>Hudson County Welfare</b> 100 Newkirk Street Jersey City</p> <p>201.420.3000 Extension 2064</p>	<p>Homeless prevention funds (priority given to South and West Hudson residents).</p>

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**North Hudson Community Action Corporation - Housing Counseling/Tenant Advocacy**  
407 39th Street  
Union City  
201.866.3140

Housing counseling services including: education, pre-purchase workshops, financial management/budgeting, fair housing education, and tenant advocacy. Call to make an appointment and accommodations can be made for language, disabilities, and other impairments.

<http://nhcac.org/social-services-2-2/>

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**Energy Assistance Hotline NJ Shares**

Provides utility assistance. Check their website or call for all locations within Hudson County.

866.657.4273

<http://www.njshares.org/>

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**North Hudson Community Action Corporation**

Short-term rental assistance, and security deposits for homeless (priority given to North Hudson residents & Hoboken residents).

201.210.0333 Extension 22103

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## Shelters and Temporary Housing

If you are currently experiencing homelessness and need a place to stay for the night reach out to one of the following shelters for assistance.

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**Bayonne Family Community Center**

259 Avenue E  
Bayonne

201.339.2330

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Provides furnished rooms with utilities for single men.

**North Hudson Community Action Corporation - Rapid Re-Housing (RRH)**

7007 Polk Street  
Guttenberg

201.210.0333 EXT. 22103 OR 22104

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Rapidly connects families and individuals experiencing homelessness with housing. For qualifications please call and/or visit their website.

<http://nhcac.org/social-services-2-2/>

**Hoboken Shelter**

300 Bloomfield Street  
Hoboken

201.656.5069

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Beds that become available during the day can be requested between 5:30pm and 7:00pm. Residents can stay up to 30 days. The shelter also serves as a drop in space during the day with showers from 12:00pm - 2pm and meals served daily (Breakfast 9am-11am; Lunch 1:30pm-2pm; Dinner 7:15pm-7:45).

[www.hobokenshelter.org](http://www.hobokenshelter.org)

**Hoboken YMCA**

1301 Washington Street  
Hoboken

201.963.4100

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Units for single men only.

**Canaan House**

389 Bergen Avenue  
Jersey City

201.434.3939

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Permanent supportive housing for homeless people living with HIV/AIDS and a mental illness and/or chemical addiction. Services include: crises intervention and emergency services (available 24 hours a day, seven days a week), mental health and substance abuse services, benefits management, life skills, case management, and referral services.

[http://www.ccannj.com/canaan\\_house.php](http://www.ccannj.com/canaan_house.php)

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**Franciska Transitional Residence** Supportive transitional housing facilities for men living with HIV/AIDS. Services include: counseling, nutrition education, case management, and social opportunities.  
615 Grove Street  
Jersey City

201.653.3366

[http://www.ccannj.com/franciska\\_residence.php](http://www.ccannj.com/franciska_residence.php)

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**Hope House**  
246 Second Street  
Jersey City

201.420.1070

Short-term emergency housing for women and children (up to the age of 17).

[http://www.ccannj.com/hope\\_house.php](http://www.ccannj.com/hope_house.php)

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**Inter-Religious Fellowship for the Homeless**  
One Highland Avenue  
Jersey City

201.627.2111

Provides housing for those in need, call for more information.

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**Garden State Episcopal Community Development Corporation**  
118 Summit Avenue  
Jersey City

201.209.9301

Supportive housing, recovery support, and a rapid-rehousing program.

<http://gsecdc.org/>

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**Neuville Housing**  
619 Grove Street  
Jersey City

201.656.5771

Women's only shelter, should call ahead daily to find if beds are available.

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**St. Joseph's Home**  
81 York Street  
Jersey City

201.413.9280

Provides homeless women and children with 18 to 24 months of supportive, communal living with a goal to improve their quality of life and secure permanent, affordable housing.

[yorkstreetproject.org](http://yorkstreetproject.org)

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<p><b>St. Jude's Oasis</b> 619 Grove Street Jersey City</p>	<p>Permanent supportive housing for homeless families with children. Other services available based on determined needs with the assistance of a caseworker.</p>
<p>201.656.7201</p>	<p><a href="http://www.ccannj.com/st_judes_oasis.php">http://www.ccannj.com/st_judes_oasis.php</a></p>
<p><b>St. Lucy's Homeless Shelter</b> 619 Grove Street Jersey City</p>	<p>Emergency shelter for single men and women with services available based on current situation and needs.</p>
<p>201.656.7201</p>	<p><a href="http://www.ccannj.com/st_Lucy.php">http://www.ccannj.com/st_Lucy.php</a></p>
<p><b>St. Mary's Residence</b> 242 Washington Street Jersey City</p>	<p>A safe housing option for single, employed women with limited incomes.  <a href="http://yorkstreetproject.org">yorkstreetproject.org</a></p>
<p>201.432.6289/201.200.1866</p>	
<p><b>Strong Futures</b> 249 Virginia Avenue Jersey City</p>	<p>Transitional supportive housing for young men (ages 16-21) who are homeless or aging out of the welfare system and need to learn life skills to become prepared for independent/productive living.</p>
<p>201.864.2290</p>	<p><a href="http://www.ccannj.com/strong_futures.php">http://www.ccannj.com/strong_futures.php</a></p>
<p><b>The House of Faith, Inc.</b> 244 Ege Avenue Jersey City</p>	<p>Transitional housing (up to 12 months) for homeless men and women above the age of 21. Those who stay must have employment.</p>
<p>201.435.6100</p>	
<p><b>Project Home</b> 270 Fairmount Avenue Jersey City</p>	<p>9-12 month transitional housing and support program to help homeless women with children. Women are appropriate for IOP (Intensive Outpatient) level of care.</p>
<p>201.333.5700</p>	<p><a href="http://www.womenrising.org/project-home">http://www.womenrising.org/project-home</a></p>
<p><b>Covenant House</b> 460 West 41st Street New York</p>	<p>Provides housing to youth ages 18 to 21 along with a variety of other services during the day.</p>
<p>212.613.0300</p>	<p><a href="https://n.covenanthouse.org/">https://n.covenanthouse.org/</a></p>

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**Covenant House**  
330 Washington Street  
Newark  
973.621.8705

Provides housing to youth ages 18 to 21 along with a variety of other services during the day.  
<https://nj.covenanthouse.org/>

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**Palisades Emergency Residence Corporation (PERC)**  
108 36th Street  
Union City  
201.348.8150

Emergency shelter opens every day at 6pm.  
<http://www.percshelter.org>

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**Bergenview**  
201.434.3490 Ext.3

Units for single men and women only.

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**Housing Opportunities for people with AIDS (HOPWA)**  
201.547.5468

<https://www.hudexchange.info/hopwa/>

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**Let's Celebrate**  
201.433.5438

<http://www.letscelebrateinc.org/>

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## Immigration Services

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Immigrating to the United States can be a lengthy and expensive process. It can be helpful to have assistance in preparing for each step of the way to help ensure the process is done properly and within a reasonable amount of time. If you are interested in getting help with the immigration process a variety of resources are available in the community including ESL classes, citizenship classes, and legal assistance.

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**North Hudson Community Action Corporation - ESL, Citizenship, and Civic Classes**

7007 Polk Street  
Guttenberg

201.941.1000 / 201.941.2410 to register

Offers ESL classes and support at a variety of levels. Also holds citizenship and civic classes for those interested in becoming US Citizens. Classes held on an on-going basis.

<http://nhcac.org/social-services-2-2/>

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**North Hudson Community Action Corporation - Immigration and Naturalization Services**

7007 Polk Street  
Guttenberg

201.210.0333 ext. 22101/22102

Assists immigrants in learning how the immigration system works, current status, assistance filling our Immigration and Naturalization (INS) forms, and help translating documents required to complete the immigration process. Referrals can also be made to other in-house services through this program.

<http://nhcac.org/social-services-2-2/>

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**We Are One New Jersey**  
830 Bergen Avenue - Suite 4A  
Jersey City

201.209.2839

Preparation for the U.S. Citizenship Test and other services to Lawful Permanent Residents (LPR) and those who qualify to apply for the Deferred Action for Childhood Arrivals (DACA).

<http://www.weareonenj.org/>

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**Salvation Army of Greater Kearny**  
443 Chestnut Street  
Kearny

201.991.1115

English as a Second Language (ESL) for adults on Wednesday and Thursday at 7pm.

<http://newjersey.salvationarmy.org/NewJersey/kearny>

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**U.S. Citizenship and Immigration  
Services - Newark Field Office**

970 Broad Street  
Newark

1.800.375.5283

The Newark Field Office services Hudson County residents.

<http://www.uscis.gov/>

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**Catholic Charities Immigration  
Assistance Program**

976 Broad Street  
Newark

973.733.3516

Low-cost assistance in all phases of immigration and naturalization proceedings, deportation or exclusion proceedings, and other concerns around immigration and citizenship.

[http://www.ccannj.com/refugee\\_immigration.php](http://www.ccannj.com/refugee_immigration.php)

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## Mental Health and Counseling Services

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Mental illness can happen to anyone despite their gender, race, age, education level, socio-economic status, and religion. There are a variety of mental health conditions affecting a person's behaviors, anxiety level, eating patterns, mood, personality, and perception of reality. Every person experiences mental health problems differently and conditions may vary. If you feel like you are in need of help be sure to consult your doctor and a mental health professional.<sup>6</sup>

If you think of hurting yourself or others be sure to seek out help immediately.  
Help can be found 24 hours a day, 7 days a week.

### National Suicide Prevention Lifeline

1.800.273.TALK (8255)

### NJ Mental Health Cares

1.866.202.HELP (4357)

### Primary Crises and Mental Health Holtline of Hudson County

866.367.6023

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#### Bayonne Community Mental Health Center

601 Broadway  
Bayonne

201.339.9200

Provides outpatient services, partial care, and addiction services.

<http://www.bayonnementalhealth.org/>

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#### Bayonne Medical Center

29th Street Avenue East  
Bayonne

201.858.5000

Part of the CarePoint Health and provides inpatient and outpatient behavioral health services.

<https://www.carepointhealth.org/bayonne-medical-center>

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#### SERV Centers of NJ - Hudson

777 Bloomfield Avenue  
Clifton

973.594.0125

Provides residential services and supportive housing.

<http://www.servbhs.net/>

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<sup>6</sup> <http://www.mentalhealth.gov/what-to-look-for/index.html>

<p><b>Hoboken University Medical Center PES - Crises Line</b> 308 Willow Avenue Hoboken</p> <p>201.418.2090</p>	<p>24-hour crisis hotline staffed by mental health professionals.</p>
<p><b>Bridgeway Crisis Intervention Services - Crises Intervention</b> 152 Central Avenue Jersey City</p> <p>201.885.2539</p>	<p>Provides intervention services to those experiencing a mental health crisis and are over the age of 18.</p> <p><a href="http://www.bridgewayrehab.com/services-crisis-intervention.html">http://www.bridgewayrehab.com/services-crisis-intervention.html</a></p>
<p><b>Mount Carmel Guild Behavioral Healthcare (Jersey City)</b> 285 Magnolia Avenue Jersey City</p> <p>201.395.4800</p>	<p>Provides a number of different programs including Partial Care, Medication Monitoring, and Outpatient Mental Health support.</p> <p><a href="http://www.ccannj.org/">http://www.ccannj.org/</a></p>
<p><b>Intensive Family Support Services - Catholic Charities</b> 249 Virginia Avenue Jersey City</p> <p>201.798.9925</p>	<p>Intensive Family Support Services (IFSS) has a number of different services including: outreach and engagement, intake/needs assessment, counseling, advocacy, respite services, and psycho-educational/support groups.</p> <p><a href="http://www.ccannj.com/intensive_family.php">http://www.ccannj.com/intensive_family.php</a></p>
<p><b>Mental Health Association of Hudson County</b> 26 Journal Square Jersey City</p> <p>201.653.4700</p>	<p>Strives for children and adults to achieve mental health through advocacy, education, training, and services.</p> <p><a href="http://www.mhanj.org">www.mhanj.org</a></p>
<p><b>C-Line Community Outreach Services</b> 110 Martin Luther King Drive Jersey City</p> <p>201.200.1965</p>	<p>Provides a variety of counseling services including facility, bereavement, anxiety, and depression counseling.</p> <p><a href="http://www.c-linenj.yolasite.com">www.c-linenj.yolasite.com</a></p>

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**Peer Outreach Support Team-POST** Provides education, advocacy and links individuals to services through one-on-one peer and group support.  
880 Bergen Avenue, Suite 601, 6th Floor  
Jersey City  
[www.mhanj.org](http://www.mhanj.org)  
201.653.4700

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**Garden State Episcopal Community Development Corp.** Provides supportive housing for those who suffer from mental illness.  
514 Newark Avenue  
Jersey City  
201.604.2295

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**Bridgeway Rehabilitation Services - Program of Assertive Community Treatment (PACT)** Provides comprehensive/integrated rehab support and treatment to those with serious mental illness.  
862 Newark Avenue  
Jersey City  
<http://www.bridgewayrehab.com/services-pact.html>  
201.653.3980

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**Puerto Rican Family Institute Inc.** Mental health clinic that provides culturally and linguistically sensitive services.  
35 Journal Square  
Jersey City  
<http://www.prfi.org/>  
201.610.1446

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**Primary Crises and Mental Health Hotline of Hudson County - Jersey City Medical Center** Primary mental health crisis line for Hudson County staffed 24-hours by mental health professionals.  
355 Grand Street  
Jersey City  
866.367.6023

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**Christ Hospital - Mental Health Crises Line** 24-hour crisis hotline staffed by mental health professionals.  
176 Palisade Avenue  
Jersey City  
201.795.8374

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**Family Service Bureau**  
379 Kearny Avenue  
Kearny

Provides services for families, individuals, and couples; including: parenting groups, psychiatric services and medication monitoring, and therapeutic youth groups among many others.

201.246.8077

<http://www.newcommunity.org/services/health-care-and-behavioral-health/family-service-bureau-of-newark/>

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**Palisades Medical Center - Mental Health Care Crises Line**  
7600 River Road  
North Bergen

24-hour crisis hotline staffed by mental health professionals.

<http://www.palisadesmedical.org/ClinicalServices/5/mental-health-care.html>

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201.854.6300

**County Mental Health Board - Hudson County Department of Health & Human Services**  
595 County Avenue, Bldg. 2  
Secaucus

Provides assistance to mental health clients through agency referrals or self-referrals.

201.369.5280, ext. 4250

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**Bridgeway Rehabilitation Services - Supported Education**  
1023 Commerce Avenue, 2nd Floor  
Union

Provides services to individuals with psychiatric disabilities who want to complete their postsecondary academic goals.

<http://www.bridgewayrehab.com/services-supported-education.html>

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908.687.9666

**Mount Carmel Guild Behavioral Healthcare (Union City)**  
2201 Bergenline Avenue  
Union City

Provides a number of different programs including Partial Care, Medication Monitoring, and Outpatient Mental Health support.

<http://www.ccannj.org/>

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201.558.3700

**CONTACT We Care, Inc.**

New Jersey's Caring and Crisis Hotline.

908.232.2880

<https://www.contactwecare.org/>

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<p><b>National Alliance of Mental Illness - Hudson County</b></p> <p>201.861.0614</p>	<p>Holds peer and family support group meetings every 2nd Tuesday of the month (except August) 7-9pm at the Jersey City Medical Center (395 Grand St, Ambulatory Care Center, 2nd floor).</p> <p><a href="http://www.naminj.org/">http://www.naminj.org/</a></p>
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<p><b>SAMHSA National Helpline</b></p> <p>1.800.662.HELP (4357)</p>	<p>Free and confidential referral and information service for mental health and/or substance use disorders. Available 24 hours a day, seven days a week.</p> <p><a href="https://findtreatment.samhsa.gov/">https://findtreatment.samhsa.gov/</a></p>
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<p><b>NJ VET2VET - Veterans Counseling Hotline</b></p> <p>1.866.VETS.NJ4</p>	<p>Provides immediate assistance to veterans struggling with psychological or emotional distress, also provides peer support.</p> <p><a href="http://ubhc.rutgers.edu/vet2vet/program.htm">http://ubhc.rutgers.edu/vet2vet/program.htm</a></p>
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<p><b>Veteran's Crisis Line</b></p> <p>1.800.273.8255</p>	<p>Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.</p> <p><a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a></p>
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## Substance Abuse Treatment and Recovery

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Abuse, misuse, and addiction to alcohol and other drugs (marijuana, meth, cocaine, Rx drugs, etc.) can happen to anyone regardless of age, gender, socio-economic status, and any other defining factor. Though there are no specific signs or symptoms that capture the use of all drugs, some signs that can indicate abuse/use of drugs and alcohol can include:

- Problems at work or school, including disinterest in related activities, a drop in performance, and missing school/work
- Changes in physical health, including a lack of energy, changes related to drug use, and possibly symptoms of overdose
- Changes in behavior, including becoming easily agitated or exhibiting emotional/mood swings,
- Restricting access to certain areas, items, or having secretive meetings with friends where drugs can be used or hidden
- Increased spending and/or asking for extra money, money and valuables disappearing

There is a variety of services available for individuals. Each program offers different services and approaches. If you or someone you know is having problems and/or is addicted to alcohol or other drugs please find help.<sup>7 8</sup>

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<b>New Pathway Counseling Services Inc.</b> 995 Broadway Bayonne  201.436.1022	Provides a variety of services and programs including early intervention, outpatient treatment, partial day treatment, goal setting, and holistic therapies.  <a href="http://www.newpathway.com">www.newpathway.com</a>
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<b>Community Psychotherapy Associates</b> 479 Avenue C Bayonne  201.339.0142	Provides outpatient care for substance abuse treatment.
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<b>Giant Steps Program at Hoboken University Medical Center</b> 61 Monroe Street Hoboken  201.792.8290	Comprehensive substance abuse treatment program including individual, family, and group counseling and education. Services also include randomized urine analysis, relapse prevention, and other services.  <a href="https://www.carepointhealth.org/behavioral-health/giant-steps">https://www.carepointhealth.org/behavioral-health/giant-steps</a>
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<sup>7</sup> <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970>

<sup>8</sup> <https://ncadd.org/learn-about-drugs/signs-and-symptoms>



<p><b>Intoxicated Drivers Resource Center/DUI Education Program</b> 169 Palisade Avenue Jersey City</p> <p>201.795.8375</p>	<p>Education program that helps participants recognize relapse triggers, developing a support network, and dealing with the emotional effects of recovery.</p> <p><a href="https://www.carepointhealth.org/substance-abuse-programs/intoxicated-drivers-resource-center-dui-education-program">https://www.carepointhealth.org/substance-abuse-programs/intoxicated-drivers-resource-center-dui-education-program</a></p>
<p><b>Hogar CREA: Jersey City Center</b> 79 Cornelison Avenue Jersey City</p> <p>201.433.7040</p>	<p>Non-profit organization working towards the prevention and treatment of alcohol and substance abuse. Hogar CREA is a residential treatment program for women and men.</p> <p><a href="http://www.hogarcraeflorida.com/">www.hogarcraeflorida.com/</a></p>
<p><b>Intoxicated Driving Program</b> 634 Summit Avenue Jersey City</p> <p>201.795.4683</p>	<p>Mandatory program for offenders who are convicted of an alcohol related traffic offense.</p> <p><a href="http://www.state.nj.us/mvc/Violations/dui_Intoxicated.htm">http://www.state.nj.us/mvc/Violations/dui_Intoxicated.htm</a></p>
<p><b>Jersey City Medical Center</b> 355 Grand Street Jersey City</p> <p>201.915.2000</p>	<p>Offers smoking cessation program.</p> <p><a href="http://www.barnabashealth.org/Jersey-City-Medical-Center/Our-Services/Smoking-Cessation-Program.aspx">http://www.barnabashealth.org/Jersey-City-Medical-Center/Our-Services/Smoking-Cessation-Program.aspx</a></p>
<p><b>Khaleidoscope Health Care Inc.</b> 75 Harrison Avenue Jersey City</p> <p>201.451.5425</p>	<p>Offers outpatient treatment, detox, and methadone maintenance.</p> <p><a href="http://www.khcpmc.org">www.khcpmc.org</a></p>
<p><b>Spectrum Healthcare Inc.</b> 74-80 Pacific Avenue, Suite 80 Jersey City</p> <p>201.451.2544</p>	<p>Offers drug and alcohol treatment, detox services, methadone maintenance/detox, and counseling.</p> <p><a href="http://www.spectruminc.org">www.spectruminc.org</a></p>

<p><b>C-Line Community Outreach Services</b> 110 Martin Luther King Drive Jersey City</p> <p>201.200.1965</p>	<p>Provides a variety of counseling services including family, bereavement, anxiety, and depression counseling. C-Line also provides drug screenings and assistance with drug and alcohol treatment.</p> <p><a href="http://www.c-linenj.yolasite.com">www.c-linenj.yolasite.com</a></p>
<p><b>Inter County Council on Drug/Alcohol Abuse</b> 482 Kearny Avenue Kearny</p> <p>201.997.4000</p>	<p>Provides out-patient treatment through a range of options. Other programs include assessments, drug screenings, opiate addiction treatment, DWI program, and crisis intervention.</p> <p><a href="http://www.iccdaa.org">www.iccdaa.org</a></p>
<p><b>New Hope -Secaucus</b> 595 County Avenue Secaucus</p> <p>800/.705.4767</p>	<p>Services include detox, residential and outpatient treatment, male and female halfway houses, and adolescent residential care.</p> <p><a href="http://www.newhopefoundation.org/">http://www.newhopefoundation.org/</a></p>
<p><b>Partners in Prevention</b> 37 Harmon Cove Towers Secaucus</p> <p>(201) 552-2264</p>	<p>Partners in Prevention serves all twelve Hudson County municipalities by addressing substance abuse in individual and families through involvement, consultation, education, advocacy and referral programs. Multilingual staff members can assess and connect those seeking assistance with appropriate substance abuse related resources.</p> <p><a href="http://www.partners-in-prevention.com">www.partners-in-prevention.com</a></p>
<p><b>Straight and Narrow</b> 595 County Avenue Secaucus</p> <p>201.863.8438</p>	<p>Straight and Narrow offer a variety of programs, please go to their website for specific detailed information about each program, programs include: in and outpatient treatment for men, women, and adolescents, and a detox hospital.</p> <p><a href="http://straightandnarrowinc.org/our_programs.php">http://straightandnarrowinc.org/our_programs.php</a></p>
<p><b>Integrity House</b> 595 County Avenue, Building 6 Secaucus</p> <p>201.583.7100</p>	<p>Provides quality treatment services including long and short-term residential, halfway house, transitional living, and outpatient services. Services also include prevention and adolescent programs.</p> <p><a href="http://www.integrityhouse.org">www.integrityhouse.org</a></p>

<p><b>Health Path Consulting Services LLC</b> 204 18th Street Union City</p> <p>201.866.2934</p>	<p>Services include: Individual assessment and treatment, group counseling, and family support counseling.</p> <p><a href="http://healthpathconsulting.com/healthpathservices.htm">http://healthpathconsulting.com/healthpathservices.htm</a></p>
<p><b>Freedom of Choice Healthcare Inc.</b> 533 32nd Street Union City</p> <p>201.766.6617</p>	<p>Provides outpatient treatment.</p>
<p><b>Addictions Hotline of NJ</b></p> <p>1.800.238.2333</p>	<p>State run hotline for people struggling with addictions.</p>
<p><b>Al-Anon/Alateen National Hotline</b></p> <p>1.888.425.2666</p>	<p>Provides resources and support for families affected by alcoholism.</p> <p><a href="http://www.nj-al-anon.org/">http://www.nj-al-anon.org/</a></p>
<p><b>Alcoholics Anonymous</b></p> <p>1.800.245.1377</p>	<p>12 step program for those struggling with alcohol addiction. Please call 908.687.8566 if the other line is busy.</p> <p><a href="http://www.nnjaa.org/">http://www.nnjaa.org/</a></p>
<p><b>N.J. MADD (Mothers Against Drunk Driving)</b></p> <p>1.609.409.1220</p>	<p>Provides a variety of services and support to victims and survivors of drunk and drugged driving.</p> <p>MADD.org</p>
<p><b>Narcotics Anonymous</b></p> <p>1.800.992.0401</p>	<p>12 step program for those struggling with addictions to narcotics and other drugs.</p> <p><a href="http://www.nanj.org/">http://www.nanj.org/</a></p>
<p><b>NJ Nar-Anon</b></p> <p>877.424.4491</p>	<p>Provides resources for people who need help or need to get help for other individuals.</p> <p><a href="http://www.naranonofnj.org/">http://www.naranonofnj.org/</a></p>

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**NJ Quitline**

Provides resources and support for individuals trying to quit smoking.

1.866.657.8677

[www.njquitline.org](http://www.njquitline.org)

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**SAMHSA National Helpline**

Free and confidential referral information service for mental health and/or substance use disorders, available 24 hours a day, seven days a week.

1.800.662.HELP (4357)

<https://findtreatment.samhsa.gov/>

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## *Suicide Prevention*

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Suicide is sometimes seen as an option when a person feels that life is no longer worth living. Warning signs can be exhibited in a variety of ways including changes in behavior or mood.

Some things to watch out for include:

- Talking about their own suicide or death
- Feeling they have no reason to live, are trapped, or are a burden to others
- Feelings of self-hate/loathing and worthlessness
- Feeling hopeless with no end in sight
- Talking about harming themselves
- Have attempted suicide in the past
- Exhibiting signs of depression, anxiety, and aggression/rage
- Giving away meaningful/personal possessions
- Intentionally visiting/calling loved ones to say goodbye
- Change in sleeping, eating, and activity patterns
- Withdrawing from family/friends and interests they once loved

If you are in crises, contemplating committing suicide, and/or harming yourself:

- Get help, call **1-800-273-TALK (8355)** or **911** immediately
- Seek help by going to: <http://www.suicidepreventionlifeline.org/>
- Know that there is help out there and options exist, you are not in this alone
- Find a therapist, support group, and other resources

If you suspect someone is considering suicide and/or harming themselves:

- Get involved, show support/interest, and get them help
- Do not leave them alone, call **1-800-273-TALK (8355)** or **911** immediately
- Do not swear to secrecy, seek support
- Be direct during conversations, ask out right about suicide and their plans
- Get the person away from and remove items that they may use to hurt or kill themselves

If you or someone you know are at risk please seek help.<sup>9 10 11</sup>

### **National Suicide Prevention Lifeline**

1.800.273.TALK (8255)

### **NJ Mental Health Cares**

1.866.202.HELP (4357)

### **Primary Crises and Mental Health Holtline of Hudson County**

866.367.6023

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<sup>9</sup> <https://www.afsp.org/understanding-suicide/suicide-warning-signs>

<sup>10</sup> <http://www.suicidepreventionlifeline.org/>

<sup>11</sup> <http://www.helpguide.org/home-pages/suicide-prevention.htm>

<p><b>Hoboken University Medical Center PES - Crisis Line</b> 308 Willow Avenue Hoboken</p> <p>201.418.2090</p>	<p>24-hour crisis hotline staffed by mental health professionals.</p>
<p><b>Primary Crisis and Mental Health Hotline of Hudson County - Jersey City Medical Center</b> 355 Grand Street Jersey City</p> <p>866.367.6023</p>	<p>Primary mental health crisis line for Hudson County staffed 24-hours by mental health professionals.</p>
<p><b>Christ Hospital - Mental Health Crisis Line</b> 176 Palisade Avenue Jersey City</p> <p>201.795.8374</p>	<p>24-hour crisis hotline staffed by mental health professionals.</p>
<p><b>Palisades Medical Center - Mental Health Care Crisis Line</b> 7600 River Road North Bergen</p> <p>201.854.6300</p>	<p>24-hour crisis hotline staffed by mental health professionals.</p>
<p><b>Veterans Counseling Hotline</b></p> <p>1.866.VETS.NJ4</p>	<p>Provides immediate assistance to veterans struggling with psychological or emotional distress.</p>
<p><b>CONTACT We Care, Inc.</b></p> <p>908.232.2880</p>	<p>New Jersey's Caring and crisis Hotline.</p> <p><a href="http://www.contactwecare.org">www.contactwecare.org</a></p>
<p><b>2nd Floor Youth Helpline</b></p> <p>1.888.222.2228</p>	<p>Statewide youth helpline, available 24 hours a day, seven days a week.</p> <p><a href="http://www.2ndfloor.org">www.2ndfloor.org</a></p>

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## Veterans Resources and Assistance

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There are different resources available for veterans who may need help in a variety of situations. Some resources are generalized and can assist in giving referrals to specific programs, while others focus on specific issues such as housing and mental health services.

If you feel like you or a loved one is experiencing post-traumatic stress disorder or having a mental health crisis, do not hesitate to get help. Many of the programs and hotlines are staffed with fellow veterans who are there to listen and help.

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<b>Jersey City Community-Based Outpatient Clinic</b> 115 Christopher Columbus Drive Jersey City  201.435.3055	Primary care and behavioral health services for vets, includes individual, group and family counseling.  <a href="http://www.newjersey.va.gov/locations/JerseyCity.asp">http://www.newjersey.va.gov/locations/JerseyCity.asp</a>
<b>Veterans Affairs - County of Hudson</b> 595 County Avenue Building 2 Secaucus  201.369.3430	Provides general assistance to veterans.
<b>Secaucus Veterans Center</b> 110 A Meadowlands Parkway Secaucus  201.223.7787	Readjustment counseling for individuals and families through individual and group sessions. They also offer bereavement counseling for those families who loose someone during active duty, military sexual trauma counseling/referrals, stubstance abuse assessments/referrals, and many other services.  <a href="http://www.va.gov/directory/guide/facility.asp?ID=5304&amp;dnum=All&amp;stateid=NJ&amp;v=1">http://www.va.gov/directory/guide/facility.asp?ID=5304&amp;dnum=All&amp;stateid=NJ&amp;v=1</a>
<b>North Hudson Community Action Corportation- Veterans Advocacy Network (VAN)</b> 407 39TH Street, 4th Floor Union City  201.867.1918	Offers the Supportive Services for Veteran Families (SSVF) Program and Homes for Heroes (HFH) Program. SSVF focuses on securing/maintaining housing for veteran households who are homeless, are at risk of losing housing, case management, employment, healthcare, and other services. HFH provides housing and supportive services on a long-term basis for veterans with disabilities, mental illness, problems with substance abuse, AIDS, and other related diseases.  <a href="http://nhcac.org/supportive-services-for-veterans-families-2/">http://nhcac.org/supportive-services-for-veterans-families-2/</a>

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<b>NJ VET2VET - Veterans Counseling Hotline</b>	Immediate assistance available to veterans struggling with psychological or emotional distress. They also provide peer support.
1.866.VETS.NJ4	<a href="http://ubhc.rutgers.edu/vet2vet/program.htm">http://ubhc.rutgers.edu/vet2vet/program.htm</a>
<b>National NJ VET2VET - Veterans Counseling Hotline</b>	Open 24 hours a day, 7 days a week, confidential peer support, information and referrals for all of America's Veterans and their families.
855.838.7481	
<b>Veterans Benefits Hotline</b>	State veteran benefits hotline.
1.888.8NJ.VETS	
<b>Veteran's Crisis Line</b>	Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.
1.800.273.8255	<a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a>
<b>Veterans Affairs Health Care Benefits</b>	Call to learn about veteran healthcare benefits.
1.877.222.VETS	
<b>Soldier On</b>	Helps provide services for veterans who are facing homelessness.
1.866.406.8449	<a href="http://www.soldieron.org/">http://www.soldieron.org/</a>
<b>Supportive Services for Veteran Families (SSVF) - Hope for Vets</b>	24 hour hotline for homeless veterans.
1.855.483.8466	<a href="http://www.communityhope-nj.org/supportive-services-for-veterans-families.php">http://www.communityhope-nj.org/supportive-services-for-veterans-families.php</a>