

Hudson County Resource Guide

Emergency Numbers and General Resources

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

2nd Floor Youth Helpline

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

1.888.222.2228

www.2ndfloor.org

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>

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)

Domestic Violence Hotline

Provides support for individuals who are involved in domestic violence.

1.800.572.SAFE (7233)

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)

Homeless Hotline of Hudson County

Provides resources and support for individuals experiencing homelessness.

201.420.3001

Hudson County Homeless Hotline for Families

Provides resources and support for families experiencing homelessness.

1.800.624.0287

National Child Abuse Hotline

National hotline that provides support to report child abuse.

1.800.422.4453

National Runaway Safeline

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

1.800.RUNAWAY (1.800.786.2929)

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

North Hudson Community Action Corporation

Assistance includes food vouchers, emergency motel/housing for those displaced by fires or sudden building closures .

201.210.0333 ex. 22105

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

Poison Control

Provides assistance when you believe someone has ingested dangerous, poisonous, or other harmful substances such as drugs, cleaners, carbon monoxide, prescription drugs, etc.

1.800.222.1222

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

Safe Haven Infant Protection Hotline

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

1.877.839.2339

Mental Health and Substance Abuse Treatment and Recovery

**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.

866.367.6023

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/>

CONTACT We Care, Inc.

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

908.232.2880

www.contactwecare.org

**National Suicide Prevention
Lifeline**

24 hour suicide prevention hotline.

1.800.273.8255

suicidepreventionlifeline.org

Veteran's Crisis Line

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

www.veteranscrisisline.net

Law Enforcement Non-Emergency Phone Numbers

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

Aging and Senior Services

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.

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/udson-county-services>

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/>

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

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

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/>

**Puertorriqueños Asociados for
Community Organization, Inc.
(PACO)**

398 Manila Avenue
Jersey City

201.963.8282

Provides a safe space for senior citizens to socialize, and receive a variety of services.

<http://www.pacoagency.com/senior/about>

Salvation Army of Greater Kearny

443 Chestnut Street
Kearny

201.991.1115

Provides Seniors a program to help adults (above the age of 50) learn how to use a computer and navigate the internet.

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

**North Hudson Community Action
Corporation - Social and Health
Assistance Program for the Elderly
(SHAPE)**

400 38th Street, Suit 213 & 219
Union City

201.867.0002 (English) or
201.867.7175 (Spanish)

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.

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

Children and Family Services

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/dhcp/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.^{1 2}

National Child Abuse Hotline:

1.800.422.4453

Child Abuse/Neglect Hotline:

1.877 NJ ABUSE (1.877.652.2873)

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

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

Salvation Army - Jersey City

562 Bergen Avenue
Jersey City

201.435.7355

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.

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

Hudson County Department of Family Services Division of Welfare

257 Cornelison Avenue
Jersey City

201.420.3000

County Welfare Agency.

www.nj.gov/humanservices/dfd/programs/njsnap/apply/

Puertorriqueños Asociados for Community Organization, Inc. (PACO)

390 Manila Avenue
Jersey City

201.963.8282

Provides a variety of services and/or referrals to programs designed to fit the needs of the individual and family.

<http://www.pacoagency.com/multiservice/mcontactus>

WomenRising

270 Fairmount Avenue
Jersey City

201.333.5700

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).

<http://www.womenrising.org/family-services>

Boys and Girls Club of Hudson County

225 Morris Boulevard
Jersey City

201.333.4100

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.

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

The Nurturing Place

81 York Street
Jersey City

201.413.1982

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.

yorkstreetproject.org

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

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.

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/>

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>

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.

2nd Floor Youth Helpline

1.888.222.2228

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

www.2ndfloor.org

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/>

Domestic Violence

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. ^{3 4 5}

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

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

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

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

WomenRising

270 Fairmount Avenue
Jersey City

201.333.5700

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.

www.womenrising.org

**Hudson S.P.E.A.K.S (Formerly
Hudson County Rape Crisis Center)**

179 Palisades Avenue
Jersey City

24 Hr. Hotline: 201.795.5757

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."

Education

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

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

Charter Schools

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

Employment and Training Services

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.

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/>

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>

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

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

Hudson County One-Stop Career Center

530 48th Street
Union City

201.369.5205

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

jobs4jersey.com/jobs4jersey/jobseekers/oscc/hudsonunioncity__oscc.html

North Hudson Community Action Corporation

400-38th Street
Union City

201.758.5511

Assist with pre employment issues and provide employability skills training based on individual needs.

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

NJ Department of Labor and Workforce Development

Union City

201.601.4100

File for unemployment insurance and find jobs.

lwd.dol.state.nj.us

Food Assistance (Food Pantries, Soup Kitchens, and Food Assistance Programs)

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.

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>

Bayonne Economic Opportunity Foundation (BEOF)

555 Kennedy Boulevard
Bayonne

201.437.7222

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

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>

North Hudson Community Action Corporation (Emergency Assistance Program)

7007 Polk Street
Guttenberg

201.210.0333 (ext. 22105)

Provides emergency food assistance.

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

Saint Aloysius Food Pantry

721 Westside Avenue
Jersey City

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

201.433.6365

Trinity Lutheran Food Pantry

122 Grant Avenue
Jersey City

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

201.435.9807

**Garden State Episcopal
Community Development
Corporation**

118 Summit Avenue
Jersey City

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/>

201.209.9301

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

Jersey City

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

201.963.5518

**Old Bergen Church - Deacon's
Food**

1 Highland Avenue
Jersey City

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

201.433.1815

Our Lady of Sorrows Food Pantry

93 Clerk Street
Jersey City

Open Mon, Wed, Fri: 9:30am-2pm; This site provides a food pantry, clothing and household goods.

201.433.0626

Calvary Kitchen

25 Oak Street
Jersey City

Serves lunch from 12:00 pm to 1:00 pm each Wednesday

Saint Mary's Food Pantry

309 Third Street
Jersey City

201.434.8500

This site provides a pantry and clothing every Tuesday.

Salvation Army of Jersey City

562 Bergen Avenue
Jersey City

201.435.7355

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.

www.salvationarmynewjersey.org

Friends of the Lifers Youth Corporations

152 Martin Luther King Drive
Jersey City

201.938.1419

Open Thurs & Fri: 10am-2pm (3rd week of each month only); This site provides a pantry, clothing and referrals to social services.

The Square Meal Community Kitchen

46 Fairview Avenue
Jersey City

201.332.0864

The TSM Community Kitchen serves nutritious hot breakfast (8:00 am – 9:00 am) and lunch (11:30 am – 1:30 pm) each weekday.

Salvation Army of Greater Kearny

443 Chestnut Street
Kearny

201.991.1115

Hours: Office – 9am-2pm; Family Service and Food Pantry - Mon-Fri: 10am-12pm

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

City of Hope International Church - Renaissance Food Pantry

22 Wilson Avenue
Kearny

201.998.9460

Office hours are Mon-Fri: 9am-5pm

www.cohic.com

Gospel Tabernacle Church
5029 Kennedy Boulevard
North Bergen

201.867.1000

Open every 2nd and 4th Tuesday of the month at 4:30 pm to 9:00 pm

Woodcliff Community Church
7605 Palisade Avenue
North Bergen

201.869.4555

Food Pantry: 2nd and 4th Saturday of the month starting at 8:30am

Secaucus Emergency Food Pantry
101 Centre Avenue
Secaucus

201.330.2014

Office - Mon-Fri: 9am-4pm and Food Pantry open by appointment

<http://www.secaucusnj.org/departments/social-services/>

Palisades Emergency Residence Corporation (PERC)
111 37th Street
Union City

201.348.8150

Food Pantry: Wed 1pm-3pm; Soup Kitchen – every day: 6pm-7pm

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

Salvation Army - Union City
515 43rd Street
Union City

201.867.4093

Soup Kitchen: Wednesday, Thursday & Friday (11:45am to 1:00pm); Food Pantry: Thursday at 10:00 am

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

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.

Hudson County Welfare & Supplemental Nutrition Assistance Program (SNAP)

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

www.nj.gov/humanservices/dfd/programs/njsnap/apply/

1.800.687.9512

Women, Infants, and Children (WIC)

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.

1.201.547.6842

Healthcare and Clinics

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).

| | |
|---|---|
| Urban League of Hudson County 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 | http://www.ulohc.org/programs/healthcare-enrollment-center/ |
| MASSH, Medical and Social Services for the Homeless 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 | http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Medical-And-Social-Services-for-the-Homeless.aspx |
| Metropolitan Family Health Network - Healthcare for Homeless Program 857 Bergen Avenue Jersey City | Offers preventative health and mental care services. http://www.metropolitanfhn.com/Pages/healthcareforhomeless.html |
| 201.478.5859 | |
| Charity Care Assistance (Uncompensated Care Program) 1825 John F. Kennedy Boulevard Jersey City | Provide free and reduced charge care to patients who receive care at acute care hospitals throughout NJ. http://www.barnabashealth.org/Jersey-City-Medical-Center-at-Greenville/Uncompensated-Care-Program.aspx |
| 201.204.0004 | |
| 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 | |

North Hudson Community Action Corporation Call for a medical or dental appointment.

201.210.0200

Housing/Renters Assistance and Shelters

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.

Bayonne Economic Opportunity Foundation (BEOF)

Bayonne

201.437.7222

Utility Assistance, Homeless Prevention Funds, Short-term rental assistance, and security deposits for homeless. They also provide tenant/landlord and/or foreclosure counseling.

American Red Cross of Northern New Jersey

209 Fairfield Road
Fairfield

973.797.3300

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

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

North Hudson Community Action Corporation - Homeless Prevention Assistance (HP)

7007 Polk Street
Guttenberg

201.210.0333 EXT. 22105

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.

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

Good Counsel Homes

411 Clinton St
Hoboken

1.800.723.8331

Tenant/landlord and/or foreclosure counseling for women and mothers.

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

**Puertorriqueños Asociados for
Community Organization, Inc.
(PACO)**

346 Central Avenue
Jersey City

201.217.0583

Utility assistance available.

<http://www.pacoagency.com/energy/eabout>

Urban League of Hudson County

253 Martin Luther King, Jr. Drive
Jersey City

201.451.8888

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.

<http://www.ulohc.org/programs/affordable-housing/>

**Hudson County Housing Resource
Center**

574 Newark Ave # 304
Jersey City

201.795.5615

Tenant/landlord and/or foreclosure counseling.

**Jersey City Division of Tenant
Landlord Relations**

30 Montgomery Street
Jersey City

201.547.5127

Tenant/landlord and/or foreclosure counseling.

<http://www.cityofjerseycity.com/hedc.aspx?id=1182>

**Garden State Episcopal
Community Development
Corporation**

514 Newark Ave
Jersey City

201.209.9301

Short-term rental assistance, and security deposits for homeless (for Jersey City Residents only).

<http://gsecdc.org/>

Hudson County Welfare

100 Newkirk Street
Jersey City

201.420.3000 Extension 2064

Homeless prevention funds (priority given to South and West Hudson residents).

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/>

Energy Assistance Hotline NJ Shares

866.657.4273

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

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

North Hudson Community Action Corporation

201.210.0333 Extension 22103

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

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.

Bayonne Family Community Center

259 Avenue E
Bayonne

201.339.2330

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

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

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

Hoboken YMCA

1301 Washington Street
Hoboken

201.963.4100

Units for single men only.

Canaan House

389 Bergen Avenue
Jersey City

201.434.3939

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

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

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

Inter-Religious Fellowship for the Homeless

One Highland Avenue
Jersey City

201.627.2111

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

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/>

Neuville Housing
619 Grove Street
Jersey City

201.656.5771

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

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

St. Jude's Oasis
619 Grove Street
Jersey City

Permanent supportive housing for homeless families with children. Other services available based on determined needs with the assistance of a caseworker.

201.656.7201

http://www.ccannj.com/st_judes_oasis.php

St. Lucy's Homeless Shelter
619 Grove Street
Jersey City

Emergency shelter for single men and women with services available based on current situation and needs.

201.656.7201

http://www.ccannj.com/st_Lucy.php

St. Mary's Residence
242 Washington Street
Jersey City

A safe housing option for single, employed women with limited incomes.

201.432.6289/201.200.1866

yorkstreetproject.org

Strong Futures
249 Virginia Avenue
Jersey City

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.

201.864.2290

http://www.ccannj.com/strong_futures.php

The House of Faith, Inc.
244 Ege Avenue
Jersey City

Transitional housing (up to 12 months) for homeless men and women above the age of 21. Those who stay must have employment.

201.435.6100

Project Home
270 Fairmount Avenue
Jersey City

9-12 month transitional housing and support program to help homeless women with children. Women are appropriate for IOP (Intensive Outpatient) level of care.

201.333.5700

<http://www.womenrising.org/project-home>

Covenant House
460 West 41st Street
New York

Provides housing to youth ages 18 to 21 along with a variety of other services during the day.

212.613.0300

<https://n.covenanthouse.org/>

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/>

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

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

Bergenview
201.434.3490 Ext.3

Units for single men and women only.

Housing Opportunities for people with AIDS (HOPWA)
201.547.5468

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

Let's Celebrate
201.433.5438

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

Immigration Services

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.

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

7007 Polk Street
Guttenberg

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/>

201.941.1000 / 201.941.2410 to register

North Hudson Community Action Corporation - Immigration and natrualization Services

7007 Polk Street
Guttenberg

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. Referalls can also be made to other in-house services through this program.

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

201.210.0333 ext. 22101/22102

We Are One New Jersey

830 Bergen Avenue - Suite 4A
Jersey City

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).

201.209.2839

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

Salvation Army of Greater Kearny

443 Chestnut Street
Kearny

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

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

201.991.1115

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

970 Broad Street
Newark

The Newark Field Office services Hudson County residents.

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

1.800.375.5283

**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

Mental Health and Counseling Services

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.⁶

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 Hotline of Hudson County

866.367.6023

Bayonne Community Mental Health Center

601 Broadway
Bayonne

201.339.9200

Provides outpatient services, partial care, and addiction services.

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

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>

SERV Centers of NJ - Hudson

777 Bloomfield Avenue
Clifton

973.594.0125

Provides residential services and supportive housing.

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

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

**Hoboken University Medical
Center PES - Crises Line**

308 Willow Avenue
Hoboken

201.418.2090

24-hour crisis hotline staffed by mental health professionals.

**Bridgeway Crisis Intervention
Services - Crises Intervention**

152 Central Avenue
Jersey City

201.885.2539

Provides intervention services to those experiencing a mental health crisis and are over the age of 18.

<http://www.bridgewayrehab.com/services-crisis-intervention.html>

**Mount Carmel Guild Behavioral
Healthcare (Jersey City)**

285 Magnolia Avenue
Jersey City

201.395.4800

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

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

**Intensive Family Support Services -
Catholic Charities**

249 Virginia Avenue
Jersey City

201.798.9925

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.

http://www.ccannj.com/intensive_family.php

**Mental Health Association of
Hudson County**

26 Journal Square
Jersey City

201.653.4700

Strives for children and adults to achieve mental health through advocacy, education, training, and services.

www.mhanj.org

**C-Line Community Outreach
Services**

110 Martin Luther King Drive
Jersey City

201.200.1965

Provides a variety of counseling services including facility, bereavement, anxiety, and depression counseling.

www.c-linenj.yolasite.com

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
201.653.4700

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

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

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

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

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

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/>

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>

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

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>

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/>

201.558.3700

CONTACT We Care, Inc.

New Jersey's Caring and Crisis Hotline.

908.232.2880

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

National Alliance of Mental Illness - Hudson County 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).
201.861.0614
<http://www.naminj.org/>

SAMHSA National Helpline Free and confidential referral and 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/>

NJ VET2VET - Veterans Counseling Hotline Provides immediate assistance to veterans struggling with psychological or emotional distress, also provides peer support.
1.866.VETS.NJ4
<http://ubhc.rutgers.edu/vet2vet/program.htm>

Veteran's Crisis Line 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
www.veteranscrisisline.net

Substance Abuse Treatment and Recovery

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.^{7 8}

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| New Pathway Counseling Services Inc. 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. www.newpathway.com |
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| Community Psychotherapy Associates 479 Avenue C Bayonne 201.339.0142 | Provides outpatient care for substance abuse treatment. |
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| Giant Steps Program at Hoboken University Medical Center 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. https://www.carepointhealth.org/behavioral-health/giant-steps |
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⁷ <http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970>

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

Intoxicated Drivers Resource Center/DUI Education Program

169 Palisade Avenue
Jersey City

201.795.8375

Education program that helps participants recognize relapse triggers, developing a support network, and dealing with the emotional effects of recovery.

<https://www.carepointhealth.org/substance-abuse-programs/intoxicated-drivers-resource-center-dui-education-program>

Hogar CREA: Jersey City Center

79 Cornelison Avenue
Jersey City

201.433.7040

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.

www.hogarcreaflorida.com/

Intoxicated Driving Program

634 Summit Avenue
Jersey City

201.795.4683

Mandatory program for offenders who are convicted of an alcohol related traffic offense.

http://www.state.nj.us/mvc/Violations/dui_Intoxicated.htm

Jersey City Medical Center

355 Grand Street
Jersey City

201.915.2000

Offers smoking cessation program.

<http://www.barnabashealth.org/Jersey-City-Medical-Center/Our-Services/Smoking-Cessation-Program.aspx>

Khaleidoscope Health Care Inc.

75 Harrison Avenue
Jersey City

201.451.5425

Offers outpatient treatment, detox, and methadone maintenance.

www.khcpmc.org

Spectrum Healthcare Inc.

74-80 Pacific Avenue, Suite 80
Jersey City

201.451.2544

Offers drug and alcohol treatment, detox services, methadone maintenance/detox, and counseling.

www.spectruminc.org

C-Line Community Outreach Services

110 Martin Luther King Drive
Jersey City

201.200.1965

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.

www.c-linenj.yolasite.com

**Inter County Council on
Drug/Alcohol Abuse**
482 Kearny Avenue
Kearny

201.997.4000

Provides out-patient treatment through a range of options. Other programs include assessments, drug screenings, opiate addiction treatment, DWI program, and crisis intervention.

www.iccdaa.org

New Hope -Secaucus
595 County Avenue
Secaucus

800/.705.4767

Services include detox, residential and outpatient treatment, male and female halfway houses, and adolescent residential care.

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

Partners in Prevention
37 Harmon Cove Towers
Secaucus

(201) 552-2264

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.

www.partners-in-prevention.com

Straight and Narrow
595 County Avenue
Secaucus

201.863.8438

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.

http://straightandnarrowinc.org/our_programs.php

Integrity House
595 County Avenue, Building 6
Secaucus

201.583.7100

Provides quality treatment services including long and short-term residential, halfway house, transitional living, and outpatient services. Services also include prevention and adolescent programs.

www.integrityhouse.org

**Health Path Consulting Services
LLC**
204 18th Street
Union City

201.866.2934

Services include: Individual assessment and treatment, group counseling, and family support counseling.

<http://healthpathconsulting.com/healthpathservices.htm>

Freedom of Choice Healthcare Inc. Provides outpatient treatment.
533 32nd Street
Union City

201.766.6617

Addictions Hotline of NJ State run hotline for people struggling with addictions.

1.800.238.2333

Al-Anon/Alateen National Hotline Provides resources and support for families affected by alcoholism.

1.888.425.2666 <http://www.nj-al-anon.org/>

Alcoholics Anonymous 12 step program for those struggling with alcohol addiction. Please call 908.687.8566 if the other line is busy.

1.800.245.1377 <http://www.nnjaa.org/>

N.J. MADD (Mothers Against Drunk Driving) Provides a variety of services and support to victims and survivors of drunk and drugged driving.

1.609.409.1220 MADD.org

Narcotics Anonymous 12 step program for those struggling with addictions to narcotics and other drugs.

1.800.992.0401 <http://www.nanj.org/>

NJ Nar-Anon Provides resources for people who need help or need to get help for other individuals.

877.424.4491 <http://www.naranonofnj.org/>

NJ Quitline Provides resources and support for individuals trying to quit smoking.

1.866.657.8677 www.njquitline.org

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/>

Suicide Prevention

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.^{9 10 11}

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

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

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

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

**Hoboken University Medical
Center PES - Crisis Line**

308 Willow Avenue
Hoboken

201.418.2090

24-hour crisis hotline staffed by mental health professionals.

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

355 Grand Street
Jersey City

866.367.6023

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

**Christ Hospital - Mental Health
Crisis Line**

176 Palisade Avenue
Jersey City

201.795.8374

24-hour crisis hotline staffed by mental health professionals.

**Palisades Medical Center - Mental
Health Care Crisis Line**

7600 River Road
North Bergen

201.854.6300

24-hour crisis hotline staffed by mental health professionals.

Veterans Counseling Hotline

1.866.VETS.NJ4

Provides immediate assistance to veterans struggling with psychological or emotional distress.

CONTACT We Care, Inc.

908.232.2880

New Jersey's Caring and crisis Hotline.

www.contactwecare.org

2nd Floor Youth Helpline

1.888.222.2228

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

www.2ndfloor.org

Veterans Resources and Assistance

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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| Jersey City Community-Based Outpatient Clinic 115 Christopher Columbus Drive Jersey City 201.435.3055 | Primary care and behavioral health services for vets, includes individual, group and family counseling. http://www.newjersey.va.gov/locations/JerseyCity.asp |
| Veterans Affairs - County of Hudson 595 County Avenue Building 2 Secaucus 201.369.3430 | Provides general assistance to veterans. |
| Secaucus Veterans Center 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 lose someone during active duty, military sexual trauma counseling/referrals, substance abuse assessments/referrals, and many other services. http://www.va.gov/directory/guide/facility.asp?ID=5304&dnum=All&stateid=NJ&v=1 |
| North Hudson Community Action Corporation- Veterans Advocacy Network (VAN) 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. http://nhcac.org/supportive-services-for-veterans-families-2/ |

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| NJ VET2VET - Veterans Counseling Hotline | Immediate assistance available to veterans struggling with psychological or emotional distress. They also provide peer support. |
| 1.866.VETS.NJ4 | http://ubhc.rutgers.edu/vet2vet/program.htm |
| National NJ VET2VET - Veterans Counseling Hotline | 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 | |
| Veterans Benefits Hotline | State veteran benefits hotline. |
| 1.888.8NJ.VETS | |
| Veteran's Crisis Line | 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 | www.veteranscrisisline.net |
| Veterans Affairs Health Care Benefits | Call to learn about veteran healthcare benefits. |
| 1.877.222.VETS | |
| Soldier On | Helps provide services for veterans who are facing homelessness. |
| 1.866.406.8449 | http://www.soldieron.org/ |
| Supportive Services for Veteran Families (SSVF) - Hope for Vets | 24 hour hotline for homeless veterans. |
| 1.855.483.8466 | http://www.communityhope-nj.org/supportive-services-for-veterans-families.php |