

**TO ACCESS THE FULL GUIDES FROM OUR PARTNERS,  
SCAN THE ACCOMPANYING QR CODE.**



The **NJ Department of Human Services** Resource Guide provides a list of over 40+ hotlines and services available to all.

**NJ Disability Information Hub** brings together resources offered by the State and various other organizations into one place for residents with disabilities, caregivers, parents, and advocates.



**SOMA Two Towns for All Ages** created a directory to help older adults and their caregivers easily find local resources. Some services may have income, age, or residency requirements.

Essex County's Evacuation Route can be found at [nj.gov/njoem/plan-prepare/evacuation-routes.shtml](http://nj.gov/njoem/plan-prepare/evacuation-routes.shtml) or by scanning this QR Code:



To sign up for Maplewood & South Orange Nixle Alerts:  
**Text your zip code to 888777**

**Do you see a resource missing from this guide? Connect with us!**

For an online version of this guide visit either department's website



**Maplewood Health Department**

574 Valley Street  
Maplewood, NJ 07040  
(973) 762-8120  
HealthDepartment@maplewoodnj.gov  
<https://www.maplewoodnj.gov/government/public-health-social-services>



**South Orange Health Department**

76 South Orange Avenue Suite 302  
South Orange, NJ 07079  
(973) 378-7715 ext. 7710  
SOHealthDept@southorange.org  
<https://www.southorange.org/167/Health-and-Animal-Control>

*If you do not have computer access visit your local library to access these resources and more of what the Health Department can offer!*



# COMMUNITY RESOURCE GUIDE



**Public Health**<sup>®</sup>  
Prevent. Promote. Protect.



# MAKE THE RIGHT CALL

## Emergency

**911**

- Fire
- Severe injury or medical problem
- Criminal activity
- Life threatening situation

## Mental Health Crisis

**988**

- Suicidal thoughts
- Emotional distress
- Concern for a friend or family member
- Substance misuse

CALL + TEXT CHAT

## Social Services

**211**

- Food
- Housing
- Utility Assistance
- Healthcare services
- Transportation
- Legal services
- Counseling & Support

## Poison Control

**800-222-1222**

- Poison exposure from:
- Medications
  - Household cleaners
  - Plants
  - Bites/Stings
  - Lead
  - Pesticides
  - Recreational drugs

AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK.



## THE MAPLEWOOD & SOUTH ORANGE HEALTH DEPARTMENTS' MISSION

To provide a variety of diverse services that protect the community, prevent the development and spread of disease, and assist residents in making healthy decisions.

### HEALTH DEPARTMENT STAFF

Candice Davenport - Health Officer

Suzette Gayle - Public Health Nursing Supervisor

Isabel DeBari - Registered Environmental Health Specialist

Gabriel Suarez - Local Health Outreach Coordinator

Dina Pressel - Crisis Intervention Social Worker **MAPLEWOOD ONLY**

Marthe Eustache - Crisis Intervention Social Worker **MAPLEWOOD ONLY**

# ANIMAL WELFARE RESOURCES

## ANIMAL CONTROL SOLUTIONS



Maplewood's Animal Control is contracted through **Animal Control Solutions**. For private property, they offer their services at a reasonable price to residents and can be reached directly by either calling **(908) 722-1271** (M-F, 8:30am - 4pm) or emailing [Main@animalcontrolsolutions.org](mailto:Main@animalcontrolsolutions.org).

## PEOPLE FOR ANIMALS



The mission of **People for Animals, Inc.** is to prevent animal suffering through affordable essential healthcare, public policy advocacy, and community programs. People for Animals, Inc. has been providing low-cost, high-volume spay/neuter services in New Jersey since 1983. Their clinic in Hillside can be reached at **(973) 282-0890**. Visit for more information: [pfaonline.org/services-and-programs/](http://pfaonline.org/services-and-programs/)

## ST. HUBERT'S ANIMAL WELFARE CENTER



**St. Hubert's** supports New Jersey communities with programs that help animals stay with their families, such as pet food banks, vaccine clinics and emergency pet boarding. Their pet help center has many resources for families (note they **do not** provide animal control services).

Call **973-377-2295**, or visit [www.sthuberts.org/pet-support-services](http://www.sthuberts.org/pet-support-services) for more information.

# TRANSPORTATION RESOURCES

## ESSEX COUNTY SPECIAL TRANSPORTATION



The Essex County Special Transportation System provides senior citizens and handi-capped residents with safe transportation to and from their medical appointments. Call **973-737-7200** for more information or to schedule a ride **at least 48 hours in advance**.

## RIDE UNITED



**Ride United** is a partnership between 211 and the United Way Worldwide. NJ residents age 18 years and older can schedule rides for Medical, Employment, Food, Education, Legal, Housing, and Financial services wherever Lyft is available. **Dial 211 to schedule your ride.**

## ON TIME AMBULANCE



**On Time Ambulance** provides transportation for stretcher, wheelchair bound, and ambulatory patients. Services are covered by several insurance programs including Medicaid and Medicare. Call **908-298-9500** or visit **www.ontimetransport.com**

## NJ TRANSIT ACCESS LINK



**Access Link** is NJ TRANSIT's paratransit service, designed to provide transportation for people who are unable to use the local fixed-route bus or light rail systems due to physical or functional limitations. You can call **973-491-4224** or visit for more information: **<https://www.njtransit.com/accessibility/access-link-ada-paratransit>**

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*\*A listing does not imply the Township's endorsement of the program. The information provided is for general informational purposes only and is not a substitute for medical or legal advice.*

*\*\*This resource guide is intended to provide a starting point for community members seeking general support. It is not a comprehensive list of all resources available to residents.*

## GENERAL ASSISTANCE

### COLLABORATIVE SUPPORT PROGRAMS OF NEW JERSEY

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CSPNJ provides flexible, community-based services that promote responsibility, recovery, and wellness. To get help for an unhoused person or if you or someone you know needs assistance with social services, **call or text the CSPNJ Warmline: (848) 234-7006**. In the event of a life threatening emergency, call 911. **For more information, visit: <https://cspnj.org/#>**

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### NJ.GOV

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The State of New Jersey provides many different resources, including housing, health and legal services, on the Community and Wellness portion of their website. For a complete list and links visit: [nj.gov/nj/community/assistance](http://nj.gov/nj/community/assistance)

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### NJHELPS

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**NJHelps** is a free, easy-to-use web platform designed to screen you for programs that assist with Food and nutrition, Financial support, Short-term housing, Childcare, Job search and readiness, and Healthcare. NJHelps generates a customized list of programs and services tailored to your needs.

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### ESSEX RESOURCENET

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**Essex ResourceNet** provides a wide range of information about support, resources, and services for families in Essex County, NJ. [www.essexresourcenet.org](http://www.essexresourcenet.org)

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## EMPLOYMENT RESOURCES

### NJ CAREER NETWORK

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The **New Jersey Career Network** is a free resource to help residents find meaningful work. The interactive tool is designed to help you land the job you want. Visit [njcareers.org](http://njcareers.org)

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### WORKFIRST NJ

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**WorkFirst NJ** emphasizes work as the first step toward building a new life and a brighter future. Our goal is to help people get off welfare, secure employment and become self-sufficient, through job training, education and work activities. **Call for info: 1-800-792-9773**.

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### NJ CAREER SERVICES

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The **NJ Department of Labor and Workforce Development** has an extensive list of resources for job seekers of all ages and abilities as well as those looking to upgrade their skills. Visit [nj.gov/labor/career-services](http://nj.gov/labor/career-services)

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### NJ STATE LIBRARY

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The **NJ State Library's Career and Employment Research Center** provides resources and information regarding employment, career choices, resume writing, and interviewing skills. Visit [libguides.njstatelib.org/business/careers](http://libguides.njstatelib.org/business/careers)

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## LEGAL RESOURCES

### ESSEX-NEWARK LEGAL SERVICES



Essex-Newark Legal Services (ENLS) is a private non-profit organization that provides free legal assistance in civil matters, including landlord-tenant issues, to very low income residents of Essex County, NJ. Call 973-624-4500 or email [enls@lsnj.org](mailto:enls@lsnj.org)

### LAW SERVICES OF NJ



Law Services of NJ provides advice, information and referrals in civil legal matters for low income residents. Apply online at [lsnj.org](http://lsnj.org) or call 1-888-LSNJ-LAW.

### VOLUNTEER LAWYERS FOR JUSTICE



Volunteer Lawyers for Justice provides direct legal representation to Essex County residents for bankruptcy, divorce, child support issues, consumer law issues, criminal record expungements, driver's license issues, education cases, estate issues and more. Contact them at [www.vljinj.org](http://www.vljinj.org) or 973-645-1955.

### COMMUNITY HEALTH LAW PROJECT



The Community Health Law Project (CHLP) is a statewide not-for-profit which provides legal representation and advocacy services to low-income individuals with disabilities and the frail elderly. Visit [chlpp.org](http://chlpp.org) or call 973-275-1175.

## FOOD ASSISTANCE

### NJ SNAP



New Jersey's Supplemental Nutrition Assistance Program (NJ SNAP) provides eligible families with a benefits card that helps them buy groceries in most food retail stores and some farmers markets. Eligibility is based on various factors including income and other resources. Visit [njsnap.gov](http://njsnap.gov) for more information.

### COMMUNITY FOOD BANK OF NJ



CFBNJ fights hunger and poverty in NJ by assisting those in need and seeking long-term solutions. To locate CFBNJ partner food pantries, soup kitchens, and shelters near you, visit [cfbnj.org/findfood](http://cfbnj.org/findfood) or text FindFood or Comida to 908-224-7776.

### LOCAL FOOD PANTRIES



- **Maplewood Community Fridge:**  
Springfield Avenue at Indiana Street
- **Our Lady of Sorrows food pantry:**  
973-370-0458 or [olspantry@gmail.com](mailto:olspantry@gmail.com)
- **St. Joseph's food pantry:** 973-462-1595  
or [dgposwego1983@hotmail.com](mailto:dgposwego1983@hotmail.com)
- **Reveal 2 Heal food pantry:** 856-259-3924
- **Oheb Shalom food pantry:** 973-762-7067  
or [info@ohebshalom.org](mailto:info@ohebshalom.org)

For a full list of food pantries near you visit [www.foodhelpline.org/share](http://www.foodhelpline.org/share)

## UTILITY ASSISTANCE

### NJ SHARES

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**NJ Shares** is a non-profit organization that assists income-eligible New Jersey house-holds with paying their energy, telephone, internet and water bills. Apply online at [www.njshares.org](http://www.njshares.org) or call **1-866-657-4273** for more information.

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### USF/LIHEAP

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**Universal Service Fund (USF)** is a program that provides monthly credits on residential electric and natural gas bills, as well as forgiveness of overdue balances. The **Low Income Home Energy Assistance Program (LIHEAP)** is a federally funded program that helps low to moderate income households pay for heating costs. Applications are accepted from October 1 through June 30 each year. Apply for USF and LIHEAP online at [www.nj.gov/dca/dcaid](http://www.nj.gov/dca/dcaid) or by calling **1-800-510-3102**.

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### WINTER TERMINATION PROGRAM

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The **Winter Termination Program (WTP)** protects eligible residential customers from disconnection of water, natural gas and electric service from November 15th through March 15. Call **1-800-624-0241** for details.

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### ESSEX COUNTY HOME IMPROVEMENT PROGRAM

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The **Home Improvement Program** provides Deferred Loans to low/moderate income homeowners in 1-3 family homes. Eligible improvements include: Heating system, roofing, plumbing, electrical, and code violation abatement. Call for more information: **(973) 655-0200 ext. 316**

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## MEDICAL RESOURCES

### FEDERALLY QUALIFIED HEALTH CENTERS

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**Federally Qualified Health Centers** provide comprehensive primary and preventive care, including vaccines, oral care, mental health care and substance abuse services, to persons of all ages regardless of their health insurance status or ability to pay. To locate an FQHC near you **call the New Jersey Family Health Line at 1-800-328-3838** or go to: <https://www.nj.gov/health/fhs/primarycare/fqhc/>

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### GET COVERED NJ

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**Get Covered New Jersey** is New Jersey's Official Health Insurance Marketplace. NJ residents can find health coverage and get financial help. [www.nj.gov/getcoverednj](http://www.nj.gov/getcoverednj)

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### NJ FAMILY CARE

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**NJ FamilyCare** is a federal and state funded health insurance program created to help qualified NJ residents get access to affordable health insurance. **Call 1-800-701-0710** or visit [njfamilycare.dhs.state.nj.us](http://njfamilycare.dhs.state.nj.us)

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### VACCINES FOR CHILDREN PROGRAM

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Essex County Office of Public Health Management participates in the federally funded **Vaccines for Children (VFC) program**. The VFC program offers all ACIP recommended childhood vaccines for children age 6 months to 18 years of age who meet the criteria. For more information or to schedule a vaccine appointment, please **call 973-877-8456**.

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# SUBSTANCE USE RESOURCES

## IME ADDICTIONS ACCESS CENTER

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The New Jersey Division of Mental Health and Addiction Services **UBHC IME Addictions Access Center Hotline** provides clinically trained and supervised telephone specialists 24 hours a day 7 days a week to educate, assist, and refer individuals and families who may be battling addictions. **Calls are free and confidential. 1-844-276-2777.**

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## REACHNJ

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**ReachNJ** is an addiction and treatment referral hotline that is answered 24 hours a day, 7 days a week by trained substance counselors familiar with the addiction treatment community in New Jersey. **Call for info: 1-844-REACHNJ (732-2465).**

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## NJ CONNECT

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**NJ Connect for Recovery** is a free, confi-dential call line focused on helping family members and friends coping with a loved one's substance use disorder. A service of the Mental Health Association in New Jersey, NJ Connect for Recovery provides a safe, nonjudgmental place for individuals and family members to get counseling, and assistance from professional staff members on substance use issues. **Call for info: 855-652-3737.**

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# HOUSING ASSISTANCE

## NJDCA

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**NJDCA rental assistance programs** allow families experiencing financial hardship to stay in their homes and avoid eviction. There are three programs that families may be eligible for. Call **609-490-4550** or visit [njdca.onlinepha.com](http://njdca.onlinepha.com).

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## NJ HOUSING RESOURCE CENTER

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**New Jersey's Housing Resource program** is a FREE, online search-able registry of affordable and accessible housing units throughout the state. Search at [nj.gov/njhrc](http://nj.gov/njhrc) or call **1-877-428-8844**.

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## AFFORDABLE HOMES NJ

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[www.affordablehomesnewjersey.com](http://www.affordablehomesnewjersey.com) is a New Jersey Department of Community Affairs approved Affordable Housing Administrative Agent. They manage waiting lists and income certify applicants for sale and rental affordable housing opportunities throughout New Jersey.

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## NJ HOUSING & MORTGAGE FINANCE AGENCY

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**The New Jersey Housing and Mortgage Finance Agency (NJHMFA)** invests in, finances, and facilitates access to affordable rental housing and homeownership opportunities for low and moderate-income families, older adults, and individuals with specialized housing needs, including Emergency Rescue Mortgage Assistance. Visit [www.state.nj.us/dca/hmfa](http://www.state.nj.us/dca/hmfa), email [askstaff@njhmfa.gov](mailto:askstaff@njhmfa.gov) or call 609-278-7400.

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# FAMILY ASSISTANCE

## WIC



The New Jersey Supplemental Nutrition Program for Women Infants and Children (WIC) is a public health nutrition program that provides wholesome food, nutrition education and community support for income eligible women who are pregnant and post-partum, as well as infants and children up to five years old. Visit [nj.gov/health/fhs/wic](https://nj.gov/health/fhs/wic) for more information.

## NJ PARENT LINK



The State of NJ Parent Link website at [nj.gov/njparentlink](https://nj.gov/njparentlink) contains a large variety of information on topics including health and wellness, parenting, early learning, developmental, behavioral and mental health, career and family transitions, childcare and education, and NJ resources.

## ESSEX DIVISION OF FAMILY ASSISTANCE & BENEFITS



The Essex County Division of Family Assistance and Benefits (DFAB) provides eligible individuals and families with temporary financial, medical and shelter needs through a network of support services. Call the hotline at 973-395-8000.

## NJ CITIZEN ACTION



New Jersey Citizen Action Education Fund provides free one-on-one services in English and Spanish to help NJ residents understand and apply for affordable health insurance. Visit [njcitizenaction.org](https://njcitizenaction.org) for details.

# MENTAL HEALTH RESOURCES

## MENTAL HEALTH ASSOCIATION



Mental Health Association (MHA) is a community-based nonprofit dedicated to providing comprehensive mental health and substance use disorder (SUD) services for individuals of all ages and their families across Northern New Jersey. Information & Referral is available by calling 973-509-9777 or 973-344-3496. Visit <https://www.mhainspire.org/> for more.

## NJ MENTALHEALTHCARES HELP LINE



The NJ MentalHealthCares Help Line offers telephone counseling, information and referrals to help you or a loved one get the necessary behavioral health services. For confidential assistance or information call 866-202-HELP (4357). Visit <https://www.mhanj.org/> for more.

## 2<sup>ND</sup> FLOOR YOUTH HELPLINE



2nd Floor is a confidential and anonymous helpline for New Jersey's youth and young adults. 2<sup>nd</sup> Floor helps you find solutions to the problems that you face and is available 24/7 365 days a year. If you need to talk about an issue or problem that you are facing call or text (888) 222-2228.

## FAMILY SERVICE LEAGUE



Family Service League offers a variety of services through counseling and SAVE for Essex County programs, in addition to individuals, couples, and families. FSL serves clients including opioid addicts, veterans suffering from PTSD, and sexual assault survivors. Visit [familyserviceleague.org](https://familyserviceleague.org) for more. 24/7 Sexual Violence Hotline 1-877-733-2273