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The Maplewood Health Department's Community Resources Newsletter:



For an online version of this guide visit:
www.maplewoodnj.gov/government/public-health-social-services/community-resources



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COMMUNITY RESOURCE GUIDE



2023

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GENERAL ASSISTANCE

211



Call **NJ 211** any day, any time for referrals to local health and human services. The service is free, confidential and multilingual. You can also search the NJ 211 database at nj211.org.

NJ.GOV



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

NJHELPS.GOV



Visit NJHelps.gov to see if you are eligible for food assistance (SNAP), cash assistance (WFNJ/TANF or WFNJ/GA), and health Insurance (NJ FamilyCare/Medicaid). From there you can apply for services or learn about additional resources.

ESSEX RESOURCENET



Essex ResourceNet provides a wide range of information about support, resources, and services for families in Essex County, NJ. www.essexresourcenet.org

FOOD ASSISTANCE

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 for more information and to apply.

COMMUNITY FOODBANK 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 or text FindFood or Comida to 908-224-7776.

LOCAL FOOD PANTRIES



- **Our Lady of Sorrows** food pantry: 973-370-0458 or olspantry@gmail.com
- **St. Joseph's** food pantry: 973-462-1595 or dgposwego1983@hotmail.com
- **Reveal 2 Heal** food pantry: 856-259-3924
- **Oheb Shalom** food pantry: 973-762-7067 or info@ohebshalom.org
- **Elks Lodge Little Food Pantry** 220 Prospect Street, South Orange
- **Maplewood Community Fridge:** Springfield Avenue at Indiana Street

UTILITY ASSISTANCE

NJ SHARES



NJ Shares is a non-profit organization that assists income-eligible New Jersey households with paying their energy, telephone, internet and water bills. Apply online at www.njshares.org or call 1-866-657-4273 for more information.

USF/LIHEAP



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 or by calling 1-800-510-3102.

WINTER TERMINATION PROGRAM



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.

HOUSING ASSISTANCE

NJDCA



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.

NJ HOUSING RESOURCE CENTER



The State of New Jersey's **Housing Resource program** is a FREE, online searchable registry of affordable and accessible housing units throughout the state. Search at nj.gov/njhrc or call **1-877-428-8844**.

AFFORDABLE HOMES NJ



www.affordablehomesnewjersey.com is a New Jersey Department of Community Affairs approved Affordable Housing Administrative Agent. Our staff is dedicated to assisting low and moderate income households find affordable housing.

NJ HOUSING & MORTGAGE FINANCE AGENCY



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.

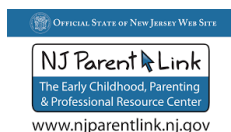
FAMILY ASSISTANCE

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 for more information.

NJ PARENT LINK



The State of NJ Parent Link website at 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.

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**.

MENTAL HEALTH RESOURCES

988



988 is now the nationwide 3-digit dialing code for Mental Health Crisis and Suicide Prevention. Free and confidential care and support is available 24/7 for anyone experiencing mental health-related distress, thoughts of suicide, or a substance use crisis. People can also **dial 988** if they are worried that a loved one may need crisis support.

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)**.

2ND FLOOR



2nd Floor is a confidential and anonymous helpline for New Jersey's youth and young adults. 2nd 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**.

SUBSTANCE ABUSE RESOURCES

IME ADDICTIONS ACCESS CENTER



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**.

REACHNJ



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. **1-844-REACHNJ (732-2465)**

NJ CONNECT



NJ Connect for Recovery is a free, confidential call line focused on helping family members and friends coping with a loved one's substance use disorder. 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. **855-652-3737**

MEDICAL RESOURCES

FEDERALLY QUALIFIED HEALTH CENTERS



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: www.nj.gov/health/fhs/primarycare/fqhc.

GET COVERED NJ



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

NJ FAMILY CARE



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.

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 for details.

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.

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 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 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 chlporg.org or call **973-275-1175**.

EMPLOYMENT RESOURCES

NJ CAREER NETWORK



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. njcareers.org

WORKFIRST NJ



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. **1-800-792-9773**

NJ CAREER SERVICES



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. nj.gov/labor/career-services

NJ STATE LIBRARY



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

TRANSPORTATION RESOURCES

ESSEX COUNTY SPECIAL TRANSPORTATION



The **Essex County Special Transportation System** provides senior citizens and handicapped 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.

NT TRANSIT ACCESS LINK



Access Link is a "shared-ride" system for people with disabilities who are unable to use the bus. It is available during the same days and hours as regular bus service. www.njtransit.com/accessibility/access-link-ada-paratransit