NEW JERSEY COVID-19 Information Hub
Call (General COVID-19 Questions): 2-1-1 (7a-11p)
Call (Clinical Questions): 1-800-962-1253 (24/7)
Text NJCOVID to 898-211 to receive alerts on jobs, tax info, closures, etc.
https://covid19.nj.gov/
https://www.nj.gov/health/cd/topics/ncov.shtml
https://covid19.nj.gov/faqs/nj-information/general-public/there-is-a-silent-killer-stalking-our-streets-but-you-can-help-stop-it/?gclid=EAIaIQobChMIhYzDiYai6QIVxNSzCh3bthewKEAAYASAEGKitvD_BwE#direct-link

State Resources:

- http://njleep.org/covid-19resources
- https://www.firstnations.org/coronavirus/?gclid=EAIaIQobChMIv02dmcyJ6gIVg4taBR3lZQVbEAAYAiAAEgljY_D_BwE
- https://icisf.org/covid19-resources/?gclid=EAIaIQobChMIv02dmcyJ6gIVg4taBR3lZQVbEAAYAyAAEglQWPD_BwE
- https://coronavirus.jhu.edu/
- NJ’s 4th District Resources:
  - https://www.njconsumeraffairs.gov/COVID19
  - 211 NJ
  - Live help on COVID-19 information is available. Speak to a healthcare professional at 1-800-962-1253. For general information & basic needs, dial 211. For alerts/updates, text NJCOVID to 898-211.
  - Homelessness
  - https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobC
   hMI25O8iMvR6QIVD7bICh1b2wyUEAAYASAEGlz4vD_BwE

*https://sma.org/covid19-resources/?gclid=EAIaIQobChMI68j-64yi6QIV5QiCR3k8QpZEAAAYAiAAEglTfD_BwE

** Everyone has access to testing
https://covid19.nj.gov/pages/testing?gclid=EAIaIQobChMI9Pvjq-fP6gIVConlCh0WXAHLeEAA
YASAAEglLEUvD_BwE**
- State resources and restrictions:
- https://www.nam.org/covid-19-state-resources/
- Work help https://aflcio.org/covid-19/state-resources
- NJ211 https://www.nj211.org/coronavirus-covid-19
- https://www.nj.gov/health/cd/topics/covid.shtml
- https://www.nj.gov/education/covid19/
- https://www.njconsumeraffairs.gov/COVID19
- https://www.arcnj.org/information/covid-19-updates-information.html
- HHS.gov
- https://libguides.njstatelib.org/covid2019
- https://www.njea.org/covid-19/
- https://njbia.org/coronavirus/
- https://morriscountynj.gov/2020/03/covid-19-caring-for-your-mental-health-during-this-unprecedented-crisis/
- https://cfbnj.org/coronavirus/
- https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMIyZ-yopC-6gIVFrblCh3aEgoSEAAAYASAEgLELvD_BwE
- NJDOH twitter

Ocean County Quick Reference Contacts List: http://www.co.ocean.nj.us/Contact.aspx

Ocean County Resource Guide

- https://www.rwjbh.org/community-medical-center/
- https://theoceancountylibrary.org/resources/covid-19
Ocean County CoronaVirus Information:

- https://www.google.com/search?biw=1294&bih=697&ei=i6oZX9DdMI7v_QaRvKj4BA&q=oc...n&ved=0ahUKEwiQz86UKEwiQz86U1uPqAhWEd98KHEeCk84UBDh1QnMDA&uact=5
- https://www.co.ocean.nj.us/OC/frmCoronavirus.aspx
- https://www.oceanresourcenet.org/search/
- https://www.mhanj.org/mhanj-in-ocean-county/
Testing Updates:

- https://www.google.com/search?biw=1294&bih=697&ei=BqsZX5q8Hc2b_Qb3ra6oAQ&q=testing+covid+in+ocean+county&oq=testing+covid+in+ocean+county&gs_lcp=CgZwc3ktYWIQAzlGCAAQFhAeMgYIABAWEBA4CAguEJECEJMCQgsILhCxAxDHARCjAjoICAAQsMQgwE6CAguELEDEIMB0gULABCxAzoECAAQQzoFCAAQkQI6DgguELEDEMcBEKMCEIMBOgIIADoKCAAAQsOMQgwEQQzoQQC4QsQMQxwEQQo wIQQwEQQzoHCAAAQMxwEQQzoKCC4QxwEQowIQQzoICC4QxwEQorwE6EAguELE DEMcBEK8BEEMQkwI6BQguELEDOgIIjQoGCAAQChBDQgQIABAKQgQIhAhQgQIhAhQgLBo gOIJhBDQgQIhRAWEB0OHICzEljSRmDjSGgFcAB4AYABoQK1AbM2kgEHMC4yNy4xMJgBAKABAaoBB2d3cy13aXqwAQDAAQE&sclient=psy-ab&ved=0ahUKEwia14OH7P1uPqAhXNTd8KKhfeWCxUQ4dUDCAw&uact=5
- Rite aid offers free testing at their select sites: Barrington,Bayonne,Clifton,Edgewater Park,Edison,Hackensack,Lake Hiawatha, Neptune, Newark, Robbinsville, Sewell, Somerset,Toms River, Waldwick
- Lapcorp is also doing $10 antibody testing:
- https://questdirect.uestquisitions.com/products/covid-19-immune-response/b580e541-78a5-48a6-b17b-7bad949deb57?utm_source=google&utm_medium=cpc&utm_campaign=7170000066217190&utm_content=58700005845625577&utm_term=p53388864528&gelid=EA1a1QobChMIIOH0nM7R6QIVribIC0MiAQFEAYASAAEgL12PD_BwE&gelsrc=aw.ds

Ocean County Health Department:

Guidance and Resources: https://www.ochd.org/covid19/

175 Sunset Avenue, P.O. Box 2191 Toms River, NJ 08754

Toll Free- 800-342-9738 Phone: 732-341-9700 Email: info@ochd.org

Ocean County COVID-19 Hotline at 732-341-9700, ext. 7411, email covid@ochd.org
Local County Offices for Child Support:

- https://www.njchildsupport.org/Services-Programs/LOCATE-LOCAL-COUNTY-OFFICES.aspx?mapclick=ocean
- https://family.unbundledlegalhelp.com/child-support/toms-river-nj?t=%2Bchild%20support%20ocean%20county&gclid=EAIaIQobChMI6MyCgc_R6QIVFo_ICh2zmQpLEAAYASAAEgJGs_D_BwE
- https://njcourts.gov/courts/probation/childsupport.html
- https://www.co.ocean.nj.us/OC/SocialServices/frmContact.aspx

Resources for Children

- https://childmind.org/coping-during-covid-19-resources-for-parents/
- https://www.childlife.org/resources/covid-19-resources
- https://childrensnational.org/visit/resources-for-families/wellness-resources/coronavirus
- https://www.acf.hhs.gov/cb/resource/covid-19-resources
- https://www.pta.org/home/family-resources/coronavirus-information?gclid=EAIaIQobChMI6MyCgc_R6QIVFo_ICh2zmQpLEAAYASAAEgJGs_D_BwE
- https://www.charities.org/coronavirus-covid-19-donations-funds-and-resources?gclid=EAIaIQobChMI6MyCgc_R6QIVFo_ICh2zmQpLEAAYAiAAEgJGs_D_BwE
- https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xs0Xg5Fyu
- https://www.cpcbehavioral.org/covid-19-information

Mental Health Resources (State and Ocean County)

- Text HOME to 741741 to connect with a crisis counselor 24/7
- Teen Resources:
  - Advocates for Youth
  - Youth Activism Project
  - Alliance for Youth Action
  - Healthy Teen Network
Amaze.org
Bayard Rustin Center for Social Justice
The Trevor Project
Trans Lifeline
2nd floor.org

- [https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/](https://socialworklicensemap.com/social-work-resources/mental-health-resources-list/)
- **Help/text lines:**
  - 2nd Floor Youth Helpline/ call or text: 888-222-2228
  - NJ Hopeline 1-855-654-6735
  - National Suicide Prevention Lifeline 1-800-273-8255
  - Domestic Violence Hotline: 1-800-572-7233
  - Mental Health Hotline: 1-866-202-4357

- **Ocean County Mental Health Services:** [https://oceanmhs.org/resources/](https://oceanmhs.org/resources/)
  - [https://www.cpcbehavioral.org/covid-19-information](https://www.cpcbehavioral.org/covid-19-information)
  - Mental Health Association of NJ: [https://www.mhanj.org/mhanj-in-ocean-county/](https://www.mhanj.org/mhanj-in-ocean-county/)
  - [https://www.oceanresourcenet.org/health-services/behavioral-mental-health/](https://www.oceanresourcenet.org/health-services/behavioral-mental-health/)
  - [https://starr.org/](https://starr.org/)
    - Traumatic Loss Coalitions for Youth  Phone: 732-235-2810
      - [http://ubhc.rutgers.edu/TLC](http://ubhc.rutgers.edu/TLC)
      - [http://www.tlc4teens.org/](http://www.tlc4teens.org/)
      - Contact: Stephanie Valenziano, LCSW The Community YMCA 732-963-7132
        svalenziano@cymca.org
  - Family helpline: the family helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occursOpen 24/7 18008435437
Behavioral Health Resources: https://www.co.ocean.nj.us/WebContentFiles/6d0b5bce-93d7-49ad-8d79-e973d1f0e660.pdf

Go-To-Meeting’ account has been established in efforts to facilitate public participation.
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/614697173

You can also dial in using your phone.
United States (Toll Free): 1 866 899 4679
United States: +1 (571) 317-3117
Access Code: 614-697-173

Intellectual and Developmental Disabilities:
- The ARC Ocean County Chapter: https://www.arcocean.org/

Children and Families:
- Family Support Services: https://www.oceanresourcenet.org/community-services/family-support-services/
- Ocean County Board of Social Services: http://www.co.ocean.nj.us/OC/SocialServices/
- Family Planning Center of Ocean: https://familyplanningcenterofoceancounty.com/
- United Way: https://www.uwmoc.org/coronavirus
- The Children’s Home Society: https://www.chsofnj.org/
  - https://www.chsofnj.org/covid-19-resources-and-announcements/#.Xp3qjchKhPY
- Jersey Shore Baby Pantry: http://jerseyshoredreamcenter.org/baby-supply-pantry/
  - Toms River: 175 Sunset Avenue, Toms River, NJ – 08754, (732) 341-9700
  - Lakewood: 1771 Madison Avenue Lakewood, NJ 08701, 732-370-0122
- Anchor Family Success Center Anchor Family Success Center
  101 Prosper Way, Brick NJ 08723, Phone: 848-241-9346, Fax: 732-475-7734
- Good Grief https://good-grief.org/?s=covid
Shelters and emergency housing:

- [https://www.hud.gov/states/new_jersey/homeless/shelters/ocean](https://www.hud.gov/states/new_jersey/homeless/shelters/ocean)
- [https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYASAAEgIixw_D_BwE](https://endhomelessness.org/category/covid-19/?post_type=resource&gclid=EAIaIQobChMI68j-64yi6QIV5QiICR3k8QpZEAAYASAAEgIixw_D_BwE)


School Resources:

- Social Emotional Learning Support: [https://docs.google.com/document/d/1r7F6D4u5dQXHRwB0f4yy8_l2NyBNknrLtFcEHAvP8hw/edit](https://docs.google.com/document/d/1r7F6D4u5dQXHRwB0f4yy8_l2NyBNknrLtFcEHAvP8hw/edit)

  - Jackson School District: [https://www.jacksonsd.org/Page/12811](https://www.jacksonsd.org/Page/12811)

  - Ocean County College Resources: [https://www.ocean.edu/coronavirus/](https://www.ocean.edu/coronavirus/)

  - Ocean County Library: [https://theoceancountylibrary.org/covid-19](https://theoceancountylibrary.org/covid-19)
    - [http://theoceancountylibrary.org/resources/covid-19](http://theoceancountylibrary.org/resources/covid-19)

  - Office of Secretary of Higher Education: [https://www.state.nj.us/highereducation/COVID-19.shtml](https://www.state.nj.us/highereducation/COVID-19.shtml)


Financial Assistance:

NJ COVID-19 and Residential Mortgage Relief
https://www.state.nj.us/dobi/covid/mortgagerelief.html

- **Jobs:** https://www.indeed.com/q-Temporary-l-Ocean-County,-NJ-jobs.html

- Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance to Needy Families (TANF), and/or General Assistance (GA): https://www.njhelps.org/

  - If you need help paying the rent
    The State Rental Assistance Program provides rental assistance grants. To get more information and determine your eligibility, visit: https://www.nj.gov/dca/divisions/dhcr/offices/srap.html

  - If you are caring for family members with special needs
    The New Jersey Department of Human Services has guidance for individuals and families caring for people with developmental disabilities: https://nj.gov/humanservices/coronavirus.html

  - **Financial Success Center (FSC) Network:** virtual Financial Coaching, Call 732-414-6745 and leave a message with your contact information for a Financial Coach to return your call.

  - http://www.co.ocean.nj.us/OC/SocialServices/
  - https://www.nj211.org/resource-search/taxonomy/BH-3800/_/1


- **Health Services:**
  - Hospital telemedicine services:
    - Hackensack Meridian Health (Ocean Medical Center, Southern Ocean Medical Center) https://www.hackensackmeridianhealth.org/covid19/
§ ConvenientCareNow.com for just $20 using the coupon code HMH20. If you’re 65+, use promo code HMH FREE for a free consult

- RWJ Barnabas Healthcare System (Community Medical Center, Monmouth Medical Center Southern Campus) RWJBHtelemed.org use code RWJBH15
- CVS and Walgreens are providing free delivery of prescription medications. Learn more here
- Disaster Response Crisis Counselors (DRCCs) volunteering on the phone line, which is available from 9am-8pm. Please call 732-845-2070.

Businesses:

§ Score: https://oceancounty.score.org/
  - https://oceancounty.score.org/?_ga=2.245616964.1377510805.1502971668-296125960.1502971668


§ Southern Ocean Chamber of Commerce: https://visitlbiregion.com/business-resources-for-covid-19/


§ SBA https://www.sba.gov/offices/district/nj/newark

Senior Services:

§ Ocean County Office of Senior Services can be reached at 732-929-2091.

§ Ocean County Meals on Wheels can call 609-978-6869

§ Comfort Keepers: https://www.comfortkeepers.com/offices/new-jersey/toms-river/resources/coronavirus-resources
Food

Fulfill: https://fulfillnj.org/fulfill-to-partner-with-jersey-shore-restaurants-to-feed-people-in-need-during-coronavirus-outbreak/?fbclid=IwAR15rJQ1hVZzLFfzTrjo_Kkrg-m5TtQqxMaxny_7xTtV-WxDscA5iSGi5hI

§ grab-n-go food packages:

- Toms River JBJ Soul Kitchen and B.E.A.T. Center
- Boys & Girls Clubs of Monmouth County (Asbury Park & Red Bank)
- Red Bank Borough Public Schools

Toms River Food Pantries: https://www.foodpantries.org/ci/nj-toms_river

Ocean County Food Pantries: https://www.needhelppayingbills.com/html/ocean_county_food_banks.html

Food Banks, Pantries and Soup Kitchens
https://www.homelesshelterdirectory.org/cgi-bin/id/countyfb.cgi?county=Ocean-County&state=NJ

Food bank finder https://cfbnj.org/?utm_source=google&utm_medium=paidepc&utm_campaign=DD&utm_term=Covid&gelid=EAlaIQobChMI_qnM48rR6QIVi4jlCh1UdOBJEAAAYASAAEgLlzfD_BwE#WeAreThere

*Fulfill food bank is providing a service for Monmouth/Ocean counties. If you text FOODFIND to 888-918-2729, they will give you 3 food banks near you

  - https://www.uwmoc.org/coronavirus
  - https://www.co.ocean.nj.us/OC/frmCoronavirus.aspx
  - https://www.ochd.org/covid19/
COVID Testing:

§ Monmouth County Community COVID-19 Community-Based Testing Center at PNC Bank Arts Center in Holmdel will open at 8am every day and close when tests run out. To be eligible for testing, you must be a NJ resident and experiencing symptoms.

§ An urgent care center in Marlboro has drive-thru testing for the COVID-19 virus. Appointments are required, please call 1-855-925-5467. Intake forms are available on immcare.com. Learn more here.

§ https://wrat.com/2020/04/20/ocean-county-continues-testing-for-covid-19-test-site-to-remain-at-ocean-county-college/

Lapcorp/quest (antibodies testing is 10$, free with insurance)

Rite aid (free)

CVS (free)

Your local urgent care will do it for free if insurance taken (call and check)

Town/City Resources:

· Manchester- http://manchesterpolicenj.com/covid-19-updates/
  http://www.manchestertwp.com/ocean-county-health-dept-covid-19-resources/


https://www.jacksonsd.org/covid19

Toms River - https://tomsrivertownship.com/AlertCenter.aspx


Lakewood -

Howell - https://www.twp.howell.nj.us/408/Alerts-and-Notifications

Freehold - http://twp.freehold.nj.us/


Barnegat - http://www.barnegat.net/about-barnegat/links/

Point Pleasant - https://ptboro.com/links/


Little Egg Harbor (scroll down in news and announcements) - http://www.leht.com/

Stafford - https://www.staffordnj.gov/


· Tuckerton-
· Beachwood- https://www.beachwoodusa.com/
· Plumstead-
· Ocean- http://www.oceantwp.org/content/5931/6793/default.aspx
· Seaside Park- https://www.seasideparknj.org/
· Long Beach- https://www.longbeachtownship.com/tag/covid-19/
· Mantoloking- http://www.mantoloking.org/
· Bay Head- http://www.bayheadnj.org/bhnj/
· Long Beach Island-
  o https://welcometolbi.com/relief-app/
  o https://welcometolbi.com/covid-19-lbi-updates/
· Island Heights- http://islandheightsboro.com/alerts/
· Barnegat Light- http://www.barnegatlight.org/covid19-2/
· Pine Beach- http://www.pinebeachborough.us/pinebeach.htm
· Harvey Cedars
  o http://www.harveycedars.org/
  o http://www.harveycedars.org/cit-e-access/webpage.cfm?TID=150&TPID=17195
Eagleswood

- Eagleswood

https://docs.google.com/document/d/1kHEYafRdmBdV5jyx0rlbAWbMuoxxy1f7NaDoYmY8Rf8/edit?ts=5e695003

News

https://www.ocean.edu/coronavirus/


https://www.cedars-sinai.org/newsroom/reliable-sources-for-coronavirus-info/

https://www.pewresearch.org/fact-tank/2020/07/02/local-news-is-playing-an-important-role-for-americans-during-covid-19-outbreak/


NJ.com

Jerseyshoreonline.com

Shorenewsnetwork.com

Helpful Apps for Iphone and Androids

- Talkspace online: Affordable therapy, matches you with your best fit of therapist
- Moodpath: depression and stress tracker and tips
- Motivation Daily: good for quotes to uplift during this time
- Headspace: meditation
- I am: positive affirmations
- Mindshift CBT: tips on how to shift mindset during these times
- Youper: mental health assistant, always there to talk
- Apple Covid 19: up to date info
- CDC
- Healthy lynked Covid 19 tracker
- Covid Symptom tracker
- Relief Central Coronavirus
- Daily Routine: To do list
- Pearson practice apps for schooling
- Calm: Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety
- Stop, Breathe & Think: Always free, and for kids too.
- Insight Timer: Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- 10% Happier: Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- UCLA Mindful App: Free and has meditation by Diana Winston.
- Mindfulness Coach: Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice.
- Sanvello: Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic)
- Happify: Some free content, including stress reduction and cognitive techniques to address anxiety.
- MindShift CBT: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic
- PTSD Coach: Created by VA’s National Center for PTSD and the Department of Defense’s National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.
- PTSD Family Coach: In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve.
- Mothers and Babies Online Course: Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them.
COVID Coach: Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.

CBT-i Coach - Free cognitive behavioral therapy for insomnia, available for iOS and Android.

Healthylinked Covid-19 tracker

Coronavirus COVID tracker

Healthy together

Safedistance

Relief central

Patientsphere

Tracecovid

Howwefeel

Relief Central

1-check covid

Covid coach

Citizen safe

https://ymcagbw.org/blog/our-top-10-apps-download-during-quarantine

https://www.youtube.com/watch?v=TT948pDYsw8


Contact Tracing

https://covid19.nj.gov/pages/testandtrace?gclid=EAIaIQobChMI5-S4qqT16glVC5yzCh2hhwohEAAYASAAEgKSOPD_BwE


https://support.google.com/android/answer/9888358?hl=en

https://www.wired.com/story/covid-19-contact-tracing-apple-google/