



**Message from the Middlesex County Office of Human Services**

At this time our nation is experiencing an unprecedented public health crisis due to the COVID-19 virus. The situation worldwide has required a rigorous response to slow down the spread of disease. It is important to remember that even in these times, ***you are not alone***. Support continues to be available even when it is not face-to-face. There is an entire community of call centers, text support and online support groups ready to help you or your loved ones whenever you need it.

For residents who are having difficulty coping with the COVID19 crisis, please call **New Jersey Mental Health Cares**, Mental Health Association in New Jersey, Inc. at **(877) 294-HELP (4357)** between the hours of 8AM to 8PM for emotional support, guidance and mental health referrals as needed.

Additional resources for mental health, addiction recovery, peer support and general information about COVID-19 may be found in the chart below.

<b>Telephone Support</b>		
<b>Name</b>	<b>Phone Number</b>	<b>Type of Support</b>
NAMI Text (24/7) NAMI Helpline (Mon – Fri 10 AM – 6 PM ET)	Crisis: Text NAMI to 741741 Helpline: 1-800-950-NAMI (6264)	NAMI Crisis Text Line Provide support and local resources
Suicide Prevention Lifeline (24/7)	1-800-273-8255 with a specialized Crisis Line for Veterans (press 1)	Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones
Crisis Text Line (24/7)	Text HOME to 74171	Crisis counseling via text message

NJ Coronavirus Call Center (24/7)	1-800-222-1222 or 1-800-962-1253	Hotline for COVID-19 questions
NJ IME Addictions Access Center (24/7)	1-844-276-2777	Assistance and referral to treatment for substance use
New Jersey Peer Recovery (Mon – Fri 8 AM to 10 PM)	1-833-422-2765	Peer-to-peer support intended for those struggling with substance use but is open to everyone
Vets4Warriors (24/7)	1-855-838-8255	Peer-to-Peer support for military members and veterans
Vet to Vet (24/7)	1-866-838-7654	Peer-to-Peer support mental health helpline for veterans
Mom2Mom (24/7)	1-877-914-6662	Peer support for mothers caring for children with special needs
Care2Caregiver (24/7)	1-800-424-2494	Free peer helpline for those caring for someone with memory issues
Cop2Cop (24/7)	1-866-267-2267	Helpline for law enforcement officers dealing with personal or job-related stress
Worker2Worker (24/7)	1-855-327-7482	Helpline for social workers dealing with personal or job-related stress
Aid NJEA (24/7)	1-866-243-6532	Free, confidential, and effective support for NJEA member and their families
The Trevor Project for Youth (24/7 call or text)	TrevorLifeline: 1-866-488-7386 TrevorText: Text 678678	Support for LGBTQ youth in crisis, feeling suicidal or in need of safe and judgement-free place to talk
Peer to Peer Warmline	877-292-5588	Peer-run service providing ongoing telephone support to

		individuals as they work towards recovery
NJ Mental Health Cares	1-866-202-4357	Free, confidential mental health information and referral
ReachNJ (24/7)	1-844-ReachNJ	Hotline of addiction experts who offer counseling to all individuals, regardless of their insurance status
Wellness Respite Services	732-354-4403	Peer delivered outreach and support

### Online Supports/Meetings

Name	Website	Type of Support
NAMI NJ	<a href="http://www.naminj.org/online-support-groups/">http://www.naminj.org/online-support-groups/</a>	Online weekly support groups
Alcoholics Anonymous	<a href="http://aaphonemeetings.org/">http://aaphonemeetings.org/</a> <a href="http://www.aa-intergroup.org/directory.php">http://www.aa-intergroup.org/directory.php</a> <a href="https://www.aaspeaker.com/">https://www.aaspeaker.com/</a>	Online 12-Step Resources and Meetings
Narcotics Anonymous	<a href="http://www.nabyphone.com/">http://www.nabyphone.com/</a> <a href="http://www.na-recovery.org/">http://www.na-recovery.org/</a>	Online 12-Step Resources and Meetings
The Addiction Recovery Guide	<a href="https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings">https://www.addictionrecoveryguide.org/resources/online_communications/online_meetings</a>	Guide to various online/chat meetings for AA, NA, etc.
Online Group AA Meetings	<a href="https://www.onlinegroupaa.org/">https://www.onlinegroupaa.org/</a>	Group AA meetings
In the Rooms: A Global Recovery Community	<a href="https://www.intherooms.com/home/live-meetings/">https://www.intherooms.com/home/live-meetings/</a>	Online support live video meetings calendar
NJ Department of Human Services	<a href="https://nj.gov/humanservices/coronavirus.html">https://nj.gov/humanservices/coronavirus.html</a>	COVID-19 Webpage with information for all NJDHS Departments
NJ Department of Health	<a href="https://www.nj.gov/health/cd/topics/ncov.shtml">https://www.nj.gov/health/cd/topics/ncov.shtml</a>	Communicable Disease Service Webpage

Centers for Disease Control and Prevention	<a href="https://www.cdc.gov/coronavirus/2019-nCoV/index.html">https://www.cdc.gov/coronavirus/2019-nCoV/index.html</a>	CDC Coronavirus main webpage
In the Rooms	<a href="https://www.intherooms.com/home/">https://www.intherooms.com/home/</a>	Global online community with over 500,000 members who share their strength and experience with one another daily through live meetings, discussion groups, and all the other tools
LifeRing	<a href="https://www.lifering.org/online-meetings">https://www.lifering.org/online-meetings</a>	Organization of people who share practical experiences and sobriety support based on the idea that there are many ways to live free of drugs and alcohol as there are stories of successful sober people
Narcotics Anonymous Online Meeting Directory	<a href="https://tinyurl.com/ul34pet">https://tinyurl.com/ul34pet</a>	
The Phoenix	<a href="https://tinyurl.com/sxyl642">https://tinyurl.com/sxyl642</a>	Recovery Community Organization offering live stream Crossfit, Yoga and Meditation daily every two hours through the COVID-19 Crisis
Recorded Speakers (from a variety of 12-step fellowships)	<a href="https://www.xa-speakers.org/">https://www.xa-speakers.org/</a>	
Refuge Recovery	<a href="https://tinyurl.com/wysjufy">https://tinyurl.com/wysjufy</a>	Grounded in the belief that Buddhist principles and practices create a strong

		foundation for a path to freedom from addiction
SMART Recovery USA	<a href="https://www.smartrecovery.org/community/">https://www.smartrecovery.org/community/</a>	Global community of secular science-based mutual-support groups offering online support and forums including a chat room and message board
Sober Grid	Download the App via <a href="#">Google Play</a> , <a href="#">iTunes</a> or <a href="https://www.sobergrid.com/">https://www.sobergrid.com/</a>	Platform to help anyone get sober and stay sober. Some join to get support, others to give it. Each free download, post, and connection create an opportunity to stay sober while helping others do the same.