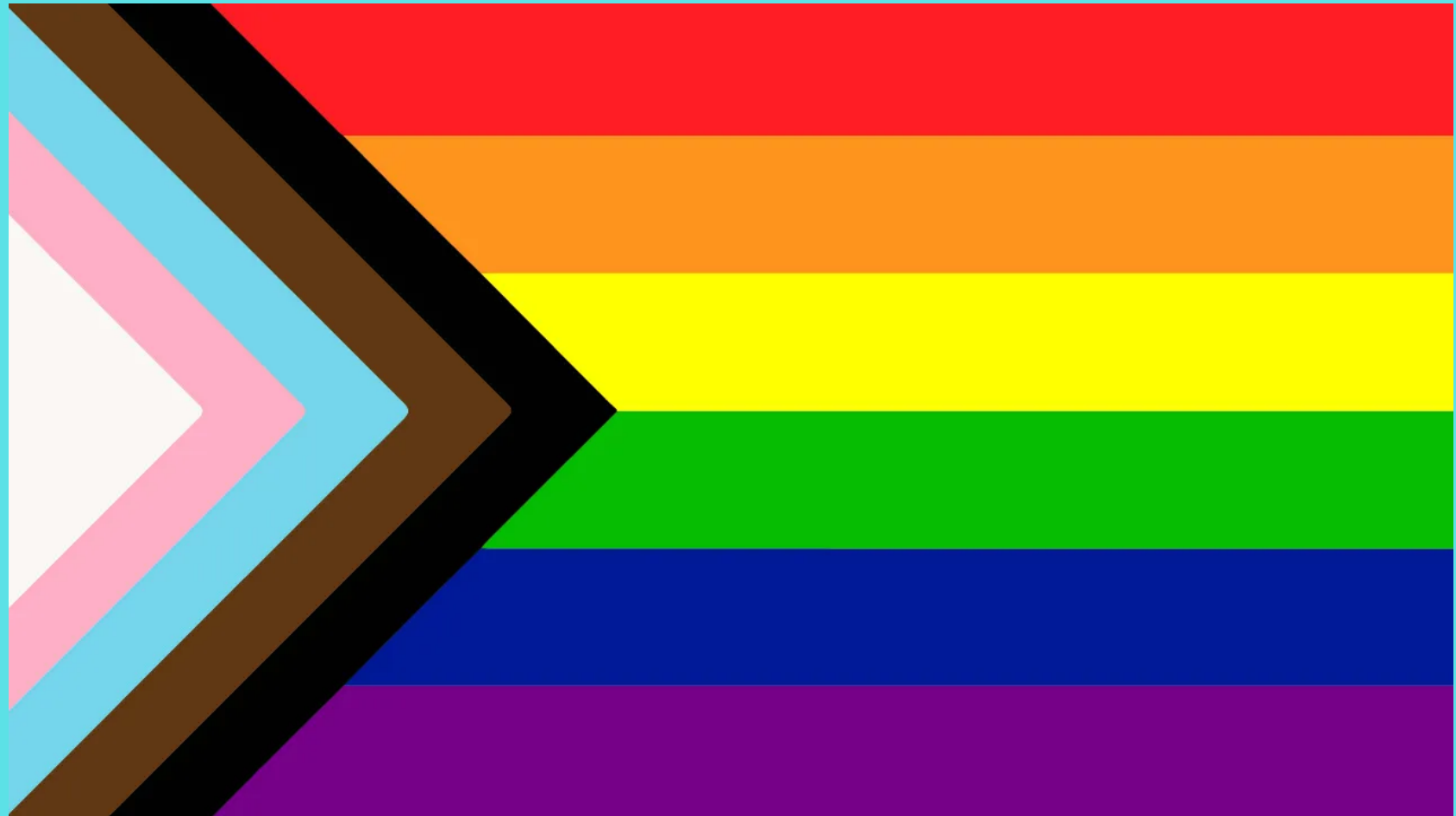


NJ HOPE AND HEALING GSAPP'S

RESOURCES FOR LGBTQIA+ YOUNG ADULTS DURING COVID-19



MENTAL HEALTH RESOURCES:

Below is a list of free and confidential mental health resources to help underinsured and uninsured individuals.

NJ Hope & Healing

- Short-term crisis counseling
- Emotional support
- Informational webinars
- Referrals to additional resources

Visit our website to learn more:

<https://gsapp.rutgers.edu/centers-clinical-services/ccp-fema-samhsa>

Mental Health Services

- Princeton House
(732) 729-3636
- Family and Children's Services of NJ
(908) 352-7474
- High Focus Centers
(908) 272-2472
- Rutgers Psychological Services Clinic
(848) 445-6111 x2
- Behavior Therapy Association
(732) 873-1212
- A Freeman's Place Counseling
(732) 997-7517

Services for Children & Adolescents

- Children's Specialized Hospital
(888) CHILDREN x3020
- Carrier Clinic
(800) 933-3579

Free Helplines

- NJ Mental Health Cares Helpline
(866) 202-HELP
- Emotional Support via Texting
Text "NJHOPE" to 51684
- Suicide Prevention Lifeline (24/7)
(800) 273-8255
- To chat online visit:
suicidepreventionlifeline.org/chat/
- 2nd Floor Youth Help Hotline
Call or text (888) 222-2228

Grief & Bereavement

- Good Grief: free peer support groups.
Email Anita at anita@good-grief.org if interested
- Rainbows: find a group in your area at www.rainbows.org or email info@rainbows.org
- Haven Hospice: virtual groups, Wed 10-11am. Call (732) 202-8071

Group Support For Substance Use

Look online for dates and locations in your area:

- Alcoholics Anonymous
- Narcotics Anonymous
- Families Anonymous

Additional Services

- To find free peer support groups, call:
(800) 367-6274
- To locate mental health services, call:
(866) 202-4357

PHYSICAL HEALTH RESOURCES

Below is a list of free or sliding scale confidential physical health resources to help underinsured and uninsured individuals:

Community Health Clinics in New Jersey https://www.freeclinics.com/sta/new_jersey

- Offers health services at a free or reduced cost

Visiting Nurse Association of Central Jersey (VNACJ)

<https://vnachc.org/>

- Offers telehealth and virtual services
- COVID-19 testing
- Children & Family Health Institute resources

Free Clinic Directory New Jersey

- https://freeclinicdirectory.org/new_jersey_care.html
- https://www.needymeds.org/medical_clinics.taf?function=state&state=NJ

Poison Control (for emergencies, questions, or information)

(800) 222-1222

Food Insecurity

- Find a food pantry in New Jersey
https://www.foodpantries.org/st/new_jersey_
- SNAP eligibility
<https://www.fns.usda.gov/snap/recipient/eligibility#What%20deductions%20are%20allowed%20in%20SNAP>

Family and Youth Resources

- National Domestic Violence Hotline
<https://www.thehotline.org/get-help/>

COVID-19 related questions?

For general COVID-19 questions, including information on how to stay safe, test sites, financial assistance, unemployment, donations, food, and other non-medical needs, call:

211 (24/7)

For medical COVID-19 questions, call:
(800) 962-1253 (24/7)

For vaccine appointment support, call:
(855) 568-0545 (8am-8pm)

Text **NJCOVID** to 898-211 to receive alerts

Get registered in the vaccine system here:
<https://covid19.nj.gov/index.html>

LGBTQIA+ SPECIALIZED RESOURCES:

Below is a list of free and confidential resources to help LGBTQIA+ individuals.

Housing

- RAIN Foundation (Essex County)
<http://essexlgbthousing.org/>
- Covenant Housing New Jersey
<https://covenanthousenj.org/>
 - To reach us via text, message (844) 912-1291
 - Northern New Jersey
 - (973) 621-8705
 - 330 Washington Street, Newark, NJ 07102
 - Southern New Jersey
 - (609) 348-4070
 - 929 Atlantic Avenue, Atlantic City, NJ 08401
 - Covenant House New Jersey is a safe space.
 - (973) 621-8705
 - chnj@covenanthouse.org

Specialized Medical Care

- Babs Siperstein PROUD Center
LGBTQIA Health Services
RWJ University Hospital Somerset
<https://www.rwjbh.org/rwj-university-hospital-somerset/treatment-care/babs-siperstein-proud-center/>
- The Q-Card Project
<http://www.qcardproject.com/>

- Alliance Community Healthcare Inc in Jersey City
<https://alliancech.org/services/lgbtq-health-services/>
- Jersey City Medical Center
RWJBarnabas
<https://www.rwjbh.org/jersey-city-medical-center/about/lgbtq-program/>

Helplines

- LGBT National Help Center
<https://www.glbthotline.org/>
- Trans Lifeline <https://translifeline.org/> US (877) 565-8860
- The Trevor Project, offers TrevorLifeline 1-(866) 488-7386, TrevorChat, TrevorText
<https://www.thetrevorproject.org/get-help-now/>

Emergency Funding

- <https://www.edquity.co/>

Scholarships for LGBTQIA+ individuals

- <https://www.bestcolleges.com/financial-aid/lgbtq-scholarships/>

Community Centers

- <https://www.pridecenter.org/programs>
- <https://www.lgbtcenters.org/LGBTCenters>
- <https://www.lgbtcenters.org/LGBTCenters/State/50/New-Jersey>

Wellness Respite

- <https://cspnj.org/wellnessrespite/>

Educational Resources

- <https://www.advocatesforyouth.org/resources-tools/>

ABOUT US

The Crisis Counseling Assistance and Training Program (CCP) is a federally funded supplemental program administrated by the U.S. Department of Human Services (DHS) and Federal Emergency Management Agency (FEMA).

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