

- **Stress management for parents, families, and preschool-aged children**
 - Family Help Line
 - If you are feeling stressed out, call to speak anonymously with a trained volunteer who can listen and help
 - Phone: 1-800-THE-KIDS (1-800-843-5437)
 - The ARC of Salem County
 - Mental health, job services, and housing resources
 - Phone: 856-935-3600
 - Project FIRST A
 - Provides in-home individual and family counseling, crisis intervention, and intensive case management to children, age 21 or younger, and their families
 - Phone: 877-922-2377
 - Email: access@centerforffs.org
 - NJ4S: NJ Statewide Student Support Services
 - Network of social, emotional, and wellbeing supports for students and their families
 - Website: <https://nj4s.nj.gov>
 - Mom2Mom (1-877-914-MOM2)
 - 24/7 hotline offering peer support to mothers of children with special needs
- **Resources for housing, food, and employment**
 - **Housing**
 - NJ 2-1-1 <https://nj211.org/>
 - Together Youth Shelter
 - Youth ages 9-18 from anywhere across NJ. Out of state youth also eligible.
 - Phone: 856-881-6100
 - Email: access@centerforffs.org
 - Benson House
 - Group home for young men in a structured environment that provides counseling, substance abuse treatment, life and social skills education, job readiness and placement, assessment and referral
 - Phone: 856-964-7291
 - Email: access@centerforffs.org
 - Mother Child
 - Temporary housing in Woodbury, NJ for women over the age of 18 who are currently experiencing homelessness and are either pregnant or parenting one to three children
 - Phone: 856-853-1761
 - Email: access@centerforffs.org
 - HomeBase

- Structured transitional living program providing transitional living assistance for young men age 16-20
 - Phone: 856-964-0061
 - Email: access@centerffs.org
- Catholic Charities- Penns Grove
 - Provides utilities and/or rental assistance to relieve a temporary financial crisis or to prevent homelessness
 - Phone: 856-299-1296
- Gateway Community Action Partnership
 - The Low Income Home Energy Assistance Program helps low-income residents with their heating and cooling bills, and makes provisions for emergency heating system services and emergency fuel assistance
- Catholic Charities- Salem Location
 - Provides utilities and/or rental assistance to relieve a temporary financial crisis or to prevent homelessness
 - Phone: 856-339-4102
- Salem Habitat for Humanity
 - Provides affordable housing to qualified working families
 - Phone: 856-299-7995
- Salem County Board of Social Services
 - Depending on eligibility, SCBSS can assist with temporary emergency shelter, food, utility assistance as well as rent or security deposits
 - Phone: 856-299-7200
- NJ Housing Resource Center (NJHRC)
 - Affordable rental housing, affordable for-sale housing, housing with accessibility features
 - Phone: 2-1-1
- **Food:**
 - Sign up for monthly groceries provided by QUINTON Township Elementary School to pick up, and if needed, delivery, here: <https://forms.gle/2UXR7z6VqGbSuCVc6>
 - Salem County Food Pantries:
 - Website: <https://health.salemcountynj.gov/salem-county-food-resources/>
- **Employment**
 - United Way of Salem County
 - Phone: 856-935-2538
 - <http://www.unitedwayofsalem.org>
 - The ARC of Salem County
 - Mental health, job services, and housing resources
 - Phone: 856-935-3600
- **Positive parenting supports**

- Promly
 - A safe social networking ecosystem co-designed with mental health professionals with a GenZ team to give students 13-19 a multi-functional app that gives teens what they want (connection to other teens) while also providing what they need (accessible mental health support)
 - www.promly.org
- Virtual Hope Box
 - The Virtual Hope Box app contains simple tools to help with coping skills, relaxation, distraction and positive thinking
- My Life My Voice App- This mood journal offers a simple solution for tracking your thoughts, feelings and moods in this interactive tool that you can keep right on your phone
- NJ Family Success Centers
 - Family Success Centers are “one stop” shops that provide wrap-around resources and supports for families before they find themselves in crisis.
 - www.nj.gov/dcf/families/support/success
- Statewide Parent Advocacy Network (SPAN)
 - Providing information, resources, support, and advocacy assistance to families, professionals, policy makers, and our Parent Center colleagues.
 - www.spanadvocacy.org
- Kinship Navigator Program
 - Hotline that helps kinship caregivers navigate through various government networks to find support and services
 - Phone: 2-1-1
 - Website: www.nj.gov/dcf
- NJ Helps
 - Site that helps families navigate services and programs for children, families and individuals. You can also pre-screen to see if you are eligible for programs such as food stamps, Medicaid and others.
 - Website: www.njhelps.org
- NJ Parent Link
 - The early childhood, parenting and professional resource center. Information source for: health and wellness, ages and stages, child care and preschool, family support services, parenting and early learning, career and family transitions, advocacy and leadership, professional resources.
 - www.njparentlink.nj.gov
- Family Support Organization
 - Call if parent or caregiver is in need of education, support and/or advocacy for children with behavioral, mental health, developmental, and substance abuse challenges.
 - Phone: 856-507-9400

- **Local activities and opportunities for families**
 - Salem Activities and Opportunities by Municipality
 - <https://www.salemcountynj.gov/about-salem-county/>
- **Any other resources you highly recommend**
 - Domestic Violence Resources
 - NJ Domestic Violence Hotline
 - 1-800-572-SAFE (7233)
 - Women's Referral Central: 1-800-322-8092
 - Hotline that provides information and referrals for child care, discrimination, displaced homemaker programs, employments, housing, job trains legal assistance and more
 - Mental Health Resources
 - Inspira A Step Ahead Program
 - 6-8 week partial hospitalization behavioral health program for children and adolescents. Located at Inspira Health Center Elmer and Inspira Health Center Bridgeton. Accepts most insurance
 - 2nd Floor Youth Helpline (1-888-222-2228)
 - 24/7 youth helpline serving all youth and young adults in New Jersey. Youth who call are assisted with their daily life challenges by professional staff and trained volunteers. Anonymity and confidentiality are assured except in life-threatening situations.
 - Children's System of Care (1-877-652-7624)
 - Call this number 24/7 to find out about services for children and teens with emotional and behavioral health care challenges and their families.
 - NJ Suicide Prevention Hotline (1-855-654-6735)
 - A 24/7 free confidential hotline with support services for people in distress.
 - Acenda Integrated Health Counseling and Wellness Centers
 - acendahealth.org
 - 844-4-ACENDA
 - Children's Mobile Response & Stabilization System
 - Provides care to families within 1 hour.
 - 24/7 services whose current behaviors require urgent intervention or may lead to the disruption of their current living situation
 - 1-877-652-7624