

Telephonic and Online Support Resources for the Public

Telephonic/Online Support Resources – County Specific

- Atlantic County:
 - Hope One Atlantic County, in conjunction with Atlantic City Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephonic peer recovery services.
 - 609-909-7200
 - For more information, go to: <https://www.hopeoneac.com/covid19>
 - Johns Brooks Recovery Center is offering peer support and online groups.
 - To connect to a recovery coach, email: Peer.support@jbrcnj.org
 - Peer groups are being offered online Monday – Friday at 12pm by clicking: <https://zoom.us/j/2659470199>
 - For more information, go to: <https://www.facebook.com/AllRoadsRCC/>
- Bergen County:
 - Bergen New Bridge Medical Center is offering a 24/7 Access Center for Mental Health and Substance Abuse Services.
 - 800-730-2762
 - The Center for Alcohol and Drug Resources, a program of Children's Aid and Family Services, is offering virtual support recovery meetings.
 - For more information, go to: <https://cafsnj.org/free-virtual-recovery-support-programs-for-residents-of-bergen-county/>
- Burlington County:
 - Straight to Treatment:
 - Evesham Twp. Police Department: Mondays, Noon – 7:00pm
 - Pemberton Twp. Police Department: Tuesdays, Noon – 6:00pm
 - City of Burlington Police Department: Wednesdays and Thursdays, Noon – 6:00pm
 - Hand n' Heart: 267-237-1396

- Solstice: dan@solsticecares.com or 609-287-6766
 - City of Angels: 609-910-4942 (24/7)
 - Hope One Burlington: For support or assistance, contact via its Facebook Page at: https://www.facebook.com/pg/hopeonebc/posts/?ref=page_internal
 - For additional county resources, contact Assistant Prosecutor Melissa O'Mara, who is working with Burlington County Prosecutor's Office's Operation Helping Hand Program at: momara@co.burlington.nj.us
- Camden County:

Center for Family Services Hotline, in conjunction with Camden County Prosecutor's Office's Operation Helping Hand program, is offering 24/7 telephone peer recovery services.

 - 877-266-8222
- Cape May County:

Hope One of Cape May, in conjunction with Cape May County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.

 - 609-522-4375
- Cumberland County:

Compassionate Addiction Recovery Equals Success (C.A.R.E.S.), in conjunction with Cumberland County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.

 - 800-236-2448
- Gloucester County:
 - Gloucester County Addiction Hotline: 856-384-6885
 - Solstice Counseling & Wellness Center: 856-345-1461
 - Center for Family Services: 877-922-2377
 - Helping Hands Behavioral Health: 856-881-9000
 - My Friend's House: 877-215-1880
 - City of Angels: 609-910-4942 (24/7)
- Hunterdon County:

Prevention Resources, Inc., who works with Hunterdon County Prosecutor's Office's Operation Helping Hand Program, is offering counseling, support services, and other meetings via tele-conferencing.

 - For more information, call: 908-782-3909
 - You can also email kwidico@njprevent.com for treatment/early intervention services; rschwartz@njprevent.com for family support; and lgabel@njprevent.com for prevention services.

- Mercer County:
Recovery Advocates of America, Inc., in conjunction with Mercer County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.
 - 888-360-7788

- Middlesex County:
Blue Cares Hotline, in conjunction with Middlesex County Prosecutor's Office's Operation Helping Hand program, is offering 24/7 telephone peer recovery services.
 - 732-596-4199
 - Blue Cares connects individuals to Woodbridge Township Department of Health & Human Services.
 - Blue Cares App provides additional resources and information on addiction.
 - Apple Users:
Go to the App Store on your mobile device. Search for "Blue Cares".
Go to: [Appstore.com/blue-cares](https://appstore.com/blue-cares)
 - Android Users:
Go to the Google Play Store on your mobile device. Search for "Blue Cares".
Go to:
<https://play.google.com/store/apps/details?id=com.bluecares.messenger>

- Monmouth County:
 - Recovery Advocates For The Shores (RAFTS), in conjunction with Monmouth Prosecutor's Office's Operation Helping Hand Program, is offering telephone 24/7 peer recovery support.
 - 1-833-2B-SOBER (Press 1 for a recovery coach)
 - RAFTS connects individuals to CPC Behavioral Healthcare, which provides virtual intake and counseling
 - To contact CPC Behavioral Healthcare directly, call: 800-250-9811
 - Monmouth County is offering a 24/7 Helpline.
 - 1-833-OHH-CARE (1-833-644-2273)

- Morris County:
Prevention is Key/Center for Addiction, Recovery, Education, and Success (CARES), in conjunction with Morris County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.
 - 973-625-1143
 - Other available supportive virtual services may be found at: www.caresnj.org

- Ocean County:

Hope Sheds Light, a community partner with Ocean County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services and virtual meetings/classes.

 - 855-850-HOPE (4673)
 - A calendar of meetings/classes and resources may be found at: <http://www.hopeshedslight.org/wp-content/uploads/2020/03/Recovery-Center-April-2020-Calendar.pdf>

- Passaic County:
 - Prevention is Key/CARES, in conjunction with Passaic County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.
 - 973-625-1143
 - Other available supportive virtual services may be found at: www.caresnj.org
 - Eva's Village is offering a peer recovery hotline that operates Monday – Friday between 8:00am – 4:00pm.
 - 973-754-6784

- Salem County:
 - City of Angels and Southwest Council, in conjunction with Salem County Prosecutor's Office's Operation Helping Hand Program, is offering 24/7 telephone peer recovery services.
 - City of Angels: 609-910-4942 (24/7)
 - Southwest Council Inc.: 800-856-9609
 - Salem County RESCUE, Salem County's Operation Helping Hand Program, may be reached at: SalemCountyRESCUE@salemcountynj.gov

- Somerset County:
 - Richard Hall Community and Wellness Center, who works with Somerset County Prosecutor's Office's Operation Helping Hand Program, is offering limited access to recovery and treatment services during the crisis.
 - For updated information regarding its limited services and ongoing efforts to offer virtual services, please go to: <https://www.co.somerset.nj.us/government/human-services/mental-health>
 - Community in Crisis Community, physically located in Bernardsville, is offering virtual recovery support meetings multiple times a day, 7 days a week.
 - For more information, go to: www.communityincrisis.org/programs/all-recovery-support

- **Sussex County:**
The Center for Prevention & Recovery, who works with Sussex County Prosecutor's Office's Operation Helping Hand Program, is offering virtual services.
 - For more information, call: 973-940-2966
 - To be connected to a recovery coach, call or text: 844-722-5327

- **Union County:**
The Helping Hands 365 Hotline, in conjunction with the Union County Prosecutor's Office's Operation Helping Hand program, is offering 24/7 telephone peer recovery services.
 - 855-825-3275
 - The Helping Hands 365 Hotline connects individuals to Prevention Links.
 - To contact Prevention Links directly, call: 732-381-4100

- **Warren County:**
The Family Guidance Center of Warren County, who works with Warren County Prosecutor's Office's Operation Helping Hand Program, is offering a 24/7 crisis hotline.
 - 908-454-5141

Virtual Meetings and Additional Online Tools – General statewide

- Prevention Links is offering online recovery services.
 - Contact Sonya Elefante at selefante@preventionlinks.org for Zoom meeting dates/times and Sabrina Sabater at ssabater@preventionlink.org for peer recovery support services.
- Prevention is Key/CARES is offering online recovery services and support.
 - <http://morris.caresnj.org/>
- Community in Crisis is offering online recovery meetings.
 - <https://communityincrisis.org/programs/all-recovery-support/>
- RWJBarnabas Health Institute for Prevention and Recovery is offering virtual all recovery meetings.
 - <https://conta.cc/2UjrJz9>
- Connecticut Community for Addiction Recovery (CCAR) is offering virtual all recovery meetings.
 - <https://ccar.us/zoom/>
- Recovery Advocates of America, Inc. is offering online groups and meetings.
 - <https://recoveryadvocates.org/events/>
- Integrity House is offering online services, including peer and community support groups.
 - <https://integrityhouse.org/digitalservices/>
 - Individual and family therapy is also available for participants by appointment only. To schedule an appointment, contact: wellnesscenterinfo@integrityhouse.org.
- Addiction Policy Forum App (Connections App) is offering sobriety tracking, e-therapy, peer messaging, clinical support, treatment plan reminders, journaling, and a resource library.
 - <https://www.addictionpolicy.org/connections-app>
- The Hazelden Betty Ford Foundation has a list of other available recovery support apps.
 - <https://www.hazeldenbettyford.org/recovery/tools/apps>
- SoberGrid is offering 24/7 online peer recovery support.
 - <https://www.sobergrid.com/>
- In The Rooms is a free online recovery tool that is offering 130 weekly online meetings for those recovering from addiction and related issues.
 - <https://www.intherooms.com/home/>
- Recovery Link is offering online recovery meetings, peer support, and classes, such as yoga and CrossFit.
 - <https://www.myrecoverylink.com/digital-recovery-support/>
- LifeRing Secular Recovery is offering online meetings.
 - <https://www.lifering.org/online-meetings>

- Refuge Recovery is offering an online daily recovery program that includes meditation and personal inventory, mentorship, retreat and service as integral components.
 - <https://www.refugerecovery.org/meetings>
- Recovery Dharma is offering online meetings using Buddhist practices and principles.
 - <http://www.recoverydharma.online>
- WeConnect Recovery is an online recovery support group.
 - <https://www.weconnectrecovery.com/free-online-support-meetings>
- Herren Project is offering live virtual online support groups and recovery meetings.
 - <https://herrenproject.org/online-support-groups/>
- Tempest is offering recovery meetings and other supportive virtual programs.
 - <https://www.jointempest.co/tempest-covid19-response>
- DynamiCare Health is offering online recovery support meetings every day at noon.
 - <https://www.dynamicarehealth.com/news/2020/3/16/free-daily-online-recovery-support-meetings>
- The Relational Center is offering online video chat support groups.
 - <https://www.relationalcenter.org/onlinesupport/>
- Self-Management and Recovery Training (SMART) Recovery is offering online community, forums, message boards, and support meetings.
 - <https://www.smartrecovery.org/community/>
- Sober Recovery is an online forum for those in recovery and their friends and family.
 - <https://www.soberrecovery.com/forums/>
- SoberCity is an online support and recovery community.
 - <https://www.soberocity.com/>
- Soberistas is a women-only international online recovery community.
 - <https://soberistas.com/>
- Stepchat Recovery is offering chat rooms for recovery.
 - <https://www.stepchat.com>
- Reddit Recovery is a virtual hang out.
 - <https://www.reddit.com/r/REDDITORSINRECOVERY/>
- Unity Recovery is offering daily online recovery meetings.
 - <https://www.unityrecovery.org/>
- New Jersey National Alliance on Mental Illness is offering online support groups.
 - <http://www.naminj.org/online-support-groups/>
- Mental Health Association of New Jersey has a list of 12 Step Virtual Resources.
 - <https://www.mhanj.org/content/uploads/2020/03/12-Step-Virtual-Resources-in-New-Jersey-Updated-March-24-2020.pdf>
- Mental Health Association of New Jersey is offering virtual support and learning opportunities for individuals and families.
 - <https://www.mhanj.org/virtual-support-and-learning-opportunities/>

- 12step.org is offering online/phone meetings.
 - <https://www.12step.org/social/online-meetings/>
- Lionrock Recovery is offering online AA meetings and drug & alcohol support groups.
 - <https://www.lionrockrecovery.com/online-aa-meetings-and-support-groups>
- Alcoholics Anonymous has online/phone meetings.
 - <https://www.aa-intergroup.org/directory.php>
 - <https://www.onlinegroupaa.org>
 - <https://www.aaonlinemeeting.net>
 - <https://aaphonemeetings.org>
- Al-non has online/phone meetings.
 - <https://www.al-anon.org/al-anon-meetings/electronic-meetings/>
 - <https://www.al-anon.info/MtgSearch/PhoneMeetings.aspx?language=EN>
- Narcotics Anonymous has online/phone meetings.
 - <https://www.na.org/meetingsearch/>
 - <https://www.virtual-na.org/>
 - <https://www.navoices.com>
 - <https://www.southjerseyna.org/online-meetings/>
 - <https://www.nabyphone.com>
 - <https://www.na-recovery.org>
 - <https://www.naranonchat.com/>
 - <https://www.nar-anon.org/forum/>
 - <https://zoom.nastuff.com/>
- Cocaine Anonymous has online meetings.
 - <https://www.ca-online.org/>
- Marijuana Anonymous has virtual support.
 - <https://www.ma-online.org/>
- Families Anonymous is offering online meetings for 12-Step fellowship for the families and friends.
 - https://www.familiesanonymous.org/index.php?route=information/information&information_id=24
- XA Speakers is offering recorded speakers from a variety of 12-step fellowships.
 - <https://www.xa-speakers.org/>
- The Phoenix is offering live stream CrossFit, yoga, and mediation daily every two hours during the COVID Crisis.
 - <https://www.thephoenix.org/covid19/>

Virtual/Telephonic Resources for Peers

- New Jersey Prevention Network (NJPN) created “The Confab” to be a safe space to discuss issues and strategies that may assist in peer’s health and well-being.
 - Information may be found at: <https://www.njpn.org/join-us-on-confab>
 - There is a Zoom Meeting every Tuesday, 2:00pm – 3:00pm and Friday, 6:00pm – 7:00pm
 - Zoom Link: <https://njpn.zoom.us/j/902275465>
 - Call-in Information: Dial 646-876-9923/Meeting ID: 902 275 465
- New Jersey Coalition for Addiction Recovery Support (NJ CARS) is offering virtual check-in meetings for peer support and resource sharing.
 - There is a Zoom Meeting every other Monday at 4:00pm on April 27th, May 11th, May 25th, and June 8th.
 - Zoom Link:
<https://zoom.us/j/494865435?pwd=VlI2am5sRThhdzJncXJpWEs0dUsyQT09&status=success>
 - For questions, email: cdix@preventionlinks.org
- Prevention is Key/CARES is offering “Heal the Healers” every Wednesday at 7:00pm.
 - Information for the Zoom Meeting may be found at:
<https://morris.caresnj.org/zoom-with-us/#more-2521>
- Mental Health Association of New Jersey is offering a weekly virtual support group for peer support practitioners and peer recovery specialists.
 - For registration, email: consumerconnections@mhanj.org or go to:
<https://www.facebook.com/MHANJConsumerConnections/>
- National Center for Peer Support is offering 24/7 confidential services, including peer counseling, assessments, referrals, prevention training, and post-intervention crisis response for those who serve others, including veterans/military, mothers, law enforcement, caregivers, child protection workers, and educators.
 - For more information, call: 732-235-3355

Housing, Employment, and Other Support Services

- **Support Team for Addiction Recovery (STAR)**

The Support Team for Addiction Recovery (STAR) programs provide non-clinical support services (addressing homelessness, incarceration, employment, education, transportation, social services, etc.) for individuals with opioid use disorder, and are operational during this crisis in all 21 counties via virtual/telephonic intakes, assessments, and service. For more information, contact:

<p><u>Atlantic</u> AtlantiCare Behavioral Health 2511 Fire Road Egg Harbor Township, NJ 08234 Karen Cooper 609-645-7600 karen.cooper@atlanticare.org</p>	<p><u>Cumberland</u> Oaks Integrated Care, Inc. 770 Woodlane Road Mount Holly, NJ 08060 Kacey Batushansky kacey.batushansky@oaksintcare.org Michael Damico michael.damico@oaksintcare.org 609-984-0676</p>
<p><u>Bergen</u> Children’s Aid and Family Services The Center for Alcohol and Drug Resources 22-08 Route 208 S Fair Lawn, NJ 07410 Elaine Hernandez 201-261-2800 ehernandez@cafsnj.org Chanel Dupree 201-740-7030 cdupree@cafsnj.org</p>	<p><u>Essex</u> RWJ Barnabas Health Institute for Prevention and Recovery 442 State Route 35, 3rd Floor Eatontown, NJ 07724 Lynn Seaward 732-837-9401 lynn.seaward@rwjbh.org</p>
<p><u>Burlington</u> Oaks Integrated Care, Inc. 770 Woodlane Road Mount Holly, NJ 08060 Kacey Batushansky kacey.batushansky@oaksintcare.org Michael Damico michael.damico@oaksintcare.org 609-267-5928</p>	<p><u>Gloucester</u> Center for Family Services 601 S. Black Horse Pike Williamstown, NJ 08094 Heather Altman 609-781-7346 heather.altman@centerffs.org</p>

<p><u>Camden</u> Center for Family Services 108 Somerdale Road Voorhees, NJ 08043 Heather Altman 609-781-7346 heather.altman@centerffs.org</p>	<p><u>Hudson</u> RWJ Barnabas Health Institute for Prevention and Recovery 442 State Route 35, 3rd Floor Eatontown, NJ 07724 Lynn Seaward 732-837-9401 lynn.seaward@rwjbh.org</p>
<p><u>Cape May</u> Center for Family Services 108 Somerdale Road Voorhees, NJ 08043 Kimberly Govak 856-831-8122 Kimberly.govak@centerffs.org</p>	<p><u>Hunterdon</u> Rutgers UBHC 30 Knightsbridge Road Piscataway, NJ 08854 Stephanie Evans 732-235-6184 evanssl@ubhc.rutgers.edu</p>
<p><u>Mercer</u> Rutgers UBHC 30 Knightsbridge Road Piscataway, NJ 08854 Stephanie Evans 732-235-6184 evanssl@ubhc.rutgers.edu</p>	<p><u>Salem</u> Center for Family Services 108 Somerdale Road Voorhees, NJ 08043 Kimberly Govak 856-831-8122 Kimberly.govak@centerffs.org</p>
<p><u>Middlesex</u> RWJ Barnabas Health Institute for Prevention and Recovery 442 State Route 35, 3rd Floor Eatontown, NJ 07724 Lynn Seaward 732-837-9401 lynn.seaward@rwjbh.org</p>	<p><u>Somerset</u> Richard Hall Community Mental Health Center 500 N. Bridge Street Bridgewater, NJ 08807 Nicci Spinazzola spinazzola@co.somerset.nj.us Heather Manello manello@co.somerset.nj.us 908-253-3119</p>
<p><u>Monmouth</u> Preferred Behavioral Health 700 Airport Road Lakewood, NJ 08701 Jean Hennon 732-367-4700 ext.7136 jhennon@preferredbehavioral.org</p>	<p><u>Sussex</u> Center for Prevention and Counseling 61 Spring Street Newton, NJ 07860 Becky Carlson 973-862-6700 becky@centerforprevention.org</p>

<p><u>Morris</u> CarePlus 610 Valley Health Plaza Paramus, NJ 07652 Katherine Coleman katherinel@careplusnj.org Jenna Paparozzi jennapa@careplusnj.org 201-986-5045</p>	<p><u>Union</u> Prevention Links 121 Chestnut Street Roselle, NJ 07203 Sabrina Sabater 732-381-4100, ext. 123 ssabater@preventionlinks.org</p>
<p><u>Ocean</u> Integrity House 310 Main St. Toms River, NJ 08753 Cynthia Kelly ckelly@integrityhouse.org Gary Sheridan gary_sheridan@integrityhouse.org 732-926-4278</p>	<p><u>Warren</u> CarePlus 610 Valley Health Plaza Paramus, NJ 07652 Katherine Coleman katherinel@careplusnj.org Jenna Paparozzi jennapa@careplusnj.org 201-986-5045</p>
<p><u>Passaic</u> CarePlus 610 Valley Health Plaza Paramus, NJ 07652 Katherine Coleman katherinel@careplusnj.org Jenna Paparozzi jennapa@careplusnj.org 201-986-5045</p>	