

**STATE & LOCAL  
RESOURCES & SERVICES FOR RESIDENTS:**

**To our Atlantic Highlands Neighbor's:**

**Below is a “one-stop” gathering of various resources and services available to all of you for food & financial relief, counselling, unemployment insurance, volunteer delivery services, etc, that will help you save a bit of time searching the internet for help when you might need it.**

**We've organized the information below by **State** and then **Local** services.**

**If we've inadvertently missed a group, please reach-out and let us know so we can include them on the next update (you can email information to: [jcrowley@ahnj.com](mailto:jcrowley@ahnj.com)).**

**Stay healthy,**

**Atlantic Highlands Mayor & Council**

**STATE PROGRAMS:**

**ASSISTANCE FOR SENIORS:**

Links below can help the state's most vulnerable senior residents seeking enrollment in social service benefits. In addition, through [NJ Save](#), low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses. Seniors can see if they qualify and apply online at: <https://njdoas-ua.force.com/njsave/quickstart>

\*For **Medicare** counseling and general aging services questions: **1-800-792-8820**

\*For **NJ Save** (PAAD, Sr. Gold, Medicare Saving Programs, Lifeline, and more): **1-800-792-9745**

\*For access to **aging services** in your county: **1-877-222-3737**

\***Additional resources** for older residents can be found [here](#).

### **INDIVIDUALS WITH DISABILITIES:**

**NJ ABLE** helps individuals with disabilities to save for qualified disability expenses without losing eligibility for some assistance programs (such as SSI and Medicaid).  
Visit: <https://savewithable.com/nj/home.html>

In addition, **NJ Save** is an online application from the Department of Human Services' Division of Aging Services to help low-income seniors and individuals with disabilities save money on Medicare premiums, prescription costs, and other living expenses.  
Visit: <https://njdoas-ua.force.com/njsave/quickstart>

### **FOOD AND FINANCIAL ASSISTANCE:**

To see if you are eligible for food assistance (**SNAP**), cash assistance (**WFNJ/TANF** or **WFNJ/GA**), and health Insurance (**NJ FamilyCare/Medicaid**), click here: [NJHelps](#)

\*Apply for affordable **health coverage**,  
visit: <http://www.njfamilycare.org/default.aspx>.

\*Learn more about **NJ SNAP** and apply for help buying groceries,  
visit: <https://www.nj.gov/humanservices/njsnap/>.

\*Programs for **Women, Infants, and Children**, applicants can  
visit: <https://nj.gov/health/fhs/wic/participants/find-wic>

### **MENTAL HEALTH COUSELING:**

The **NJ MentalHealthCares** Help Line offers confidential telephone counseling, emotional support, information and assistance to get behavioral health services needed by you or a loved one by dialing, toll-free: **1-866-202-HELP (4357)**.

\*Those who may be having suicidal thoughts should call: **1-855-654-6735**

\***ReachNJ** is a 24-hour-a-day, 7 day-a-week addictions hotline where people who have Substance Use Disorder can get assistance from live, New Jersey-based, trained addiction counsellors: **1-844-ReachNJ**

### **MONMOUTH COUNTY DIVISION OF SOCIAL SERVICES**

*(housing, medical assistance, financial, auto & social services)*

732-431-6000

8:30 am to 4:30pm in Freehold.

<https://co.monmouth.nj.us/page.aspx?ID=163>

### **TAX RELIEF:**

The IRS has a webpage designed to help taxpayers, businesses and others affected by the Coronavirus-19: <https://www.irs.gov/coronavirus>.

### **UNEMPLOYMENT BENEFITS:**

Those impacted may be eligible for a range of benefits including: **federal emergency paid sick leave, federal emergency childcare FMLA, earned sick leave, workers' compensation; unemployment insurance, temporary disability or family leave insurance**, check eligibility (and apply) here: [New Jersey Department of Labor](https://www.nj.gov/labor/).

- **More information** is available at: <https://www.nj.gov/labor/worker-protections/earnedsick/covid.shtm>.

### **LOCAL PROGRAMS:**

#### **THE BACKPACK CREW:**

*Providing meals to children on weekends when school lunches are not available.*  
[www.backpackcrew.org/](http://www.backpackcrew.org/)

#### **GROCERY/PRESCRIPTION DELIVERY:**

**THE NEIGHBORHOOD HELPERS CLUB** are assisting Atlantic Highland's residents who have difficulty shopping for groceries or picking-up their prescriptions during this pandemic (ie: the elderly, families with young children, or those in a high risk category). Volunteers will pick up groceries & prescriptions and drop them off on your doorstep, free of charge.  
[neighborhoodhelpers20@gmail.com](mailto:neighborhoodhelpers20@gmail.com) or call/text Kerri Kennedy at **917-817-4457**.

#### **INTERFAITH NEIGHBORS, Asbury Park**

*Meals on Wheels, Pay What You Can Café, Rental & Mortgage Assistance.*

**732-775-4553**

#### **JEWISH FAMILY & CHILDREN'S SERVICES OF MONMOUTH COUNTY**

*Kosher Meals on Wheels, Addiction & Mental Health Counseling*

**732-774-6886**

#### **MEALS ON WHEELS, Atlantic Highlands**

*Suggested: \$2.50 per day, or pay what you can*

**732-291-0999**

**OUR LADY OF PERPETUAL HELP FOOD PANTRY**

**732-291-0272, x110**

Sunday: 11:00am to 12:45pm; Monday: 5:30 to 7:15pm

**RED CROSS**, *Tinton Falls*

**732-493-9100**

**ST. VINCENT DEPAUL SOCIETY**

*Financial assistance for utilities, rent, etc.*

**732-291-0272, x113**

**SURGICAL MASK-MAKERS VOLUNTEER GROUP:**

*Local volunteer seamstresses making cloth masks for health professionals.*

[www.facebook.com/SOSmatters](http://www.facebook.com/SOSmatters)

**UNITED METHODIST FOOD BANK**

**732-291-0485**

Monday, Tuesday & Thursday

9:00am to 11:15am