



 Dial 211 or go to <https://nj211.org/>

NJ 211 is a call center that operates 24 hours a day for NJ residents facing a crisis. They maintain a comprehensive directory of over 6,300 government and nonprofit programs that is used to assist callers and can also be found on their website.

Resources for Ocean & Monmouth Counties

<p>Social Services / General Assistance Multi-Resource</p> <ul style="list-style-type: none"> • Ocean County Board of Social Services (Central) 1027 Hooper Ave Toms River (732-349-1500) • Ocean County Board of Social Services (Northern) 225 Fourth Street, Lakewood (732-370-8854) • Ocean County Board of Social Services (Southern) 333 Haywood Road, Manahawkin (609-242-6100) • Monmouth County Board of Social Services 3000 Kozloski Road, Freehold (732-431-6000) • Ocean County Office of Senior Services 1027 Hooper Ave, Toms River (732-929-2091) 	<ul style="list-style-type: none"> • Catholic Charities 200 Monmouth Ave, Lakewood (732-363-5322) • The Hope Center 253 Chestnut St, Toms River (732-341-4447) • Contact of Ocean and Monmouth Counties P.O. Box 1121, Toms River (732-240-6105) • Lakewood Resource & Referral Center 212 Second Street, Suite 204, Lakewood (732-942-9292) • Human Concerns Program 4700 Long Beach Blvd, LBI (609-494-8861) • Community Affairs & Resource Center (CARC) 913 Sewall Ave, Asbury Park (732-774-3282) 	<p>Food/SNAP</p> <ul style="list-style-type: none"> • Fulfill of Monmouth & Ocean Counties 3300 Route 66, Neptune (732-918-2600) • USDA National Hunger Hotline (866-348-6479) • NJ Supplemental Assistance Program 222 South Warren St, Trenton (800-687-9512) <p>WIC</p> <ul style="list-style-type: none"> • Ocean County Health Dept WIC—serves all of Ocean County except Long Beach Island (732-341-9700 ext 7520 or WIC@ochd.org) • Tri County WIC Program - serves Long Beach Island in Ocean County (856-451-5600 or tricity_wic@gatewaycap.org)
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<p>Housing</p> <ul style="list-style-type: none"> • NJ Housing Resource Center (HMFA) 637 South Clinton Ave, Trenton 877-428-8844 • Interfaith Hospitality Network 407 Lexington Ave, Toms River 732-736-1550 • Affordable Housing Alliance 3535 Route 66, Parkway 100, Building 4, Neptune Twp 732-414-6703 • Family Promise of Southern Ocean County 1001 South Main Street, West Creek 609-994-3317 	<p>Utilities/Rental Assistance</p> <ul style="list-style-type: none"> • NJ State Rental Assistance 1510 Hooper Ave, Toms River (732-255-0818) • O.C.E.A.N Inc 40 Washington St, Toms River (732-244-5333) <p>Domestic Violence</p> <ul style="list-style-type: none"> • Providence House (800-246-8910 or 732-244-8259) • 180 Turning Lives Around (732-264-4111) • NJ Domestic Violence Hotline (1-800-572-SAFE) 	<p>Mental Health Crisis</p> <ul style="list-style-type: none"> • Psychiatric Emergency Screening Services (PESS) of Ocean County Monmouth Medical Center Southern Campus 400 River Ave, Lakewood (866-904-4474 or 732-886-4474) • Psychiatric Emergency Screening Services (PESS) of Monmouth County Monmouth Medical Center, 300 Second Ave, Long Branch (732-923-6999) • NJ Child Abuse Hotline (1-877-NJ-ABUSE) • Children’s Mobile Response & Stabilization Services (1-877-652-7624)
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If you need to talk, the 988 Lifeline is here.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

- Call
- Text
- Chat
- Deaf/HoH