



Covid-19 Resource Guide for Youth and Their Families

Below is a resource list for issues related to food and housing security, education, health/mental health, employment and financial assistance. This list can prove useful for youth impacted by incarceration, their families, or any young person in need of support. The list is broken down by the northern, central and southern regions of New Jersey. Use the appropriate links to find the enrollment and contact information for each resource.

Mutual Aidⁱ:

All regions:

[Mutual Aid Resources Specifically for Incarcerated or Recently Released Persons and Their Families](#)

Food & Housing Security:

All regions:

[Apply for Emergency SNAP Benefits](#)

[Adolescent Housing HUB](#)

North Jersey	Central Jersey	South Jersey
Food Pantries	Food Pantries	Food Pantries
Sites for Free Weekday Breakfast and Lunchⁱⁱ	Sites for Free Weekday Breakfast and Lunch	Sites for Free Weekday Breakfast and Lunch
973-733-3325 – Essex County Welfare Department	609-989-4320 – Mercer County Welfare Department	(856) 225-5143 – SNAP (856) 225-5143 – General Assistance
Covenant House	Anchor House	Together Youth Emergency Housing

Education:

All regions:

[Free FAFSA Help](#)

[Free Online Courses – All Levels](#)

[Free GED Classes & Practice Tests - Online](#)

Mental/Healthcareⁱⁱⁱ:

All regions:

[Free Clinics](#)

[Resources for Coping at Home](#)

[Health Insurance](#)

[MindRight Telemental Health Services](#)

[Hotline for Diabetes Emergency Kit - 973-849-5234](#)

Employment:

All Regions:

[NJ Job Portal](#)

North Jersey	Central Jersey	South Jersey
Newark One Stop Youth Programming 973-273-6063	Mercer County One Stop Career Center 609-633-2410	Camden County One Stop Career Centers 856-549-0600

Financial Assistance:

All regions:

[Financial Assistance for Impacted Persons \(Incarceration\) - All of Us of None](#)

North Jersey	Central Jersey	South Jersey
South Ward Children's Alliance / BRICK Education Network 206 -222-7922	Human Services Non- Emergency Help line 1-888-908-4636	Southern NJ Mutual Aid

Civil Rights & Discrimination:

All Regions:

[NJ Division on Civil Rights](#)

ⁱ Mutual Aid is the collective effort of organizations and community members pooling resources for the benefit of all community members in need.

ⁱⁱ Open to the public – grab and go

ⁱⁱⁱ Applying for NJFC/Medicaid will allow access to telemedicine and telemental health services.