### Catholic Charities
[https://ccdom.org/middlesex](https://ccdom.org/middlesex)
732-324-8200
Basic Needs - Making Ends Meet
Child Care Services
Counseling Services
Immigration Services
Maternity Services
Mobile Family Success Center
Out of Home Placement
Shelters & Housing
Social Concerns
Youth Services

### NJ Helps
[https://www.njhelps.org/](https://www.njhelps.org/)
Food assistance (SNAP)
Cash assistance (WFNJ/TANF or WFNJ/GA)
Health Insurance (NJ FamilyCare/Medicaid)

### FISH, Inc.
[https://fishdunellenarea.org/](https://fishdunellenarea.org/)
456 New Market Road
Piscataway, NJ
732-356-0081
Food and clothing

### Trinity Episcopal Church
[http://trinitywoodbridge.org/outreach/](http://trinitywoodbridge.org/outreach/)
650 Rahway Ave. at Trinity Lane
Woodbridge, NJ
07095-3530
732-634-7422
Food Pantry
Soup Kitchen
Diaper Bank
Support Groups

### Middlesex County Social Services
[https://middlesexsocialservices.com/programs/](https://middlesexsocialservices.com/programs/)
732-745-3500
Toll Free: 1-800-SOCIAL2
Medical Assistance Programs
Food Stamps (SNAP)
Child Support and Paternity Program
Temporary Assistance for Needy Families (TANF)
General Assistance (WFNJ/GA)
Emergency Assistance Services
Board and Care Services

### Charity Care - New Jersey Hospital Care Payment Assistance Program
[https://www.state.nj.us/health/charitycare/](https://www.state.nj.us/health/charitycare/)
1-866-588-5696 (Monday through Friday, 9-5pm)
charity.care@doh.nj.gov
Medical expenses

### NJ Vet 2 Vet
[https://www.njvet2vet.com/](https://www.njvet2vet.com/)
1-866-838-7654
24/7 peer support for veterans
Transitioning from service
Preparing for deployment
Family and relationships
Caring for a loved one
Returning to school
Homelessness
Managing PTSD
Jobs and employment
Financial or legal issues
Health Concerns

### VA New Jersey Health Care System
[https://www.newjersey.va.gov/locations/Piscataway.asp](https://www.newjersey.va.gov/locations/Piscataway.asp)
14 Wills Way
Building 5
Piscataway, NJ
08854-3770
732-981-8193 Ext.295481
Primary care for veterans
Nutrition
Social work
Mental health

### PerformCare NJ
[http://www.performcarenj.org/index.aspx](http://www.performcarenj.org/index.aspx)
1-877-652-7624 (24/7)
Young adults under 21
Alcohol and substance use
Housing for ages 18-21
Behavioral, mental health

---

*Getting Back on Your Feet: Resources for Basic Needs*
This list was compiled by Piscataway Public Library. For more information, call 732-463-1633 x6. Updated March 2023.
Getting Back on Your Feet: Resources for Basic Needs
This list was compiled by Piscataway Public Library. For more information, call 732-463-1633 x6. Updated March 2023.

NJ Mental Health Cares
https://www.njmentalhealthcares.org/
866-202-HELP (4357) [8am - 8pm (EST)]
Online mental health screenings
Telephone counseling
Depression
Anxiety
Substance abuse
PTSD
Bipolar disorder

NJ Hopeline
http://www.njhopeline.com/
1-855-NJ-HOPELINE (654-6735) [24/7]
Suicide prevention hotline
Telephone counseling
Anonymous and confidential
Support and referrals to local resources

NJ Connect for Recovery
https://www.njconnectforrecovey.org/
njconnect@mhanj.org
Phone: 855-652-3737
TTY: 877-294-4356
Substance use disorder treatment
Family and peer telephone support
Public and private insurance questions
Family education workshops
Seminars and training
Hope and inspiration

Middlesex County One-Stop Career Center
https://careerconnections.nj.gov/careerconnections/platform/support/njccsites/middlesex_new_brunswick_osc.c.shtml
550 Jersey Avenue
New Brunswick, New Jersey 08901-1392
Phone: 732-937-6206
Fax: 732-418-3345
Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.
On-Site Resources:
Career resource room, Internet access, Copy machine, Telephones, Fax machine, Public computers, Room where employers can interview jobseekers
Career Navigation and Training Services:
Interviewing assistance, Digital literacy classes, Jersey Job Club workshops, ESL classes, Job training services, HSE preparation, Re-employment orientation, Tuition waiver, Resume assistance

Zion Hill Baptist Church
http://www.zhbcpway.com/732-463-7776
450 Highland Avenue, Piscataway 08854
Offering very inexpensive lunch on Thursdays.

Ozanam Family Shelter:
https://ccdom.org/middlesex-ozanam-family-shelter
For single women and families - 732-985-0327 - 89 Truman Drive, Edison, NJ 08817
Men’s Shelter – 732-729-0850 - 20 Abeel Street, New Brunswick, NJ 08901

NJ Reentry Corporation
https://www.njreentry.org/about/locations-and-contact-info/new-brunswick
732-509-9304
The New Jersey Reentry Corporation (NJRC) is a nonprofit agency with a social mission to remove all barriers to employment for court involved individuals.