



## Monmouth County Community Resources

### **If your family is facing food insecurity:**

#### **Monmouth County Food Bank**

732-918-2600 Hours: 8am-4:30pm Monday  
through Friday

<https://fulfillnj.org/get-help/>

 <https://www.facebook.com/fulfillnj/>

#### **State Food assistance Programs** (SNAP, WIC, School Lunch Program)

732-471-9301

<https://www.visitmonmouth.com/page.aspx?ID=2693>

#### **Lunch Break (food, clothing, life-skill support)**

732-385-3971 (see website for hours of  
operation)

<https://lunchbreak.org/>



<https://www.facebook.com/LunchBreakNJ>

### **If your family is facing homelessness/displacement:**

#### **Housing Support** (Monmouth County Public Housing Agency)

Affordable housing, Emergency  
homelessness services, Emergency Home  
Repairs

732-431-6000 (24- hour number)

[www.njhousing.gov](http://www.njhousing.gov)

### **If you are experiencing domestic violence:**

NJ Domestic Violence Hotline  
1-888-843-9262 (24 hour hotline)  
[www.180nj.org](http://www.180nj.org)

### **If you need immediate support with parental issues or are experiencing parental stress:**

The 24 hour StressLine is available in New  
Jersey for help with parenting issues 24-  
hour, 7 days a week. The number is: 1-800-  
THE-KIDS (1-800-843-5437).

### **General Family Needs:**

#### **Bayshore Family Success Centers** (Baby

pantry, help with Social Services  
applications, parenting classes)

<https://ymcanj.org/locations/bfsc>

Blessing Bag Briggade

[BlessingBagBriggadeNJ.org](http://BlessingBagBriggadeNJ.org)

Disaster/Distress Assistance: 1800-985-5990

### **Mental Health/Depression**

**2<sup>nd</sup> Floor Youth Helpline** (Youth & young  
adults who need mental health support)  
(888) 222-2228

Dial **988** for suicide prevention hotline

[988lifeline.org](http://988lifeline.org)

OR chat via text at [988lifeline.org](http://988lifeline.org)

#### **Depression test screening:**

[screening.mhanational.org](http://screening.mhanational.org)

#### **Perform Care NJ**

1-877-652-7624

#### **Mental/behavior health services:**

[Findtreatment.gov](http://Findtreatment.gov)