

NJ Department of Health (NJDOH) has set up the following to answer your **COVID-19 questions:**

- Call (General COVID-19 questions): **2-1-1** (7am-11pm)
- Call (Clinical Questions): **1-800-962-1253** (24/7)
- Text: **NJCOVID to 898-211** to receive alerts
- Text: your **zip code** to **898-211** for live text assistance
- Visit <https://self.covid19.nj.gov/> for self-assessment screening tool

Urgent Care Centers

Confirm hours of service. In an emergency, call 911.

Valley Medical Group (2.4 miles)

759 Hamburg Tpke, Wayne, NJ 07470
(973) 709-0099
valleymedicalgroup.com
M-F 8 AM- 8 PM
Sat 9 AM- 3 PM
Sun 9 AM- 1PM

Kinder Pediatric Urgent Care (5.2 miles)

(for 21 years of age and under)
465 US Highway 46, Totowa, NJ 07512
(732) 371-4400
kinderpeds.com
M-Sat 12 PM- 11 PM
Sun 10 AM- 11 PM

High Mountain Health (0.4 mile)

246 Hamburg Tpke Ste 205, Wayne, NJ 07470
(973) 389-1800
highmountainhealth.com
M-F 9 AM- 7 PM
Sat-Sun 9 AM- 4 PM

MedExpress Urgent Care (4.8 miles)

225 U.S. Highway 46, Totowa, NJ 07512
(973) 256-0452
medexpress.com
M-Sun 8 AM- 8 PM

NJ Doctors Urgent Care (5.4 miles)

620 Rt 23 N, Pequannock Township, NJ 07444
(973) 530-4362
njdoctorsurgentcare.com
M-F 8 AM- 7:30 PM
Sat-Sun 9 AM- 5 PM

Blue Star Urgent Care Center (3.4 miles)

540 Straight St, Paterson, NJ 07503
(201) 500-3000
bluestarurgentcarecenters.com
M-F 10 AM- 6 PM
Sat- Sun 10 AM- 4 PM

Hospitals

St. Joseph's Wayne Medical Center

224 Hamburg Turnpike
Wayne, NJ 07470
973.942.3486 (ER)
Website:

<https://www.stjosephshealth.org/coronavirus>

St. Joseph's University Medical Center

703 Main Street
Paterson, NJ 07503
973.754.2251 (ER)
Website:

<https://www.stjosephshealth.org/coronavirus>

Chilton Medical Center

97 West Parkway
Pompton Plains, NJ 07444

COVID-19 Nurse Screening Hotline 1-862-260-3199

COVID-19 News & Information Website:

<https://www.atlantichealth.org/about-us/stay-connected/news/content-central/2020/covid-19-coronavirus.html>

As students transition to remote learning, the staff at the CHWC is ready to provide you with support and information to promote your health and wellbeing while you are completing your education this semester. Below are resources that you can access to promote your adjustment:

Mental Health Counseling Services:

Mental health counseling is available through the CHWC via phone/video access. If you would like to schedule an appointment, please call 973-720-2257. A counselor will return your call during regular business hours to help you get started.

If you need emergency mental health assistance, you can reach us 24 hours a day at 973-720-2257.

Confidential Emergency Mental Health Assistance is Available by Phone and Live Chat at the National Suicide Prevention Lifeline at: <https://suicidepreventionlifeline.org/>

WEB BASED RESOURCES TO PROMOTE HEALTHY COPING:

Completing the College Year at Home: Advice for Families Supporting Students

<https://www.collegeparentcentral.com/2020/03/completing-the-college-year-at-home/#more-12870>

AFSP: Taking Care of Your Mental Health in the Face of Uncertainty

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

Centers for Disease Control: Managing Anxiety and Stress

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Apps to Promote Sleep, Mental Health, and Well-Being prepared by

The American Institute of Stress Research

<https://www.stress.org/mental-health-apps>

Shine: Practical Tips and Conversation for Coping with Anxiety

Virusanxiety.com

NJ Dept. Of Health & Human Services: Information for the Public on COVID-19:

<https://covid19.nj.gov/> for additional information

WEB BASED RESOURCES FOR SOCIAL SERVICE NEEDS

NJ STATE DIRECTORY FOR SOCIAL SERVICE REFERRALS

Our statewide service is free, confidential, multilingual and always open. Three easy ways to reach us: Dial 2-1-1; text your zip code to 898-211; or chat with us online.

<https://www.nj211.org/> Easy Web Based Searches by Topic and Need

COVID-19: HOMELESSNESS PREVENTION PROGRAM

Information on Housing Assistance Programs

<https://www.nj.gov/dca/divisions/dhcr/covid19housingassistance.html>

NJ SNAP: College Students Now Eligible for Food Assistance Funds

<https://www.nj.gov/humanservices/njsnap/students/eligibility/>

Apply Online for NJ Emergency Cash Assistance and Medical Insurance for Low Income Households

<https://www.njhelps.org/>

Passaic County Emergency Resources (Housing, Health, Meals, etc.)

<http://www.passaicresourcenet.org/search/category/main/basic-needs-assistance/>

New Jersey Shares: Financial Help to Pay for Phone and Utilities

<http://www.njshares.org/whereToApply/index.asp>

Online AA Meetings

<https://docs.google.com/document/d/1a71ccw7ihaWelksKwOp4AzAkYIVqSoKiN6Gsm38bKMU/edit?usp=sharing>