

**HEALTH RESOURCES MANUAL
FOR
HILLSBOROUGH TOWNSHIP RESIDENTS**

ACKNOWLEDGEMENTS

The Hillsborough Township Health Department gratefully acknowledges the generous assistance from Hillsborough High School graduates Mary Dombrowski (2012, Davidson College 2016) and Alyssa DiGirolamo (2012, James Madison University 2016) in making this document. Thank you for giving to your community.

Department of Health
Municipal Complex
379 South Branch Road
Hillsborough, NJ 08844
Phone: (908)369-5652
Fax: (908)369-8565

Dear Residents:

A healthy community depends on the individual actions and decisions of its residents. Hillsborough prides itself on constantly improving its community's health, and therefore appreciates your interest in improving your own health.

This health resource guide is your guide to healthy living in and around Hillsborough. As health is a complex topic, both on the individual and community levels, this guide is sorted by different health topics and concerns. Within each section, you will find various resources pertaining to the specific health topic. Many resources are located within Hillsborough, but some specialized programs or individuals are located farther away.

The Hillsborough Township Health Department does not in any way endorse or specifically support any of the resources within this guide. Many other health services can be found online or by calling the Hillsborough Township Health Department office at (908)369-5652. Our website (<http://www.hillsborough-nj.org/departments/health>) is also a useful tool; it is updated periodically with local health news and services, such as vaccination clinics.

Thank you for playing your part in keeping Hillsborough healthy.

Sincerely,

The Hillsborough Township Health Department

Table of Contents

Hillsborough Health Department Services

Low Cost/Free Health Services

Finding a Physician

AIDS/HIV

Animal Control

Cancer

Cardiovascular Health

Child Health

Communicable Disease/Travel

Diabetes

Diet/Nutrition

Environmental Health/Wildlife

Exercise & Physical Fitness

Hospitals

Improved Pregnancy Outcome

Mental Health

Older Adults

Safety/Injury Prevention

Smoking Cessation

Substance Abuse

Veterans' Health

Other

Public Health Services

HILLSBOROUGH TOWNSHIP HEALTH DEPARTMENT

Your local health department

Feel free to contact us!

(908)369-5652

<http://www.hillsborough-nj.org/departments/health>

Administration: The Health Officer manages all the functions of the health department including reporting to the NJ Department of Health, grant writing and management, and direction of the Registered Environmental Health Specialists, the Registrar of Vital Statistics, and the Health Educator, and also oversees the Department of Social Services.

Registrar of Vital Statistics: The registrar maintains records of all births, marriages, and deaths occurring in Hillsborough Township. Marriage licenses are issued to Hillsborough residents.

- **Animal Control:** RABIES & DANGEROUS DOGS - All animal bites/wounds are investigated due to the presence of the deadly rabies virus in our wildlife population, which may also affect pets and people. The annual free rabies clinic is conducted in January. Please see our website for more information regarding clinics.
- **Child Health:** The health department contracts with the Community of Visiting Nurses of Somerset County to conduct free child wellness clinics for children up to age 18 without health insurance. Licensed Child Care Facilities must register with the local health department, and their immunization records are audited annually.
- **Communicable Disease Control:** The health department monitors laboratory results and doctors' reports on the NJ Department of Health site called the NJ Communicable Disease Reporting and Surveillance System and investigates all reportable communicable disease cases and outbreaks as required. *Suspect and confirmed Tuberculosis cases are managed via contract with Somerset County TB Clinic located at Robert Wood Johnson University Hospital Somerset.*
- **Consumer Health:** Public health investigations are conducted for nuisances, restaurant inspections, and environmental complaints. Nuisances may involve animals, insects, rodents, and garbage complaints.
- **Emergency Preparedness:** The health department works with the Office of Emergency Management to prepare for emergency vaccination clinics and

distribution of emergency medications. Information for emergency preparedness is also on our website.

- **Environmental Investigations:** Environmental investigations of odors, noises, and water issues are conducted, and water sampling and analysis is offered to resident owners of potable wells. Wells are tested by health department personnel based upon the problem issue, and analysis is conducted by certain labs for a fee, depending upon the parameters analyzed for. There are certain testing days, and residents can call the health department at the above number for more information. Special environmental projects such as water connection projects, contamination cleanup, and land use analysis are also conducted.
- **Flu Shot Clinics:** Flu shot clinics are held annually in the fall. Other vaccination clinics may be offered.
- **Health Education and Promotion:** Periodic health fairs and seminars are offered either by the health department or in cooperation with the many health partners in our town and/or county. Our website has information about important topics for our residents.
- **Onsite Wastewater System Installation Inspections (Septic Systems):** Septic system inspections and troubleshooting of malfunctioning systems are conducted. *Please see the health department website under environmental issues for information about septic system maintenance and care.*
- **Private Well Installation Inspections:** They are conducted to be sure the well is not contaminated, and that it doesn't allow bacteria to enter the aquifer. Requirements are set by the NJ Department of Environmental Protection.
- **Public Swimming Pools & Summer Camps:** They are inspected each season, and laboratory results are reviewed weekly during the season.
- **Recycling Bucket Supply:** Residents can pick up buckets at the health department. We also answer questions about recycling, but the pickup is done by the Somerset County Recycling Department (723-469-3363).
- **Retail Food Inspections:** Retail food inspections are conducted throughout the year to assure that food retailers meet the NJ Sanitary Code requirements.
- **Sexually Transmitted Disease Prevention/Treatment & Cancer Prevention Exams:** They are offered via contract through Zufall Health Center in Somerville.

Free & Low Cost Health Services

Hillsborough Township Well Baby/Child Health Clinic

Hillsborough Municipal Complex

379 South Branch Road

Hillsborough, NJ 08844

(908)725-9355

Free service for children with no health insurance who need vaccinations and well baby exams. Please call the number provided, press 0, and ask for Joanne Martone to make an appointment.

Plainfield Health Center

1700-58 Myrtle Avenue

Plainfield, NJ 07063

(908)753-6401

www.phcmednet.org

Adult care, pediatric care, dentistry, HIV tests, labs, and OB/GYN services.

Zarephath Health Center

Dr. Alieta Eck

595 Weston Canal Road

Somerset, NJ 08873

(732)537-0737

All health services.

Zufall Health Center

71 Fourth Street

Somerville, NJ 08876

(908)526-2335

Adult care, women's health, pediatric health, and behavioral health services. Cancer screenings. STI screenings.

Hillsborough Township Health Department Health Clinics

Hillsborough Township Municipal Building

379 South Branch Road

Hillsborough, NJ 08844

(908)369-5652

All township clinics will be announced on the Hillsborough Township Website (www.hillsborough-nj.org) and on TV on channel 29. Some of the health clinics held include the flu shot clinic, free rabies clinic, and the health fair for adults.

Finding a Physician

Find a Physician - Hunterdon Medical Center

1(800)511-4HMC

www.hunterdonhealthcare.org/find-a-physician.asp

Robert Wood Johnson University Hospital Somerset

1(800)443-4605

Princeton Medical Center

1(888)PHCS4YOU

www.princetonhcs.org/default.aspx?p=8205

AIDS/HIV

New Jersey AIDS/STD Hotline

1(800)624-2377

Information, referrals, counseling, and testing.

Robert Wood Johnson University Hospital Somerset

1 Robert Wood Johnson Place

Ambulatory Care, Suite 1

New Brunswick, NJ 08901

(723)828-3000

FDA approved HIV rapid test.

Zufall Health Center

71 Fourth Street

Somerville, NJ 08876

(908)526-2335

Screening, seminars, counseling, written materials, and audiovisuals. Teens to adults. Sliding scale fee.

Hunterdon Medical Center

2100 Wescott Drive

Flemington, NJ 08822

(908)788-6100

Seminars, counseling, and treatment.

American Red Cross - Greater Somerset County Chapter

14 West Cliff Street

Somerville, NJ 08876

(908)725-2217

Educational information, seminars, audiovisuals, and referral. Open to all ages. No fee.

Buddies of New Jersey, Inc.

Franklin A. Smith Resource Center

149 Hudson Street

Hackensack, NJ 07601

(201)489-2900 or 1(800)508-7577 (NJ only)

njbuddies@aol.com

Resource center offering a network of support for people infected and affected by HIV/AIDS.

Hyacinth Foundation/NJ AIDS Project

317 George Street, Suite 203

New Brunswick, NJ 08901

1(800)433-0254 or (732)246-0204

Nonprofit psychological counseling agency. Support groups for families touched by AIDS and ARC.

National Center for Disease Control (CDC) Hotline

1(800)342-2437

Confidential education materials and referrals for counseling, testing, treatment services, and support systems.

Animal Control/Information

The Hillsborough Health Department does NOT endorse any contractor.

St. Hubert's Giralda

(Hillsborough's Animal Control Officers)

(908)526-3330

Sick or injured wildlife, stray cats and dogs, and bat removal.

St. Hubert's Pet Helpline

(973)377-2253

helpline@sthuberts.org

www.sthuberts.org/pethelpline

www.facebook.com/StHubertsPetRetention

NJ Fish Game/Wildlife

(908)735-8240 - large animals (bear/deer)

(908)735-5450 - exotics license

(908)735-7040 - wildlife

Hillsborough Police Department

(908)369-4323

Removal of roadside dead deer or emergency.

Cancer

American Cancer Society

3076 Princeton Pike

Lawrenceville, NJ 08648

(609)895-0867

Financial assistance, counseling, support groups, referrals, written materials, and audiovisuals.

American Cancer Society Hotline (“The Answer Line”)

1(800)ACS-2345

Trained volunteers answer questions about cancer and related issues. Referrals to local ACS chapters for services. All calls are confidential.

The Cancer Institute of New Jersey

196 Little Albany Street

New Brunswick, NJ 08903

(732)235-2465

Comprehensive cancer treatment for adults and children. Research, prevention, detection, and treatment services.

Cancer Program, University Medical Center at Princeton

253 Witherspoon Street

Princeton, NJ 08540

(609)497-4775

Screenings, breast exams, seminars, and written materials.

Hunterdon Medical Center

2100 Wescott Drive

Flemington, NJ 08822

(908)788-6100

Screenings, mammography, self breast exam classes, seminars, and referrals.

Memorial Sloan Kettering Cancer Center

136 Mountainview Boulevard

Basking Ridge, NJ 07920

(908)542-3000 or (800)525-2225

www.mskcc.org/mskcc/html/622.cfm

National Cancer Institute Hotline

1(800)4CANCER

English and Spanish available. Monday through Friday , 8 am to 8 pm EST.

Planned Parenthood of Northwest New Jersey

196 Speedwell Avenue

Morristown, NJ 07960

(201)539-9580

Pap test with medical exams.

Somerset County Cancer Coalition

Lucille Talbot

(908)203-6077

Cancer education programs, screenings, referrals, skin cancer awareness sessions, and written materials.

**The Steeplechase Cancer Center at Robert Wood Johnson University
Hospital Somerset**

30 Rehill Avenue

Somerville, NJ 08876

(866)742-5762

Comprehensive range of cancer services.

Zufall Health Center

71 Fourth Street

Somerville, NJ 08876

(908)526-2335

Screenings (breast and pap smear), counseling, written materials, referrals, and audiovisuals.

Cardiovascular Health

American Heart Association

604 Wheatfield Court
Flemington, NJ 08822
(908)237-2608

Seminars, written/audiovisual materials, counseling, and special events.

American Red Cross (Central New Jersey Chapter)

707 Alexander Road, Suite 101
Princeton, NJ 08540
(609)951-8550

Seminars, referrals, and written materials.

University Medical Center of Princeton at Plainsboro

1 Plainsboro Road
Plainsboro Township, NJ 08536
(609)853-6500

Hypertension and cardiovascular screening, counseling, referrals, written materials, and treatment.

Hunterdon Medical Center

2100 Wescott Drive
Flemington, NJ 08822
(908)788-6100

National Heart, Lung, and Blood Institute (NHLBI)

(301)592-8573
nhlbiinfo@nhlbi.nih.gov
www.nhlbi.nih.gov

Diseases and conditions index, online health assessment tools, and educational tutorials and materials.

Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(908)685-2200

Support groups, referrals, periodically-held seminars, written materials, and cholesterol/blood pressure screenings.

Child Health

Association for Advancement of Mental Health

819 Alexander Road

Princeton, NJ 08540

Comprehensive community mental health center providing care for people of all ages. Programs are also available in Spanish.

Child Behavioral Health Hotline - New Jersey Department of Children and Families

1(877)652-7624

Mobile response and stabilization services, care management organizations, youth case management services, and family support organizations. Available 24/7 in English and Spanish.

Division of Child Protection and Permanency (DCP&P)

92 East Main Street

Suite 101

Somerville, NJ 08876

(908)526-5030

1(800)392-2734

<http://www.nj.gov/DCF/about/divisions/dcpp/>

Local branch of New Jersey's state child welfare agency.

EmPOWER Somerset

34 West Main Street, Suite 307

Somerville, NJ 08876

(908)722-4900

Educational programs and technical assistance with the aim of preventing substance abuse through education.

Hillsborough Child Health Clinic

(908)369-5652

Ongoing child health services offered by the Hillsborough Health Department, including vaccination clinics, for uninsured children up to age 18. Call for specific dates and more information.

Parents Anonymous**Hillsborough Public Library**

379 South Branch Road
Hillsborough Municipal Complex
Hillsborough, NJ 08844
(908)369-2200

<http://www.somerset.lib.nj.us/hillsborough.htm>

Fun, year-long children and teens programs - and reading programs, of course!

New Jersey Department of Children and Families

P.O. Box 729
Trenton, NJ 08625
1(855)INFO-DCF
<http://www.nj.gov/def/>

New Jersey Self-Help Group Clearinghouse

1(800)367-6274
www.njgroups.org

Condensed index of specialty self-help groups in New Jersey. Sorted by county and by type.

NJ FamilyCare

1(800)701-0710

“NJ FamilyCare is a federal and state funded health insurance program created to help New Jersey’s uninsured children and certain low-income parents and guardians to have affordable health coverage.”

(<http://www.njfamilycare.org/pages/whatitis.html>)

NJ Parent Link

www.njparentlink.nj.gov

The early childhood, parenting, and professional resource center.

Poison Control - New Jersey Poison Information and Education System

University of Medicine and Dentistry of New Jersey (UMDNJ)

140 Bergen Street

P.O. Box 1709

1(800)222-1222 (24/7 Confidential Hotline)

www.njpies.org

Alerts about product recalls, poisonous materials, educational materials, and educational programs.

Rutgers Cooperative Extension - Somerset County

310 Milltown Road

Bridgewater, NJ 08807

(908)526-6293

somersetcounty4H@co.somerset.nj.us

somerset.njaes.rutgers.edu/4h

Somerset County Childhood Disability Resource Guide

Available at www.childhooddisability.com or by calling (908)722-4900.

Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(908)685-2200

Parenting skills seminars.

1(877)NJ-ABUSE

24 hour hotline to report child abuse or neglect.

Thinkercise - Fit n Firm Gym of Hillsborough

856 Route 206 (in Mountainview Plaza)

Hillsborough, NJ 08844

(908)281-0013

Fitness programs designed specifically for teens with autism and ADHD. Class taught by an ABA therapist as well as a personal trainer. Reservation necessary.

Communicable Disease & Travel

Centers for Disease Control and Prevention

(888)232-6348

www.cdc.gov

Information on diseases and conditions; emergency preparedness and response; environmental health; life stages and populations; health living; injury, violence, and safety, travelers' health; and workplace safety and health.

World Health Organization

www.who.int/

Information on diseases, conditions, emergency preparedness, epidemics, environmental health, vaccinations, and safety.

Hillsborough Township Health Department

379 South Branch Road (Hillsborough Township Municipal Building)

Hillsborough, NJ 08844

(908)369-5652

Vaccination clinics offered periodically for small costs. No travel vaccines offered. Call or check website for further details.

New Jersey Department of Health

1(800)367-6543

www.state.nj.us/health/

Information on travel advice and vaccinations.

Infectious Disease Associates of New Jersey

105 Raider Boulevard, Suite 101

Hillsborough, NJ 08844

(908)281-0221

www.idcare.com/travel-med.htm

Comprehensive pre-travel consultation, updated travel health advisories, all routine and travel vaccines, malaria prophylaxis advice and medication, travelers' diarrhea antibiotics prescriptions, and post-travel evaluations.

Diabetes

See also “Diet and Nutrition” section.

American Diabetes Association

Center Point II, Suite 103

1160 Route 22 East

Bridgewater, NJ 08807

(732)469-7979

Screenings, seminars, counseling, referrals, written/audiovisual materials, support groups, and speakers.

Center for Nutrition and Diabetes Management, Hunterdon Medical Center

9100 Wescott Drive, Suite 102

Flemington, NJ 08822

(908)237-6920

Free monthly blood sugar monitoring, support groups, screenings, and referrals.

Diabetes Center, Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(908)685-2846

Support groups, counseling, seminars, therapy, and exercise programs.

Diabetes Management Program, University Medical Center of Princeton at Plainsboro

Education Center - First Floor

1 Plainsboro Road

Plainsboro, NJ 08536

(609)853-7000

Education sessions, medication management, training, nutritional guidance, weight management, and support groups.

Diabetes Self-Management Education Program, Robert Wood Johnson University Hospital

1 Robert Wood Johnson Place

New Brunswick, NJ 08903

(732)253-3100

Program designed to allow individuals with diabetes to gain the knowledge/skills needed to manage their own diabetes.

Juvenile Diabetes Research Foundation International, Central New Jersey Chapter

740 Broad Street

Shrewsbury, NJ 07702

(732)219-6654

Counseling, monthly support groups, educational materials, newsletters, and a physician available for consultation.

Zufall Health Center

71 Fourth Street

Somerville, NJ 08876

(908)526-2335

Written materials. Teens to adults. Free.

Diet & Nutrition

Somerset County Food Bank Network

9 Easy Street

Bound Brook, NJ 08805

(732)560-1813

A network of 3 distribution centers (Somerville, North Plainfield, and Bound Brook) and 1 warehouse (Bridgewater) with the mission of distributing food and providing other basic needs free of charge to Somerset County residents.

S.H.I.P. (Samaritan Homeless Interim Program)

87 East High Street

Somerville, NJ 08876

(908)393-9545

Free emergency food and meal vouchers for anyone in need. Services include free hot lunch program, a mobile soup kitchen, and holiday meals (Easter, Thanksgiving, & Christmas).

Center for Nutrition and Diabetes Management, Hunterdon Medical Center

9100 Wescott Drive, Suite 102

Flemington, NJ 08822

(908)237-6920

Holistic approach to well-being through improved nutrition.

Eating Disorders Program, Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(800)914-9444

Holistic approach to eating disorders. Includes inpatient treatment, partial hospitalization, intensive outpatient services, and weekly support groups.

Eating Disorders Program, University of Medical Center of Princeton at Plainsboro

1 Plainsboro Road

Plainsboro, NJ 08536

(609)853-7000

Physical/emotional treatment of eating disorders for children, adolescents, and adults.

Nutrition Program, University Medical Center of Princeton at Plainsboro

1 Plainsboro Road
Plainsboro, NJ 08536
(609)853-7000

Holistic approach to improving wellness through eating better, including seminars, support for special health concerns, preliminary consultation with a registered dietitian, and comprehensive dietetic counseling.

Zufall Health Center

71 Fourth Street
Somerville, NJ 08876
(908)526-2335

Screenings, seminars and courses, written materials for weight control and basic nutrition, and audiovisual materials.

www.eatrightnj.org

Lists dietitians by zip code.

Hillsborough YMCA

19 East Mountain Road
Hillsborough, NJ 08844
(908)369-0490

Private and “duet” (for two people) nutrition counseling. Free body composition analysis (determining body fat percentage), Appointment necessary.

Rutgers Cooperative Extension

310 Milltown Road
Bridgewater, NJ 08807
(908)526-6293

4-H Programs, agriculture and resource management program, family and community health sciences program, and Master Gardeners program.

Weight Watchers - Hillsborough

284 US Highway 206, Building E, Unit 6
Hillsborough, NJ 08844
(800)651-6000

Weekly weigh-in and group support sessions with educational diet materials. Fee charged.

Overeaters Anonymous

(908)253-3464

Self-help group for people who have lost control over their eating habits. Call for meeting locations/dates.

Bound Brook Farmers Market

NJ Transit Parking Lot

Main Street, Bound Brook

(908)894-0515

WIC & Senior FMNP vouchers accepted by some farmers.

Manville Farmers' Market

Parking Lot on South Main Street, between Rosalie Street and North Orchard Street

Manville, NJ 08835

(908)722-0121

Wide variety of fresh produce from local farms. Open Spring - September 30th, every Friday from 1 to 6 pm.

Montgomery Farmers' Market

1378 Route 206

Skillman, NJ 08558

(917)488-8389

WIC & Senior FMNP vouchers accepted by some farmers.

Griggstown Farm Farmers' Market

484 Bunker Hill Road

Princeton, NJ 08540

(908)359-5218

Hillsboro Farm Country Market

219 Hillsborough Road

Hillsborough, NJ 08844

(908)500-0803

Open July through October daily 10 am - 6 pm. Roadside market offering seasonal fruits and vegetables, sweet corn, tomatoes, peppers, squash, zucchini, eggplant, cucumbers, pumpkins, gourds, broom corn, Indian corn, and apples. Pick-your-own pumpkins and gourds available. Fall pumpkin patch featuring hayrides, corn maze, October Family Fun Days, cider, corn stalks, hay, straw, donuts, and pies!

Norz Hill Farm & Market

116 South Branch Road
Hillsborough, NJ 08844
(908)371-COWS

Open weekends September 23 - October 29, 10 am to 5 pm. Weekdays: stand only, 3 pm to 6 pm in October. Roadside market offering (when in season) pumpkins, gourds, apples, winter squashes, cucumbers, peppers, watermelons, tomatoes, zucchini, yellow squash, corn - white and bi-color, and peaches. Pick-your-own pumpkins, gourds, and winter squashes. During the Fall Festival, pies, pony rides, farm tours, corn maze, hay maze, and face painting will be available! Haunted Corn Trail Friday and Saturday nights in October (weather permitting), 7 pm - 10 pm.

Sunhaven Farms

1018 Orchard Drive
Hillsborough, NJ 08844
(908)369-6504

Roadside market/pick-your-own strawberries and sweet peas (June); peppers, green beans, eggplant, tomatoes, and plum tomatoes (August); broccoli, cauliflower, and garden mums (September).

Community Sponsored Agriculture

“Over the last 20 years, Community Sponsored Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Here are the basics: a farmer offers a certain number of “shares” to the public. Typically, the share consists of a box of vegetables, but other farm products may be included. Interested consumers purchase a share (aka a “membership” or “subscription”) and in return receive a box (bag or basket) of seasonal produce each week throughout the farming season. This arrangement creates several rewards for both the farmer and the consumer” (<http://www.localharvest.org/csa>)

| | | |
|--|--|--|
| <p>Griggstown Farm Market</p> | <p>484 Bunker Hill Road Princeton, NJ 08540 (908)359-5218</p> | <ul style="list-style-type: none"> ● June-October ● 125 shares available ● Vegetable Full Share = \$600/season ● Vegetable Half Share = \$350/season |
| <p>The Student Sustainable Farm at Rutgers</p> | <p>67 Ryders Lane New Brunswick, NJ 08901 (732)932-9711 ext. 256</p> | <ul style="list-style-type: none"> ● June-September ● 150 shares available ● Full Share = \$500/18 weeks (1 season) |
| <p>Cherry Grove Organic Farm MS Conover, Inc.</p> | <p>11 Carter Road Princeton, NJ 08540 (609)306-5139</p> | <ul style="list-style-type: none"> ● June-November ● 160 shares available ● Full Share = \$700/season ● Half Share = \$386/season |

Environmental Health/Wildlife

St. Hubert's Giralda

North Branch Adoption Center

3201 Route 22 East

North Branch, NJ 08876

(908)526-3330

info@sthuberts.org

Sick or injured wildlife, stray cats and dogs, bats.

NJ Division of Fish, Game, and Wildlife

Large Animals (bear, deer, etc.): (908)735-8240

Exotic Pet Licenses: (908)735-5450

Hillsborough Police Department

(908)369-4323

Removal of roadside dead deer.

Wildlife Control Specialists, LLC

1(888)SKUNKS-2

Nuisance wildlife/carcass removal.

All Wildlife Removal Services, LLC

(732)656-0088

Nuisance wildlife/carcass removal.

Exercise & Physical Fitness

Hillsborough Township Department of Parks & Recreation

379 South Branch Road
Hillsborough, NJ 08844
(908)369-4832

www.hillsborough-nj.org

Huge range of township-wide fitness programs for children, adults, and seniors. Check online brochure for specific programs.

Senior Wellness Exercise Class and Activities

Hillsborough Township Social Services
379 South Branch Road
Hillsborough, NJ 08844
(908)369-3880

The Hillsborough Township Department of Social Services offers various classes and activities for senior citizens, including the Moderate Exercise Class (for already active seniors), the Middle of the Road Exercise Class (for able-bodied seniors who are not already active), and the Low Impact Exercise Class (for seniors recovering from illness, at home from rehabilitation, and those who have not exercised for a number of years). Regularly-meeting social groups also available. Transportation arrangements available by calling the Department of Social Services.

Somerset County Park Commission

355 Milltown Road
Bridgewater, NJ 08807
(908)722-1200

www.somersetcountyparks.org

Concerts, golf tournaments, junior golf, golf lessons, swim lessons, equestrian lessons, tennis lessons, tennis tournaments, garden trips & programs, naturalist programs, park ranger programs, youth fishing derby, therapeutic recreation and more! Call or check website for specific dates and events.

Health & Fitness Association

www.ideafit.com

Click on "FitnessConnect" to find exercise professionals, gyms/health clubs/studios, and fitness classes and events by zip code.

Fit n Firm

856 Route 206 (Mountain View Plaza)
Hillsborough, NJ 08844
(908)281-0013

Ladies-only gym with free weights, weight equipment, cardio equipment, personal training, and a wide variety of classes.

Jazzercise Hillsborough Fitness Center

170 Township Line Road
Hillsborough, NJ 08844
(908)672-7110

“Jazzercise is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout”

(http://www.jazzercise.com/what_is_jazzercise.htm). All ages welcome.

Hillsborough Pool Racquet & Fitness Club

30 Brower Lane
Hillsborough, NJ 08844
(908)359-3600

Full service health and fitness center with programs for all age groups.m c

Hillsborough Family YMCA

19 East Mountain Road
Hillsborough, NJ 08844
(908)369-0490

Full service health and fitness center with programs for all age groups. Childcare available.

Mueve & Bfit

409 U.S. Highway 206
Hillsborough, NJ 08844
(908)281-9488

Local Zumba studio. Zumba is a dance workout comprised of Latin and international dance themes.

NexT Fit Clubs

129 Stryker Lane

Hillsborough, NJ 08844

(908)904-1112

Cardio and strength equipment, various group fitness classes, personal training, nutritional counseling, full locker room with sauna, and childcare.

Delaware and Raritan Canal (D & R Canal)

70-mile long trail alongside historic canal. Amenable to biking, running, walking, and cross-country skiing. Local locks located off Amwell Road and Blackwells Mills Road. The trail's length makes it a great choice for a long bike ride/walk even in places outside of Hillsborough (such as Lambertville and Kingston).

Sourland Mountain Preserve

4,000 acre undisturbed natural setting offering opportunities for hiking, mountain biking, bouldering, and horseback riding. Rich in plant and animal species. Multiple trails, labeled by difficulty and length. Parking lot and trailhead located off East Mountain Road. Specific driving directions located on the Somerset Parks Commission website.

Hospitals

Carrier Clinic

252 County Road 601
Belle Mead, NJ 08502
(800)933-3579
www.carrierclinic.org

Hunterdon Medical Center

2100 Wescott Drive
Flemington, NJ 08822
(908)788-6100 (main number)
(908)788-6360 (physician referral)
www.hunterdonhealthcare.org

Robert Wood Johnson University Hospital New Brunswick

1 Robert Wood Johnson Place
New Brunswick, NJ 08903
(732)828-3000
www.rwjuh.edu

Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue
Somerville, NJ 08876
(908)685-2200
www.rwjuh.edu

St. Peter's University Hospital

254 Easton Avenue
New Brunswick, NJ 08901
(732)745-8600
www.saintpetershcs.com

University Medical Center of Princeton at Plainsboro

1 Plainsboro Road
Plainsboro, NJ 08536
(609)853-7000
www.princetonhcs.org

Improved Pregnancy Outcome/Young Infant Care

Central Jersey Family Health Consortium

2 King Arthur Court, Suite B
North Brunswick, NJ 08902
(732)937-5437

Early intervention program to increase parent knowledge of early childhood development and parenting practices. Services available for early detection of developmental delays and health issues.

The Center for Great Expectations

19B Dellwood Lane
Somerset, NJ 08873
(732)247-7003

www.thecenterforgreatexpectations.org

Residential treatment facility for homeless, pregnant adolescents and adult women who suffer from abuse and addiction.

HealthStart Sites

Somerset Family Practice at Robert Wood Johnson University Hospital Somerset
110 Rehill Avenue
Somerville, NJ 08876
(908)685-2900

University Medical Center of Princeton at Plainsboro

1 Plainsboro Road
Plainsboro, NJ 08536
(609)853-7000

Free, comprehensive obstetrical and postpartum care for Medicaid eligible women and children up to 2 years old.

LaLeche League

www.llusa.org/web/MercertSomersetNJ.html

Education and support for breastfeeding women. Check site for local meeting dates and locations.

NJ Family Health Line

1(800)328-3838

Health information and services.

March of Dimes - Central Jersey Division

2400 Main Street Ext., Suite 1

Sayreville, NJ 08872

(732)952-9010

Research, community service, education, and advocacy to prevent birth defect, premature birth, and infant mortality.

New Jersey Women, Infants, & Children (WIC) Program

1(866)446-5942

Provides supplemental nutritious foods to pregnant, breastfeeding, and postpartum women, infants, and children up to age 5. Nutrition education, breastfeeding support, immunization screening, and health care referrals.

Planned Parenthood

10B Industrial Drive

New Brunswick, NJ 08901

(732)246-2411

Family planning, pregnancy testing and referral, gynecological care, emergency contraception, HIV testing and counseling, sexually transmitted infection screen and treatment. Accepts Medicaid. Fees for service based on household income.

Somerset County Board of Social Services

73 East High Street

Somerville, NJ 08876

(908)526-8800

Social workers available to provide information on family planning alternatives, prenatal care, and infant care.

Zufall Health Center

71 Fourth Street

Somerville, NJ 08876

(908)526-2335

(908)526-7444 (24 hour Sexual Assault Support Services hotline)

Reproductive health care services, adolescent pregnancy prevention education, STEP program for pregnant/parenting teens, special teen clinic. Multilingual staff.

Young Women's Christian Association (YWCA)

59 Paul Robeson Place

Princeton, NJ 08540

(609)497-2100

Child care, rape crisis intervention, domestic violence assistance, shelters for domestic violence victims, job training, career counseling, entrepreneurial training for teens, and fitness training.

Mental Health

Alternatives, Inc.

600 First Avenue
Raritan, NJ 08869
(908)685-1444

www.alternativesinc.org

Clinical, housing, employment, transition, and recreation services for the mentally and physically disabled, as well as the homeless.

Carrier Clinic

252 County Road 601
Belle Mead, NJ 08502
(800)933-3579

www.carrierclinic.org

Short-term, intensive hospitalization for psychiatric illness and substance abuse for those as young as 13. Blake Recovery Center: offers a detoxification program and a residential rehabilitation program. Intensive Outpatient Program: Monday, Tuesday, and Thursday evenings from 6:30 to 9:30, aiding addicts in the early stages of the recovery process. Family support groups and parent support groups. Weekend Codependency Program. Bright Futures for Kids program (children ages 4-12 dealing with a family member's addiction).

Family Crisis Intervention Unit - Somerset County

27 Warren Street
Somerville, NJ 08876
(908)704-6330

Hours: Monday-Thursday 8:30 am to 8:00 pm & Friday 8:30 am to 4:30 pm

Crisis response, crisis intervention and stabilization, short-term family treatment, case management, linkage to community resources, and more.

Friends' Health Connection

(800)483-7436
info@friendshealthconnection.org

www.friendshealthconnection.org

Connects people who have/have overcome an illness/disease/handicap/injury for mutual support.

Hunterdon Behavioral Health - Hunterdon Medical Center

2100 Wescott Drive

Flemington, NJ 08822

1(866)HBH-2060

24-hour crisis hotline: (908)788-6400

Diagnosis, treatment, and care for adolescents and adults with mental illness, emotional difficulties, or addiction.

Middle Earth

520 North Bridge Street

Bridgewater, NJ 08807

(908)725-7223

www.middleearthnj.org

Free programs for Somerset County youth to discourage involvement in gangs, drugs, and crime.

NJ Self-Help Group Clearinghouse

375 East McFarlan Street

Dover, NJ 07801

1(800)367-6274

www.njgroups.org

Call for information on state, national, and online self-help groups, or for information on how to start a new group.

Princeton House Behavioral Health - Princeton HealthCare System

905 Herrontown Road

Princeton, NJ 08540

(609)688-3300

Multidisciplinary approach to psychiatric and addiction support. Inpatient, partial hospitalization, outpatient, and electroconvulsive therapy for children, adolescents, adults, and young adults.

Richard Hall Community Mental Health Center

500 North Bridge Street

Bridgewater, NJ 08807

(908)725-2800

1(888)744-4417

mentalhealth@co.somerset.nj.us

Comprehensive community mental health center offering a wide range of services on a sliding scale fee basis for county residents.

Thinkercise - Fit n Firm Gym of Hillsborough

856 Route 206 (in Mountainview Plaza)

Hillsborough, NJ 08844

(908)281-0013

Fitness programs designed specifically for teens with autism and ADHD. Class taught by an ABA therapist as well as a personal trainer. Reservation necessary.

Older Adults

Adult Protective Services - Somerset County Board of Social Services

73 East High Street
Somerville, NJ 08876
(908)526-8800

Investigates reports of suspected abuse of vulnerable adults. Reports can be made anonymously.

American Association of Retired Persons (AARP)

(888)687-2277

www.aarp.org

Variety of programs, benefits, and discounts for those 50 years and older.

Adult Day Care Center of Somerset County

872 East Main Street
Bridgewater, NJ 08807
(908)725-0068

Day program for elderly/disabled adults who require some degree of supervision. Available programs and services include entertainment, field trips, counseling, dental treatment, exercise programs, hot meals, nursing services, nutritional consultation, physical therapy, occupational therapy, support groups, and transportation.

The Central Jersey Regional Memory Center - Hunterdon Medical Center

2100 Wescott Drive
Flemington, NJ 08822
(908)788-6373

www.hunterdonhealthcare.org/services/memory_center.asp

Evaluation, diagnosis, treatment, and support for individuals with memory concerns.

Hillsborough Family YMCA

19 East Mountain Road
Hillsborough, NJ 08844
(908)369-0490

Senior exercise and wellness classes available. Call for specific dates and times.

Hillsborough Pool Racquet & Fitness Club

30 Brower Lane

Hillsborough, NJ 08844

(908)359-3600

Full service health and fitness center with programs for all age groups.

Meals On Wheels

(908)704-6346

Provides midday hot meals and snacks to homebound elderly unable to shop/prepare meals independently.

NJ EASE (New Jersey Easy Access, Single Entry)

(800)222-3737

Statewide toll free hotline with information for easy access to local senior services.

Pharmaceutical, Hearing Aid, and Utilities Assistance Programs

(800)792-9745

Pharmaceutical Assistance for the Aged and Disabled (PAAD); Senior Gold (pharmaceutical assistance if ineligible for PAAD); Hearing Aid Assistance to the Aged and Disabled (HAAD); Lifeline Credit Program (annual credit for gas or electric bills).

Richard Hall Community Mental Health Center

500 North Bridge Street

Bridgewater, NJ 08807

(908)725-2800

1(888)744-4417

mentalhealth@co.somerset.nj.us

“Comprehensive community mental health center dedicated to the prevention, early detection, and treatment of mental illness and serious emotional and behavioral problems” (<http://www.co.somerset.nj.us/hservices/rhmhc/index.html>).

Senior Wellness Exercise Classes, Activities, and Transportation

Hillsborough Township Social Services

379 South Branch Road (Hillsborough Township Municipal Building)

Hillsborough, NJ 08844

(908)369-3880

The Hillsborough Township Department of Social Services offers various classes and activities for senior citizens, including the Moderate Exercise Class (for already active seniors), the Middle of the Road Exercise Class (for able-bodied seniors who are not already active), and the Low Impact Exercise Class (for seniors recovering from illness, at home from rehabilitation, and those who have not exercised for a number of years). Regularly-meeting social groups also available. Transportation arrangements available by calling the Department of Social Services.

Somerset County Office on Aging and Disability Services

27 Warren Street

Somerville, NJ 08876

(908)704-6346

1(888)747-1122 (Toll Free)

officeaging@co.somerset.nj.us

Comprehensive services for older adults.

Somerset County Transportation Office

750 East Main Street

Somerville, NJ 08876

1(800)246-0527

www.co.somerset.nj.us/scootdash

Transportation services for senior citizens, persons with disabilities, and Medicaid recipients to medical or other public places. Call needed 48 hours before transportation.

Robert Wood Johnson University Hospital Somerset

110 Rehill Avenue

Somerville, NJ 08876

(908)685-2200

Various programs specifically for seniors, including SAIL (Senior Advantage In Life) Program, a free program for individuals 60 or older; a geriatric medical unit; HealthHike, a walking program at the Bridgewater Commons Mall; an osteoporosis program; osteoarthritic services; Lifeline, a personal emergency response program; and a wide range of community health programs such as health seminars.

Safety/Injury Prevention

American Heart Association

1(877)AHA-4CPR

Call hotline to find local CPR training for individuals and groups.

American Red Cross - Greater Somerset County Chapter

14 West Cliff Street

Somerville, NJ 08876

(908)725-2217

Information and instruction on water safety, first aid, emergency preparedness, and CPR/AED.

Consumer Products Safety Commission

(800)638-2772

Information on the safety and recall status of consumer products.

Hillsborough Rescue Squad

Station 1: 48 East Mountain Road

Station 2: 34 Hamilton Road

Mail: P.O. Box 660, Neshanic, NJ 08853

Non-emergency: (908)369-8625

Emergency: 911

www.hillsboroughems.com

In addition to standard emergency medical services, CERT (Community Emergency Response Team) classes are available to teach residents CPR and how to best respond in cases of emergency.

Hillsborough Police

379 South Branch Road (Hillsborough Township Municipal Building)

Hillsborough, NJ 08844

Non-emergency: (908)369-4323

Emergency: 911

www.hillsboroughpolice.org

Typical police services, fingerprinting services, immigration and naturalization services, gun permits, and child safety seats inspection/installation assistance.

New Jersey Poison Information and Education System

University of Medicine and Dentistry of New Jersey (UMDNJ)

140 Bergen Street

P.O. Box 1709

Newark, NJ 07107

www.njpies.org

24/7 Confidential Hotline: 1 (800)222-1222

Alerts about product recalls, educational materials, and educational programs.

Smoking Cessation

American Cancer Society

1(800)227-2345

www.cancer.org

Smoking cessation information and programs.

American Lung Association of New Jersey

1031 Route 22 West, Suite 203

Bridgewater, NJ 08807

(908)685-8040

mdalessio@lunginfo.org

www.lunginfo.org

Smoking cessation and prevention programs. Freedom from Smoking (FFS) Program: 7-session group program led by experts on how to quit smoking for good. Also available online. Not on Tobacco (N-O-T) Program: teen smoking cessation group, separate boys' and girls' groups. Teens Against Tobacco Use (TATU) Program: peer-teaching model to discourage tobacco usage among teens.

Nicotine Anonymous

1(877)879-6422

www.nicotine-anonymous.org

Community model designed to help members quit their nicotine addictions. Check site for local meeting locations and dates.

QuitNet

www.quitnet.com

Online quit-smoking community designed to provide support to members. Tailored smoking cessation programs for public and private organizations. Directory of specific quit-smoking support groups by location.

Somerset County Health Department

Environmental Tobacco Smoke (ETS) Complaint Form

http://www.co.somerset.nj.us/ongoing/ets_form.html

Online form and submission report secondhand smoke exposure, a serious public health threat that can be prevented.

Substance Abuse

Ala-Call

1(800)322-5525

Information/referral hotline for New Jersey residents with alcohol and drug addictions. Information on meeting times and locations for Alcoholics Anonymous, Alateen, Alanon, Narcotics Anonymous, Naranon, ACOA, CODA, and other substance abuse self-help groups. Services available for non-English speaking callers.

Carrier Clinic

252 County Road 601

Belle Mead, NJ 08502

(800)933-3579

www.carrierclinic.org

Short-term, intensive hospitalization for psychiatric illness and substance abuse for those as young as 13. Blake Recovery Center: offers a detoxification program and a residential rehabilitation program. Intensive Outpatient Program: Monday, Tuesday, and Thursday evenings from 6:30 to 9:30, aiding addicts in the early stages of the recovery process. Family support groups and parent support groups. Weekend Codependency Program. Bright Futures for Kids program (children ages 4-12 dealing with a family member's addiction).

Catholic Charities - Diocese of Metuchen

540 Route 22 East

Bridgewater, NJ 08807

(908)722-1881

www.cdom.org

Alcohol and drug assessments, individual and family counseling, adolescent support groups, adolescent intensive outpatient services, and adolescent early intervention services.

Corner House Counseling Center

369 Witherspoon Street

Princeton, NJ 08540

(609)924-8018

www.cornerhousenj.org

Non-profit counseling agency for adolescents, young adults, and their families.

Division of Addiction Services - State of New Jersey Department of Human Services

120 North Stockton Street #3

Trenton, NJ 08618

(609)292-5760

www.state.nj.us/humanservices/das/home/

“As the Single State Agency for substance abuse, DAS is responsible for regulating, licensing, monitoring, planning, and funding substance abuse prevention, treatment and recovery support services in New Jersey”

(<http://www.state.nj.us/humanservices/das/about/mission/>). Also available online is a substance abuse treatment directory organized by location.

EmPoWER Somerset

34 West Main Street, Suite 307

Somerville, NJ 08876

(908)722-4900

www.empowersomerset.com

Educational programs and technical assistance with the aim of preventing substance abuse through education.

Behavioral Health - Hunterdon Medical Center

2100 Wescott Drive

Flemington, NJ 08822

Referrals and more information: 1(866)HBH-2060

24-Hour Crisis Hotline: (908)788-6400

Diagnosis, treatment, and care for adolescents and adults with mental health illness, emotional difficulties, or addictions.

Princeton House Behavioral Health - Princeton HealthCare System

905 Herrontown Road

Princeton, NJ 08540

(609)688-3300

Multidisciplinary approach to psychiatric and addiction support. Inpatient, partial hospitalization, outpatient, and electroconvulsive therapy for children, adolescents, adults, and young adults.

Richard Hall Community Mental Health Center

500 North Bridge Street

Bridgewater, NJ 08807

(908)725-2800

1(888)744-4417

mentalhealth@co.somerset.nj.us

Comprehensive community mental health center offering a wide range of services on a sliding scale fee basis for county residents.

SHIP (Samaritan Homeless Interim Program)

87 East High Street

Somerville, NJ 08876

(908)393-9545

<http://ship908.com>

ship908@optonline.net

Safe Harbor - Port of Refuge: counseling, education/prevention, support groups, emergency housing, and rental assistance.

Somerset Treatment Services

118 West End Avenue

Somerville, NJ 08876

(908)722-1232

www.somersetmentservices.org

Treatment services (anger management, clinical substance use disorder, drug court treatment, group therapy, intensive outpatient treatment, intoxicated driver resource center, medication-assisted therapy, methadone treatment, psychiatric services, and women's treatment services). Prevention services (alcohol education program, early education group, and Strengthening Families program). HIV services (support group, case management, HIV emergency fund, and HIV-specific drug treatment).

Veterans' Health

American Legion - Department of New Jersey

<http://www.njamericanlegion.org>

Mutual-aid organization of veterans of the U.S. armed forces founded to benefit veterans who served during a defined wartime period.

Disabled American Veterans - Trenton Office

135 Hanover Street #4

Trenton, NJ 08618

(609)396-2885

www.dav.org

Non-profit charity devoted to bettering the lives of American veterans. Voluntary Services Program: a network of volunteers who provide free rides to and from VA hospitals.

NJ Department of Military and Veterans Affairs

Benefit Hotline: 1(888)8NJ-VETS

Counseling Hotline: 1(866)VETS-NJ4

<http://state.nj.us/military/veterans/index.html>

Information on New Jersey's veteran services, including healthcare services, memorial homes, education services, service medals, NJ Honor Guard Program, and War-Related Illness and Injury Study Center.

U.S. Department of Veterans Affairs

(877)WAR-VETS

Veterans Crisis Line - 1(800)273-8255 (press 1)

"The goal of the Vet Center program is to provide a broad range of counseling, outreach, and referral services to eligibles veterans in order to help them make a satisfying post-war readjustment to civilian life"

http://www.vetcenter.va.gov/About_US.asp

Other

EmPoWER Somerset

34 West Main Street, Suite 307

Somerville, NJ 08876

(908)722-4900

www.empowersomerset.com

Educational programs and technical assistance with the aim of preventing substance abuse through education.

Hillsborough Public Library

379 South Branch Road

Hillsborough Municipal Complex

Hillsborough, NJ 08844

(908)369-2200

<http://www.somerset.lib.nj.us/hillsborough.htm>

Seminars/courses/social activities offered on a variety of subjects for all ages. County-wide collection of books, magazines, reference books, movies, and other written materials. Digital resources (including e-books and language software) available online (library card number necessary). Inter-library loans available if materials do not belong to county collection. Materials can be ordered online and delivered to closest library location.

NJ211

2-1-1 or (877)652-1148

Free, 24/7 hotline for New Jersey residents. Answers inquiries about basic human needs (food banks, shelters), seniors/disabled persons support (adult day care, transportation), children/youth/families support (childcare), physical and mental health resources (crisis intervention services, support groups), and employment supports (job training, education programs).

Resource Center of Somerset

427 Homestead Road
Hillsborough, NJ 08844
(866)685-1122

Protection, education, and resources for women and their families affected by domestic violence. Services include the Safe House program (short-term residential facility), the Transitional Housing program (to bridge the gap between Safe House and living independently), and court advocacy for clients involved in civil/criminal cases which are the result of domestic violence.

Rutgers Cooperative Extension - Somerset County

310 Milltown Road
Bridgewater, NJ 08807
(908)526-6293

somersetcounty4H@co.somerset.nj.us

somerset.njaes.rutgers.edu/4h

“Regional and statewide programs focusing on positive youth development in key subject matter areas, as well as universal issues including Essential Elements (life skill development), Experiential Education, Youth/Adult Partnerships, and Volunteer Development and Leadership”

(<http://njaes.rutgers.edu/extension/human-community.asp>), as well as a wide range of 4-H programs.

Toll-Free Numbers

Provided by the State of New Jersey Department of Health

AIDS/HIV

1(877)613-4533

AIDS Drug Distribution Program (ADDP) - Information and help applying for ADDP, which provides life-sustaining and life-prolonging medications to low-income persons with no other source of payment for the drugs. Spanish translators available.

1(800)624-2377

AIDS/Sexually Transmitted Diseases (STD) Hotline - Information and referral services for HIV and STD prevention and treatment services. Multilingual translation services available.

1(800)353-3232

Health Insurance Continuation Program - Information and help applying for the insurance continuation program for people with HIV/AIDS who are unable to maintain their private insurance because of their illness. Spanish translators available.

1(866)HIV-CHECK

1(866)448-2432

Rapid HIV testing - Information on the rapid HIV test and help finding a testing site. Spanish translators available.

Birth/Death/Vital Records

1(866)649-8726

Nationwide toll-free number. Get information on New Jersey vital records for births, deaths, marriages, civil unions, domestic partnerships, adoptions, and certificates of birth resulting in stillbirth. Spanish translators available.

Charity Care

1(866)588-5696

Hospital Care Payment Assistance Program (Charity Care) - Information on New Jersey's program providing payment assistance to hospitals offering inpatient and outpatient services to the poor. Spanish translators available.

Complains About Health Care Facilities

1(800)792-9770

Complaint Hotline - Members of the public - including patients and health care facility employees - may call to file complaints about hospitals, ambulatory surgery centers, home health agencies, nursing homes, assisted living facilities, comprehensive personal care homes, adult medical day care, pediatric medical day care facilities, and a range of other licensed acute- and long-term care facilities. Spanish translators available.

Consumer Reports on Health Care Quality

1(800)418-1397

Call to obtain copies of two consumer reports produced by DOH - Cardiac Surgery in New Jersey and the New Jersey Hospital Performance Report.

Department of Health

1(800)367-6543

Toll-free number to reach all DOH offices. Spanish translators available.

Early Intervention System

1(888)653-4463

System Point of Entry for referral for children with developmental delays and disabilities, birth to 3 years of age. Language line services and translators available.

Environmental Health and Radon

1(800)792-8831

Info Line - Offers information on environmental health and radon issues.

Family Health

1(800)328-3838

Family Health Line - Information and referral to health screening and treatment services. Areas in which help is available include: addiction during pregnancy, prenatal care, postpartum depression awareness and treatment, child and adolescent services, family planning, WIC services, immunization, cystic fibrosis, cancer education and early detection, and finding a primary health care center. Language line services available.

Hepatitis B Reporting

1(800)792-8831

To report cases of Perinatal Hepatitis B.

Immunization Information

1(800)792-8831

Info Line - Offers information on immunization in New Jersey.

Nursing Home Ombudsman

1(877)582-6995

Ombudsman for the Institutionalized Elderly Hotline - Concerned persons may file complaints about abuse, neglect, or exploitation of persons age 60 or older in long-term care facilities. Callers may remain anonymous.

Poison Control

1(800)222-1222

Emergency line. New Jersey Poison Information and Education System Emergency Hotline - The public can access immediate information and emergency treatment in case of poisoning.

Postpartum Depression

1(800)328-3838

Information on postpartum depression (PPD) as well as treatment and referral services for women experiencing PPD. Language line services available.

Quit Smoking Services

1(866)NJSTOPS

1(866)657-8677

New Jersey Quitline - Free telephone-based counseling service in 26 languages for people who want to quit smoking. Individualized treatment plan and ongoing support. Multilingual services available.

Sexually Transmitted Diseases (STD)

1(800)624-2377

STD/AIDS Hotline - Information and referral services for STD and HIV prevention and treatment services. Multilingual services available.

Senior Services and Benefits

1(877)222-3737

ADRC (Aging & Disability Resource Connection) - Find out about and access important federal, state, and local senior services, through the state's senior service delivery system. Language line services available.

1(800)792-9745

Information on benefits and eligibility requirements for four programs: PAAD and Senior Gold prescription assistance, Hearing Aid Assistance to the Aged and Disabled, and the Lifeline utility assistance program. An operator speaks English and Spanish.

1(800)792-8820

Senior Information Line - Helps individuals 60 and older learn about various federal, state, and local service programs. Language line services available.

SHIP (State Health Insurance Assistance Program)

1(800)792-8820

SHIP Information Center - Help for New Jersey Medicare beneficiaries who have problems with, or questions about, their health insurance. This includes questions about benefits, claims, supplement policies, prescription coverage and long-term care insurance. Language line services available.

Sudden Infant Death Syndrome (SIDS)

1(800)545-7437

The SIDS Center of New Jersey provides culturally competent bereavement support for grieving families and SIDS risk reduction education. Language line services available.

WIC

1(866)446-5942

Supplemental Nutrition Program for Women, Infants, and Children - Information on the program and help finding a WIC agency. Language line services available.