

Hillsborough Community Resource Guide



This guide includes local resources for food, healthcare, mental health and substance use, financial help, transportation, housing, and more.

2024

Food

Hillsborough Community Assistance Network (CAN)

Food pantry that offers temporary assistance including food, toiletries, and cleaning products.

908-369-3880

hillsborough-nj.org/social-services-page-list/291-community-assistance-network

Hillsborough Feeding Hands Food Pantry

Food and grocery basics, plus connections to other services.

908-397-6452

feedinghandspantry.org

Food Bank Network of Somerset County

Food (including fresh, frozen, and refrigerated), personal care items, and cleaning supplies.

732-560-1813

somersetfoodbank.org

Supplemental Nutrition Assistance Program (SNAP)

Financial help for families with low incomes to buy groceries at most food retail stores and some farmers markets.

Call a SNAP Navigator at 908-838-4831 or email SNAPOutreach@cfnj.org for help applying.

www.nj.gov/humanservices/njsnap/apply/ways/

Women, Infants, & Children (WIC)

Healthy foods for infants and children under 5 in families with low incomes, as well as pregnant, breastfeeding, and postpartum women. WIC also offers breastfeeding support, nutrition education, immunization screening, and health care referrals.

908-685-8282

nj.gov/health/fhs/wic/participants/



Healthcare and Health Insurance

Hillsborough Child Health Clinic

Well-baby exams and vaccines for children and teens with no health insurance.

908-725-9355

hillsborough-nj.org/health-page-list/288-clinics

Zufall Health

Medical and dental clinic where adults and children can get healthcare, regardless of insurance or ability to pay.

908-526-2335 (Somerville) or 609-853-7600 (Plainsboro)

zufallhealth.org

NJ FamilyCare/Medicaid

Affordable health insurance for uninsured children and low-income adults. It covers doctor visits, prescriptions, dental, vision, mental health, and hospitalization.

908-526-8800

njfamilycare.org

GetCoveredNJ

Access to shop for a health insurance plan, and financial help to lower costs.

833-677-1010

nj.gov/getcoverednj/

State Health Insurance Assistance Program (SHIP)

Free help to Medicare members who have questions about health insurance.

800-792-8820

nj.gov/humanservices/doas/services/q-z/ship/

Family and Children

Central Jersey Family Health Consortium

Resources for families, parents, and pregnant women including health, emotional wellness, baby items such as car seats and strollers, early intervention for children with developmental delays or disabilities, and referrals to additional services.

732-937-5437

cjfhc.org/what-we-do/community/

Community Childcare Solutions

Help with finding, choosing, and paying for high-quality childcare.

908-927-0869

communitychildcaresolutions.org

Safe+Sound Somerset

Help for survivors of domestic abuse and sexual violence with safety, hope, and healing from trauma. Services include safe emergency housing, counseling, and legal advocacy.

866-685-1122

safe-sound.org

Pioneer Family Success Center

Helpful resources for families and free events, programs, and activities.

908-722-4400

pioneerfsc.com

Mental Health and Substance Use

988 Suicide & Crisis Lifeline

24/7 free and confidential support for people in distress. 988 also provides prevention and crisis resources for loved ones.

Dial 988, send a text to 988, or chat on the website.

988lifeline.org

Behavioral Health System Navigator – Somerset County

Help with connecting to mental health and substance use treatment, prevention, and recovery support services.

Contact Stephanie Billitz at sbillitz@co.somerset.nj.us or call 908-203-6130.

co.somerset.nj.us/government/human-services/operations-planning/behavioral-health-system-navigator

Psychiatric Emergency Screening and Services (PESS)

Mobile outreach to people in psychiatric crisis. Rapid mobile outreach focused on crisis intervention, planning, and follow-up appointments.

908-526-4100

bridgewaybhs.org/services.somerset.pess.html

Family Crisis Intervention Unit

Services for children and families include crisis intervention and stabilization, short-term family treatment, case management, linkage to community resources, and more.

908-704-6330

co.somerset.nj.us/government/human-services/youth-services/family-crisis-intervention-unit



Mental Health and Substance Use

Richard Hall Community Mental Health Center

Services for mental health and substance use, including medication management, therapy, and 24/7 crisis services.

908-253-3165

co.somerset.nj.us/government/human-services/mental-health

Tri County Care Management Organization

Resources for children with complex behavioral, emotional, social, and mental health challenges.

908-526-3900, Option 8

tricountycmo.org

ReachNJ

Referrals to treatment and support services for substance use, as well as resources for families.

844-REACHNJ

reachnj.gov

NJ Quitline

Coaches help people create a plan to quit vaping or smoking, including how to cope with cravings and ways to avoid relapse.

866-NJ-STOPS

njquitline.org

EmPoWER Somerset

Education, collaboration, and connections to resources to promote healthy, drug-free communities.

908-722-4900

empowersomerset.com/resources/



Work and Financial

Social Services – Somerset County

Financial help, employment resources, housing, transportation, family services, and more.

908-526-8800

co.somerset.nj.us/government/affiliated-agencies/social-services

Work First New Jersey (Cash Assistance)

Includes Temporary Assistance for Needy Families (TANF) and General Assistance (GA).

Monthly cash, short-term housing support, child care, and employment resources.

800-792-9773

njhelps.gov

Catholic Charities – Family Financial Stabilization

Financial counseling, as well as help with rent, mortgage, and utilities.

908-722-1881

ccdom.org/somerset-family-financial-stabilization

Greater Raritan Workforce Development Board

Resources for job searching, training opportunities, career exploration, skills analysis, and more.

908-541-5780

thegrwdb.org/resources/for-jobseekers/

Unemployment Insurance

Financial help for people who lose their jobs through no fault of their own.

908-704-3366

myunemployment.nj.gov

Hillsborough Library Branch

Resources for job searching, unemployment, resume help, new skills, and career change.

908-458-8420

sclsnj.org/jobs/

Transportation

Transportation – Somerset County

Public transportation (SCOOT, DASH, and CAT shuttles) for community members and para-transit services for senior citizens and adults with disabilities.

800-246-0527

co.somerset.nj.us/government/public-works/transportation

RideWise

Resources for public transportation and how to use it, and information about commuting, biking, hiking, safety, and sustainability.

908-704-1011

ridewise.org/transitconnect/

Hillsborough Senior Transportation

Safe and dependable transportation for people 60 and older who have no other transportation.

908-369-3880

hillsborough-nj.org/departments/social-services

Housing and Utilities

Central Jersey Housing Resource Center

Help with finding and applying for low/moderate income housing, and financial counseling about home rental and ownership.

908-446-0036

cjhrc.org

Norwescap Housing Support and Energy Assistance

Housing support includes financial counseling and help with paying back rent, mortgage payments, and security deposits. Energy assistance helps pay utility bills, as well as weatherization, lead remediation, and other services to make homes safer and more energy-efficient.

908-454-7000

norwescap.org/what-we-do/housing-support/
norwescap.org/what-we-do/energy-assistance/

Affordable Connectivity Program

Discounts for internet access - up to \$30/month for service and up to \$100 for a computer or tablet.

877-384-2575

getinternet.gov/apply

Alternatives

Services for people experiencing homelessness, people with mental health conditions, and people with intellectual and developmental disabilities, including case management, shared supportive housing, and other housing options.

908-685-1444

alternativesinc.org

Legal

Legal Services of New Jersey

Free civil legal help for people with limited income, people 60 and older, and people affected by HIV/AIDS.

908-231-0840

lsnj.org

Catholic Charities - Immigration Services Program

Legal help for immigrants including consultation and representation.

732-324-8200

ccdorm.org/immigration-services

Seniors

Office on Aging & Disability Services - Somerset County

Resources for seniors and adults with disabilities including transportation, meal delivery, wellness programs, and caregiver support.

908-704-6346

co.somerset.nj.us/government/human-services/aging-disability-services



DIAL
2-1-1



TEXT
YOUR ZIP CODE TO 898-211



CHAT
www.nj211.org

Free. Confidential. Multilingual. Always Open.

211 helps to connect people to a variety of resources and programs.

Hillsborough Health Department
908-369-5652



Public Health
Prevent. Promote. Protect.