

Table 1

Health and Mental Health			
COVID-19 testing centers	Health	Symptom check self assessment and testing center look-up	
Yoga With Adriene	Health	Free yoga classes.	
Grokker	Health	Free access to online fitness / wellbeing classes through April 30.	
CLI Studios	Health	Free dance classes.	
Headspace	Mental Health	Free online guided meditations.	
New Jersey Mental Health Cares	Mental Health	NJ Mental Health Cares is New Jersey's behavioral health information and referral service. Our staff of behavioral care specialists use their experience and understanding of the behavioral health system to provide emotional support for issues related to COVID-19 and other mental concerns.	1-866-202-Help (4357) TTY: 877-294-4356 help@njmentalhealthcares.org
NAMI New Jersey	Mental Health	NAMI NJ is dedicated to improving the lives of people affected by mental illness.	732-940-0991 In a crisis text NAMI to 74174
SAMHSA	Mental Health	Disaster Distress help line, 24/7 365 days a year. Substance abuse, mental health services and crisis counseling.	1-800-985-5990
FCP/DOW Community Program Directory	Mental Health	The Family and Community Partnerships' Community Program Directory provides public access to statewide resources that are designed to support family success and keep children safe.	1-800-572-SAFE (7233) TTY:888-252-SAFE (7233)

Health and Mental Health			
COVID-19 testing centers	https://covid19.nj.gov/faqs/nj-information/testing-information/where-are-testing-centers-in-new-jersey		
Yoga With Adriene	https://www.youtube.com/user/yogawithadriene		
Grokker	https://grokker.com/individuals		
CLI Studios	https://www.instagram.com/clistudios/		
Headspace	https://www.headspace.com/covid-19		
New Jersey Mental Health Cares	www.njmentalhealthcares.org		
NAMI New Jersey	http://www.naminj.org/where-to-get-help/state-services/		
SAMHSA	https://www.samhsa.gov/find-help/disaster-distress-helpline		
FCP/DOW Community Program Directory	https://www.nj.gov/dcf/families/dfcp/index.html https://www.nj.gov/dcf/families/dfcp/DFCPDirectory.pdf		