

Community & Social Emotional Resources:

Below are various local resources available at no cost to children & families.

Free & Reduced Lunch Application

Your child may qualify for free and/or reduced lunch- see [free/reduced lunch application here](#).
El solicitud para comida gratuita o de precio reducido [en Español aquí](#).

Local Food Pantries

[Click here](#) for a complete list of food pantries in Monmouth County.

[Haga clic aquí](#) para obtener una lista de las despensas de alimentos en Monmouth County.

Perform Care 1-877-652-7624 (available 24 hours a day, 7 days a week)

Perform Care can assist with emotional, behavioral and/or mental health needs for youth ages 5 through 21. Services recommended by Perform Care are FREE. Insurance is not necessary and does not affect eligibility for services in any way.

When calling Perform Care, you will be connected with a representative. The representative will ask a series of pre-determined questions (asked of everyone who calls). Some questions may not apply, but they are necessary to best direct you to the proper resources. Please share any/all concerns accurately with the representative.

Following the short initial interview, Perform Care may send a representative to your home to conduct a needs assessment (within 72 hours). The needs assessment will be used to determine which resources and/or supports may be appropriate.

[See Perform Care Flyer here \(English\)](#)

[Más información de Perform Care aquí \(Español\)](#)

Mobile Response stabilization services can be accessed through Perform Care.

PerformCare may authorize mobile response stabilization services (MRSS) to come to your home within one hour of notification to provide face-to-face crisis services. The goal is to stabilize behavior and keep your child at home. Mobile response is available 24 hours a day, seven days a week, and can offer up to eight weeks of stabilization services.

[Access Mobile Response brochure here](#)

[Más información de Condado de Monmouth Sistema de Respuesta Móvil y Establización de niños \(CMRSS\) aquí](#)

Family Based Services Association 732-542-4502 or email: info@fbsanj.org

Family Based Services can assist in connecting parents/guardians and their families with appropriate services within the community. This is a parent run organization designed to provide support and guidance to parents/guardians in navigating services, understanding their child's needs and more. [Learn more about FBSA here](#).

Garden State Equality 973-509-5428

Ashley Chiappano (Safe Schools Coordinator) chiappano@gardenstateequality.org

Established in 2004, Garden State Equality (GSE) is the largest LGBTQ advocacy organization in New Jersey and one of the most successful statewide civil rights organization for the LGBTQ community in the nation. Services include advocacy, policy work, and trainings.

In collaboration with community partners, Garden State Equality led efforts to ensure nondiscrimination for transgender people and gender nonconforming people in New Jersey.

[Learn more about GSE here](#)

[FAQ: Transgender Student Rights in New Jersey](#)

Family Crisis Intervention Unit (FCIU)

732-542-2444 (Mon-Fri 9am-5pm) OR 732-996-7645 (after hours)

The Family Crisis Intervention Unit (FCIU) is a program offered through the Mental Health Association (MHA) of Monmouth County. Services are provided to Monmouth County youth ages 10-14. FCIU helps children with behavioral difficulties and assists families in changing behaviors to increase academic productivity and reduce conflict within the family. FCIU provides counseling, de-escalation services, intervention services, guidance, referral assistance and/or case monitoring as needed for crises. FCIU aims to deal with problem behaviors to prevent involvement with the juvenile-justice system. FCIU offers both case management and counseling services.

[Learn more about how you can access FCIU's services here.](#)

Bayshore Family Success Center 732-497-3811

The Bayshore Family Success Center is located at the Henry Hudson Trail Activity Center in Leonardo. The center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information and services.

The purpose of Family Success Centers is to enrich the lives of children and parents by making families and neighborhoods stronger. Families receive support in dealing with the stress of parenting and everyday issues.

The Bayshore Family Success Center is committed to strengthening families and inspiring parent, family and community involvement.

[Learn more about programs and services available through Bayshore Family Success Center here.](#)

Hotlines & Text Lines:

National Suicide Prevention Hotline 1-800-273-TALK (8255)

The Lifeline provides 24/7 free and confidential support for people during emergencies. The Lifeline also helps specific groups, such as youth, loss survivors, veterans, LGBTQ+, and more, cope with suicidal thoughts.

NJ Hopeline 1-855-654-6735

The NJ Hopeline has specialists available 24/7 who offer counseling and support over the phone.

2NDFloor Youth Helpline 1-888-222-2228

2NDFLOOR is a confidential helpline for New Jersey's youth that helps find solutions to problems they face at home, at school, or at play.

Crisis Text Line Text: 741741

Crisis Text Line is free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. Their first priority is helping people move from a hot moment to a cool calm, guiding you to create a plan to stay safe and healthy.

Online Social Emotional Learning

PBS online has various articles, shows and games centered about self-awareness and safety. The activities offered are categorized by age and offer social skills and character education.

<https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness>

Centervention offers free resources and activities for social emotional learning and activities.

<https://www.centervention.com/social-emotional-learning-activities/>

Playworks offers various games to play to enhance social emotional learning. There are some links to various games in various categories, or you can download the game guide for 150 games.

<https://www.playworks.org/resource/twelve-games-to-teach-students-social-emotional-learning/>

Kids health offers various articles about mindfulness, this link goes directly to their mindfulness exercises.

<https://kidshealth.org/en/kids/mindful-exercises.html>

Here are some helpful tips for practicing mindfulness and meditation.

<https://leftbrainbuddha.com/10-ways-teach-mindfulness-to-kids/>