

PHONE NUMBERS for FOOD, TRANSPORTATION & MENTAL HEALTH RESOURCES

“We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.” Dorothy Day

The [Kingston Estates Swim Club](#) (KESC) and the [Greater Kingston Civic Association](#) (GKCA) wanted to reach out to you and let you know your neighbors care. In these trying COVID-19 times, know that you are not alone! Neighbors and local businesses are stepping up to help each of us navigate these difficult days. We compiled a list of official resources that may be helpful, with phone numbers for those elders or others among us with limited access to technology:

- **State of New Jersey:** [covid19.nj.gov/](https://www.covid19.nj.gov/)
- **Cherry Hill Township:** [cherryhill-nj.com](https://www.cherryhill-nj.com) or (856) 488-7878
 - **Cherry Hill Senior Services** (856) 661-4800
 - **Cherry Hill Township Facebook:** [facebook.com/CherryHillTwp/](https://www.facebook.com/CherryHillTwp/)
- **[What’s up in Cherry Hill \(OFFICIAL\)](#):** This is a private community group & you must join to navigate the site.

Food & goods:

- **[Cherry Hill Food Pantry](#):** 910 Beechwood Avenue, Cherry Hill, NJ (856) 910-9090
- **[Camden County Division of Senior and Disabled Services](#):** (856) 858-3220 8am-4:30pm
 - Counseling, dialysis transportation, etc.
 - Call (856) 374-MEAL(6325) for home delivered meals for eligible persons.

Transportation:

- Please note that during this time, Cherry Hill Township senior bus services are suspended
- **[Sen-Han Transit](#):** (856) 456-3344 Mon-Fri 9am-12:30pm for transportation. Reservations are required, 2 days to 2 weeks prior.
- **[State of New Jersey](#):** info on trains, light rail, buses.

Mental Health Services:

Conditions are very difficult now more than ever. Even if you just need a person to talk to, do not hesitate to reach out. There are people ready to listen.

- **[NJ Mental Health Cares](#)**, the state’s behavioral health information & referral service, **offers help to people dealing with the anxiety and worry related to the COVID-19 outbreak.** Call (866) 202-HELP(4357) for **free, confidential support**, Mon-Fri 9am-5pm
 - Individuals who are deaf &/or hard of hearing can call (973) 870-0677 VP
- **[National Suicide Prevention Lifeline](#):**
 - **Video Relay Service or Voice/Caption Phone** (800) 273-8255
 - **TTY** (800) 799-4889.

Help is out there. We care about you. Stay safe.

Please share this with anyone with limited access to technology.

Current as of 4/26/2020 KESC/GKCA