



WELCOME TO NEW JERSEY

THE GARDEN STATE!

Information for Newcomers

Last updated October 2022

This is a welcome packet with a set of resources intended to support you and your family. You will find information about resources and services including legal services, food and income assistance, health care and mental health services, school enrollment, getting a state identification card, and transportation. All the topics have links that will direct you to the indicated websites. There are also flyers and contact information regarding the different services and resources available to New Jersey residents.

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Additional Resources

- New Jersey Department of Human Services Resources ([English](#), [Spanish](#))
- New Jersey Office of New Americans Services ([Bilingual: English, Spanish](#))
- New Jersey List of Pro Bono Legal Service Providers ([English](#))
- Women, Infants, and Children (WIC) Food and Nutrition Assistance ([English](#), [Spanish](#))
- County Board of Social Services ([DHS Website](#))
- Federally Qualified Health Centers ([DOH Website](#))
- New Jersey Department of Health K-12 Immunizations ([English](#))
- Legal Services for unaccompanied migrant children ([Bilingual: English, Spanish](#))
- Education for Homeless Children and Youth Program ([By District Website](#))
- 5 Things You Should Know About New Jersey Law and Discrimination ([English](#), [Spanish](#))
- 5 Things You Should Know About Protections Against Discrimination in School ([Eng.](#), [Span](#))
- Hispanic Women's Resource Centers ([English](#), [Spanish](#))
- Identity Theft and Phishing ([English](#), [Spanish](#))
- Avoiding Immigration Services Scams ([English](#), [Spanish](#))
- Elder Fraud ([English](#), [Spanish](#))
- New Jersey Hourly Wage ([English](#))

Need Legal Assistance?

Understanding your immigration status and what options may be available to you and your family to seek immigration relief is important. Here are some resources if you need legal support.

If you are seeking asylum, your case may be in different stages of the asylum application process and you may be scheduled for a court hearing in New Jersey or another state. Here are some important resources and information for you.

Note: You can learn more about your next step with immigration or court date by calling 1-800-989-7180 or visiting this [website](#). You can also click [here](#) for Immigration and Customs Enforcement's (ICE) informational website for individuals who were released from the custody of immigration officials along the southwest border of the United States and instructed to report to a U.S. Immigration and Customs Enforcement (ICE) office.

Legal services providers for general assistance

You may call the organizations for a consultation or advice; please note that representation by any of these organizations depends on capacity and is not guaranteed.

Free or low cost and expert legal counsel and representation is available to individuals who are at risk and vulnerable to deportations or are facing deportation/removal proceedings in New Jersey and do not have access to legal counsel.

[American Friends Service Committee](#): Call 973-643-1924 to request a consult

[Legal Services of New Jersey \(LSNJ\)](#): Call 732-572-9100 ext. 8782 or visit [here](#) to request a consult

[Catholic Charities of Newark](#) also runs an Immigration Court HelpDesk at the Newark Immigration Court, to provide information and other legal assistance (not representation). You may find them at 970 Broad Street, Newark, NJ, from 9 a.m. to 1 p.m. Mondays through Thursdays.

Immigration legal services for unaccompanied minors or youth

Free legal counsel and social services coordination is available to migrant children and youth under age 21 who arrive in New Jersey as unaccompanied minors seeking refuge.

[Kids in Need of Defense](#): Call or text 201-305-9217, or email UACscreening@njcic.org

Pro Bono (free) Immigration Legal Services Providers are listed [here](#)

Applying for asylum

[United States Citizenship and Immigration Services Information about applying for asylum](#)

If you are eligible for asylum, you may be permitted to remain in the United States. To apply for asylum, you must file a [Form I-589, Application for Asylum and for Withholding of Removal](#), within one year of your arrival to the United States. You may include your spouse and children who are in the United States on your asylum application at the time you file or at any time until a final decision is made on your case. To include your child on your application, the child must be under 21 and unmarried.

If you have a pending asylum application, you may be eligible to apply for an **employment authorization**. To apply, you must file Form I-765, Application for Employment Authorization, 150 days after you file your asylum application. You are not eligible to receive an Employment Authorization Document (EAD) until your asylum application has been pending for at least another 30 days, for a total of 180 days, commonly referred to as the 180-Day Asylum EAD Clock.

I-94s

An [I-94 Electronic Form](#) is an admission record that has your entry date to the United States, status, and departure date, if you entered with inspection/valid entry documents. If you have misplaced this document, you can retrieve it [here](#).

Need Food or Income Assistance?

Food pantries

Many food pantries and soup kitchens can help you get a free meal or perishable food. To find a food pantry or soup kitchen near you, call or text 2-1-1. NJ 211 provides daily live assistance 24 hours a day. The service is free, confidential and multilingual. You can simply dial 2-1-1, text by sending your zip code to 898-211), or [chat online](#). Whichever method you choose, you will be communicating with a community resource specialist who has been educated about federal, state and local systems created to help.

Women, Infants, and Children (WIC) Program

WIC provides food and nutrition assistance to pregnant women and children up to 5 years old. WIC services are available regardless of immigration status. You can apply at a [WIC office](#). To find one near you, click [here](#).

Fact sheets about WIC are available in multiple languages [here](#)

New Jersey Supplemental Assistance Program (NJSNAP)

NJSNAP helps eligible households purchase foods at grocery stores or farmer's markets. Eligible families and qualified immigrants can apply for NJSNAP online by visiting [NJHelps.gov](https://njhelps.gov) or by going to their local [county social services agency](#).

Temporary Assistance for Needy Families (TANF)

TANF provides temporary cash assistance and emergency housing assistance to eligible families with children to meet their basic needs. Eligible families and qualified immigrants can apply for TANF by visiting [NJHelps.gov](https://njhelps.gov) or going to their local [county social services agency](#).

General Assistance (GA)

GA provides temporary cash assistance or emergency housing assistance to eligible single individuals to meet their basic needs. Eligible and qualified immigrants can apply for GA by visiting [NJHelps.gov](https://njhelps.gov) or going to their local [county social services agency](#).

Concerned about accepting benefits and the “Public Charge?”

If you are applying for a green card (lawful permanent resident status), visa/visa extension, or a change of status you must pass a “public charge” test to assess if the person will be dependent on government benefit. The only benefits that are considered in the public charge test are cash assistance programs that provide on-going support including Supplemental Security Income (SSI), TANF, and General Assistance. Long-term institutional care, such as a nursing home, paid by the government is also included. If you are unsure if this applies to you or a family member, please consult with an immigration attorney.

Need Health Care and Mental Health Supports?

Federally Qualified Health Centers (FQHCs)

FQHCs are community-based health centers that provide free or low-cost health care services to individuals who do not have health insurance. Health centers provide a wide range of services that include:

- Comprehensive Primary and Preventive Health Care
- Pediatric Services
- Dental Care
- Women's Health
- Behavioral/Mental Health
- Lab Services
- HIV/AIDS Counseling and Testing
- And much more.

Health centers are located statewide. To locate the health center nearest you, please visit [here](#).

New Jersey Hospital Care Payment Assistance Program

The program is available to patients for inpatient and outpatient services at all acute care hospitals throughout New Jersey. Medically necessary services may be [eligible](#) for patients who meet income and asset criteria. For more information, check [English](#) and [Spanish](#).

Mental Health Supports

[Mental Health Cares](#) offers behavioral health information and referrals to individuals needing emotional support or other mental health concerns. They are available 7 days a week, from 8 am to 8 pm at 1-866-202-HELP (4357) or by texting NJHOPE to 51684.

988 Suicide & Crisis Lifeline If you are having thoughts of suicide or are experiencing a mental health or substance use related crisis, call or text 988.

Sign language users can call 973-870-0677 videophone for emotional support.

Individuals needing addiction treatment assistance can call 1-844-ReachNJ (1-844-732-2465) 24 hours a day, seven days a week, to get connected to treatment, regardless of whether they have health insurance.

Healthcare coverage

New Jersey Medicaid, also known as NJ FamilyCare, provides free or low cost health insurance for eligible individuals and families, including pregnant women, children, and individuals with disabilities. Individuals can self-screen for NJ FamilyCare at [NJHelps](#) and apply online at [NJ FamilyCare](#).

The Children's Health Insurance Program (CHIP) provides free or low-cost healthcare coverage to children under the age of 19 who meet certain family income requirements. To apply, please visit the [NJ FamilyCare website](#).

Immigrant eligibility for Medicaid

Children age 18 or younger and pregnant women who are lawfully present are able to apply for NJ FamilyCare, regardless of when they entered the United States. They do not have to wait five years to be eligible. Adults who are legal permanent residents of the United States must have had that status for at least five years to be eligible for NJ FamilyCare. Please contact NJ FamilyCare for [eligibility](#).

Medical Emergency Payment Program

If you or your child(ren) are residents of New Jersey, have had a recent medical emergency and are not eligible for NJ FamilyCare because you do not meet the citizenship/immigration

requirements, you or your children may be eligible for payment of certain emergency medical services through NJ FamilyCare.

To access the Medical Emergency Payment Program, individuals must:

- be an established New Jersey resident;
- have no documentation from the U.S. Citizenship and Immigration Service (USCIS); or
 - have lawfully present status (green cards or some visas) or other restricted immigration status but entered the United States on or after August 22, 1996, and you have not resided in the United States for 5 years; or
 - are a non-immigrant (student, child of a worker or visitor on business).
- have income within the appropriate standard for household size
- meet all other Medicaid eligibility requirements.

How do I apply for the Medical Emergency Payment Program for undocumented residents?

When an emergency medical event occurs as described above, the hospital will initiate the application process for the Medical Emergency Payment Program.

- The hospital will ensure that the application and necessary documents are completed before an individual is discharged.
- The hospital will submit the documentation to the appropriate county board of social services, where the eligibility determination will be completed.
- If additional information is required, the board may outreach the applicant or their representative for additional information. Notices of eligibility determinations will be sent to the address on the application.
- Once an individual is determined eligible, the claims will be submitted to Medicaid for payment.

Get Covered NJ - health insurance through the Affordable Care Act

Newcomers are also eligible for health insurance plans under the Affordable Care Act. [Get Covered NJ](#) is New Jersey's official health plan marketplace for these plans. Newcomers have the option to apply within 60 days' post arrival, or otherwise wait until open enrollment, which runs from November 1 to January 31.

Need to Enroll Your Children in School?

New Jersey offers free public school from kindergarten (K) age 5 through 12th grade, in the school district where you [reside](#).

Head Start is a school readiness program for children up to age 5 that is free for low income families regardless of immigration status, dependent on [eligibility](#).

Immunizations

Students who do not have the required vaccines may not be able to attend school until they have received the appropriate vaccines or an exemption form has been submitted to the school nurse. You can learn more about required immunizations and how to submit documentation by going [here](#).

Need Identification?

State identification, or photo identification, cards, are provided to New Jersey residents regardless of their immigration status. This is solely an identification card and cannot be used for driving purposes.

A New Jersey Driver's License is another form of state identification and required for driving privileges. All applicants applying for a [New Jersey Driver License](#) must be eligible and undergo a [written](#) and [drivers exam](#). You can get a New Jersey license regardless of immigration status.

You can apply in-person at [New Jersey Motor Vehicle Commission](#) location.

An alternative to the state identification cards are **city identity cards**. Some cities in New Jersey issue a photo identification card for residents that provide access to various services, programs, and discounts in the city. Please contact the [local municipal/ town hall](#) offices to verify if your city offers these identification cards.

Need Transportation?

NJ TRANSIT is New Jersey's public transportation system. NJ TRANSIT covers a service area with bus, rail and light rail transit linking major points in New Jersey, New York, and Philadelphia.

Where can I find information about fares?

Fares depend upon many factors such as distance traveled, type of ticket purchased, type of transportation utilized, date and/or time of day. For specific trip fares, you need to check the schedule and [route information](#). Tickets for all modes of transportation can be purchased on the [NJ TRANSIT](#) app, at a ticket vending machine, or at a staffed ticket office. Station information with addresses, parking, and ticket office hours can be found [here](#).

What if I need to travel outside of New Jersey, New York, and Philadelphia?

NJ TRANSIT connects with other transportation providers at major locations across the system.

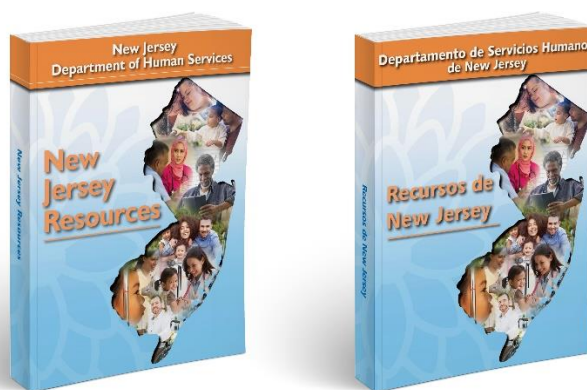
- [Amtrak](#) - provides rail service along the Northeast Corridor and national long-distance rail service. NJ TRANSIT customers can connect to Amtrak at Newark, Trenton, Metropark, New York, and Philadelphia 30th Street stations.
- [BurLink](#) - operates shuttle bus service in Burlington County from several stations along the River LINE.
- [Dock and Roll Shuttle](#) - connects Monmouth County's shore communities and ferry service to Lower Manhattan.
- [Greyhound](#) - provides intercity bus services to 2,400 locations in North America. NJ TRANSIT customers can connect to Greyhound at Port Authority Bus Terminal, Newark Penn Station, Philadelphia's Greyhound Bus Terminal or Atlantic City.
- [MTA](#) - operates New York City transit subway and buses, Metro-North Railroad, Long Island Rail Road, and other services, and customers can connect to MTA services at New York Penn station, Port Authority Bus Terminal or George Washington Bridge Bus Terminal.
- [New York Waterway](#) - provides trans-Hudson River ferry service with connections available at Hoboken Terminal, Port Imperial, Exchange Place, Pavonia-Newport and other locations along the Hudson waterfront.
- [PATCO](#) - provides rail service between Southern New Jersey and Philadelphia and customers can connect at the Walter Rand Transportation Center (Camden) or Lindenwold.
- [PATH](#) - provides frequent service 24 hours a day between Newark, Jersey City, Hoboken, and New York with connections from NJ TRANSIT at Newark Penn Station or Hoboken Terminal.
- [SEPTA](#) - provides transit service in Philadelphia and Southeastern Pennsylvania. NJ TRANSIT customers can connect to SEPTA service at Trenton Transit Center or Philadelphia 30th Street Station.

Things You Should Know About New Jersey's Discrimination Law, Workplace Rights, and Resources

- For information on New Jersey's law against discrimination, please click [here](#) for English and [here](#) for Spanish.
- For information on how to file a discrimination complaint, please click [here](#) for English and [here](#) for Spanish.
- For information about protections from sexual harassment, please click [here](#) for English and [here](#) for Spanish.
- For information about protections from discrimination and harassment in school, please click [here](#) for English and [here](#) for Spanish.

- For information about protections from discrimination in housing, please click [here](#) for English and here for [Spanish](#).
- For information about protections from discrimination in housing based on the source of lawful income you plan to use to pay rent, please click [here](#) for English and [here](#) for Spanish.
- Click [here](#) for more information on the Department of Labor and Workplace Development Workers' Rights for Immigrant and Refugee Communities, Wage and Hour Laws, Wage Theft Complaints, and more.

For more information on all of New Jersey's resources, please review *New Jersey Department of Human Services Resource Guide*. For English, please click [here](#). For Spanish, please click [here](#)



For more information on the *Office of New Americans*, please click [here](#).

NEW JERSEY DEPARTMENT OF HUMAN SERVICES

New Jersey Human Services is here to help you and your family.

GET HELP WITH:



AFFORDING HEALTH CARE COVERAGE

Visit www.NJFamilyCare.org
1-800-701-0710



AFFORDING GROCERIES

Visit www.NJSNAP.gov
1-800-687-9512



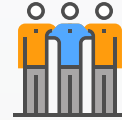
INCOME ASSISTANCE FOR INDIVIDUALS AND FAMILIES

Visit NJHelps.org



CHILD CARE

Visit www.ChildCareNJ.gov
1-800-332-9227



ADDICTION TREATMENT AND RECOVERY

Call 844-REACHNJ



MENTAL HEALTH & EMOTIONAL SUPPORT

Suicide & Crisis Lifeline 988
NJMentalHealthCares 866-202-HELP
ASL Videophone 973-870-0677



SUPPORTS FOR OLDER RESIDENTS

Call 877-222-3737



SERVICES FOR INDIVIDUALS WITH DISABILITIES

Call 888-285-3036



State of New Jersey
Phil Murphy, Governor | Sheila Oliver, Lt. Governor



Department of Human Services
Sarah Adelman, Commissioner

EL DEPARTAMENTO DE SERVICIOS HUMANOS DE NEW JERSEY

**Los Servicios Humanos de New Jersey está aquí
para ayudarle a usted y a su familia.**

OBTENGA AYUDA CON:



PAGOS DE COBERTURA DE SEGURO MÉDICO

Visite la página www.NJFamilyCare.org
1-800-701-0710



COMPRAS DE COMESTIBLES

Visite la página www.NJSNAP.gov
1-800-687-9512



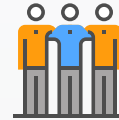
ASISTENCIA DE INGRESOS PARA INDIVIDUOS Y FAMILIAS

Visite la página NJHelps.org



CUIDADO INFANTIL

Visite la página www.NJSNAP.gov
1-800-687-9512



TRATAMIENTO Y RECUPERACIÓN DE ABUSO DE SUSTANCIA

Llame al 844-REACHNJ



APOYO DE SALUD MENTAL Y EMOCIONAL

Línea de prevención del suicidio y crisis 988
NJMentalHealthCares 866-202-HELP
Videollamada ASL 973-870-0677



APOYO PARA RESIDENTES ADULTOS MAYORES

Llame al 877-222-3737



SERVICIOS PARA INDIVIDUOS CON DISCAPACIDADES

Llame al 888-285-3036



Estado de New Jersey
Phil Murphy, Gobernador | Sheila Oliver, Vicegobernadora



Departamento de Servicios Humanos
Sarah Adelman, Comisionada