

**FAMILY MEDICINE CENTER  
LIST OF COMMUNITY RESOURCES**

**POISON CONTROL: 1-800-222-1222**

**LOCAL ASSISTANCE:**

Ocean County information: <http://www.co.ocean.nj.us/>

OC Board of Social Services, <http://www.co.ocean.nj.us/SocialServices/MainPage.aspx>  
732-349-1500

**LOCAL HOSPITALS:**

Southern Ocean Medical Center

1140 Route 72 West Manahawkin, NJ 08050

609-567-6011

Meridian Health Line & Physician Referral: 1-800-560-9990

Family Resource Center 609-978-3559

AtlantiCare Regional Medical Center

City Division 609-345-4000

Mainland Division 609-652-1000

AtlantiCare Access Center 1-888-569-1000

**DIABETES**

FMC offers free Diabetic education each month in the Little Egg Harbor office, sign up today.

SOMC Diabetic Self-Management Program and Registered Dietician, Stafford Twp.

609-978-3400

Joslin Diabetes Center at AtlantiCare, Egg Harbor Twp. 1-888-569-1000

<http://www.joslin.org/>

AtlantiCare offers Diabetic classes including Cooking classes Call 1-888-569-1000

**TOBACCO CESSATION:** for information on smoking cessation, call or visit these resources:

American Cancer Society 1-800-ACS-2345

NJ Quitline: 1-866-NJ-STOPS

1-800-QUIT-NOW (1-800-784-8669)

<http://www.cdc.gov/features/smokingcessation>

[www.smokefree.gov](http://www.smokefree.gov)

AtlantiCare offers Tobacco Cessation programs, call 1-888-569-1000

**FITNESS**

<http://www.meridianfitnessandwellness.com>

Ocean Club Fitness Center 609-978-2244

## **HOME HEALTH CARE SERVICES**

**Home care services-** Nursing, Therapy, Home health aide services covered by insurance. Generally services are provided to homebound patients with recent changes in their health including recent hospital stay or surgery. Other services include wound care, IV care, and palliative care.

**Hospice services-** Special home care services designed to provide comfort and dignity to those with a terminal illness

Meridian at Home 1-800-655-2555

Holy Redeemer VNA 1-800-255-8986

## **MENTAL HEALTH SERVICES**

Counseling and Psychiatric services:

Ocean Mental Health Service 732-575-1111

Ocean Crest Crisis Center 732-240-3760

AtlanticCare Behavioral Health 609-646-9159

Meridian Behavioral Health:

<http://www.meridianhealth.com/service/behavioral-health/index.aspx>

National Alliance on Mental Illness (NAMI) 1-800-950-NAMI 609-442-0039

[www.nami.org](http://www.nami.org)

## **RELIABLE ON-LINE RESOURCES**

FamilyDoctor.org

This site is operated by the American Academy of Family Physicians (AAFP), a national medical organization representing more than 115,900 family physicians, family practice residents, and medical students. All of the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP.

<http://familydoctor.org/familydoctor/en.html>