

HUDSON
COUNTY
COMMUNITY COLLEGE



**HUDSON
HELPS**

*“Alone, we can do so little;
Together, we can do so much”*

– Helen Keller.

HUDSON HELPS AT HCCC

The mission of **Hudson Helps** is to provide thoughtful, caring, and comprehensive information on access to services, programs, and resources that will assist in addressing basic needs beyond the classroom, ultimately resulting in greater student success.

Hudson Helps seeks to provide a thorough list of services, programs, and resources that address many basic needs of our HCCC community members beyond the classroom.



ADDRESSING FOOD INSECURITY AT HCCC

HCCC Food Pantries

The United States Government Accountability Offices (GAO) recently conducted research and found that increasing evidence indicates that some college students are experiencing food insecurity, which could significantly affect their academic success in a negative way.

Hudson County Community College established food pantries on the Journal Square and North Hudson campuses to address hunger and food insecurity that may exist among the campus population. We welcome the opportunity to work with volunteers throughout the year. Volunteers will receive and distribute donations, sort food items, check for expiration dates, discard expired items, and keep the pantry area clean and organized.

The HCCC Food Pantries are located in the lower level at 2 Enos Place (Journal Square Campus, Room J002, (201) 360-4109) and 4800 Kennedy Blvd, Room N513A (North Hudson Campus, (201) 360-4709).

Please check the portal at <https://myhudson.hccc.edu/hudson-helps> for hours and other useful food pantry information.

NEW JERSEY SUPPLEMENTAL NUTRITIONAL ASSISTANCE PROGRAM (SNAP) BENEFITS FOR COLLEGE STUDENTS



What is NJ SNAP?

Sometimes people feel they should not need help putting food on the table, but sometimes making ends meet is a struggle. If you are not sure how or if you can pay for your next meal or next week's groceries, NJ SNAP may be able to help.

NJ SNAP, formerly Food Stamps, is New Jersey's Supplemental Nutrition Assistance Program that can help low-income families buy the groceries they need to eat healthy.

Do I qualify for NJ SNAP?

Are you a student, age 18 to 49 enrolled at least half-time in a college, university, community college, or business, technical, trade, or vocational school that requires a high school diploma?

If so, you may be eligible for food assistance through New Jersey's Supplemental Nutrition Assistance Program (SNAP). SNAP is a federal program that can help individuals and families with low incomes buy the groceries they need to eat healthy. Eligibility depends on several factors like income, household size, resources, etc. In addition to income eligibility factors, students also must fit other requirements.

For additional information on NJ SNAP and detailed requirements, please visit www.NJHELPS.org
<https://myhudson.hccc.edu/hudson-helps>

HCCC

RESOURCES



Advisement and Transfer

The College offers numerous programs and services to assist them on their path to student success. In support of the College's mission, the Advisement and Transfer Center provides guidance and support to HCCC students by assisting them with identifying and achieving their educational, career and personal goals.

Visit us at: <https://myhudson.hccc.edu/advisement>

Services include:

- Academic advising
- Major selection
- Course planning
- Registration
- Goal setting and Transfer planning

Mental Health Counseling & Wellness Center

In support of the Hudson County Community College mission, the Counseling & Wellness aims to foster the psychological health and well-being of students by helping them overcome obstacles that may otherwise prevent them from attaining academic, personal and professional goals. We embrace the diversity that is embodied in the community we serve, and we acknowledge that the individual needs of our students are unique and varied. Thus, we treat each person with respect and dignity. Through collaboration with others across HCCC, we work to provide programs and services that build a supportive community for all.

All students at HCCC are eligible to:



- Free short-term Clinical Counseling.
- Referrals and Linkages to Community Resources.
- Staff will communicate/collaborate with current Mental Health Providers, with signed releases.
- Follow-up planning upon a student's return to school following a mental health crisis.

Training and supervision of Staff

- All services are provided by a licensed mental health professional.
- All staff are trained to understand and treat emotional, mental health and stress-related disorders.
- All services are confidential, and will not be released without written informed consent.

The Counseling & Wellness Center can provide in-person crisis intervention services during regular business hours. Students seeking counseling are encouraged to call to set up an appointment at (201) 360-4229. Students may also stop by in-person to make an appointment. Hours of operation are Monday through Friday, 9 a.m. - 5 p.m. In an emergency, please call 911 and/or contact Campus Security at (201) 360-4080.

Students' rights to privacy and confidentiality are taken seriously. Communications between the counselor and student are privileged, confidential and safeguarded in our Center. Counseling records do not become part of the educational record. Counseling information is not released to anyone outside of the Counseling Center without a student's written permission. We will not release student records without written consent. There are four exceptions to confidentiality that students should be aware of in which confidentiality does not apply: Imminent harm to self, imminent harm to others or property, abuse of children, the elderly or the disabled and staff consultation/supervision.

We invite students to contact us with your questions or concerns:

Other services:

Throughout the school year the Mental Health Counseling & Wellness Center will host various events such as:

- Wellness Fairs
- Health Screenings
- Mental Health Workshops,
- Etc.

Please periodically visit – Mental Health Counseling & Wellness site for updates.

<https://myhudson.hccc.edu/mental-health-counseling-wellness-center>



Office of Accessibility Services

The Office of Accessibility Services provides educational opportunities for students with documented disabilities. Our office coordinates appropriate accommodations to provide students with disabilities access to programs, activities and services. We assist students with advising, as well as teach self-advocacy skills.

Accessibility Services acts as a resource to students, faculty, staff and other community members to provide information, training, professional development in the areas of:

- Americans with Disabilities Act
- Section 504 of the Vocational Rehabilitation Act of 1973
- Legal trends
- General access issues
- Accommodations
- Accessible Technology

If you are a student with a learning, physical and/or psychological disability, you are welcome to visit the Office of Accessibility Services. We are glad that you are at Hudson County Community College and we look forward to working with you.

For more information, please visit us at <https://myhudson.hccc.edu/as>

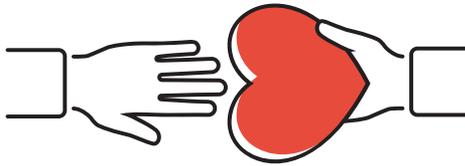


Transportation Discounts

Full-Time HCCC Students: Enjoy a 25% Discount on NJ Transit Monthly Passes. The partnership between Hudson County Community College and NJ TRANSIT that gives students more transportation options and opportunities has begun! Full-Time Hudson County Community College students are eligible to receive a rail, bus, or light rail monthly pass at 25% off of the regular monthly pass price, when they enroll online through NJ TRANSIT's Quik-Tik program.

For more information, please visit:

<https://myhudson.hccc.edu/student-activities/njtransit>



Community Service and Service Learning

Community Service and Service Learning opportunities at HCCC seek to develop the whole person in preparation for a lifetime of learning, leadership, civic responsibility, and service to others in a diverse and global society. Service learning provides an opportunity for students to contribute their time and energy to community tasks while also reflecting on that experience in the context of academic work and intentional learning goals. The Office of Student Life and Leadership offers various projects throughout the year for community service and volunteer work.

Visit www.hccc.edu/tickets to sign up for Community Service and Service Learning opportunities!



Comprehensive County and State Resources Hudson County and State Resource Guides

The College has collected and produced a repository of specific services outside of academic assistance that we currently provide. We have collected various resource guides throughout Hudson County and the state of New Jersey that provide a list of mental health, homelessness, childcare, alcoholism and drug treatment as well as other health-related resources.

Please check the portal at:
<https://myhudson.hccc.edu/hudson-helps>
for a detailed list of resources.



Emergency Assistance

Unexpected emergencies may arise in the midst of educational endeavors. Hudson County Community College is committed to assisting in alleviating any unnecessary burdens that could potentially disrupt a student's academic and student success.

For additional information on possible alternatives to assist in the event of an emergency, please email us at:
studentservices@hccc.edu
(201) 360-4602
<https://myhudson.hccc.edu/hudson-helps>

Hudson County Community College has many supportive services available to help meet your goals. Below are resources available to you:

SECURITY: Journal Square Campus: 201-360-4080 North Hudson Campus: 201-360-4777

MENTAL HEALTH COUNSELING & WELLNESS

counseling@hccc.edu | <https://myhudson.hccc.edu/mental-health-counseling-wellness-center>

Journal Square Campus
201-360-4277
A Building, 2nd Floor

North Hudson Campus
201-360-4627
1st Floor, Enrollment Center

ADVISEMENT & TRANSFER SERVICES

advising@live.hccc.edu | <https://my.hccc.edu/advisement>

Journal Square Campus
201-360-4152
A Building, 2nd Floor

North Hudson Campus
201-360-4627
1st Floor, Enrollment Center

ACCESSIBILITY SERVICES

as@hccc.edu | <https://my.hccc.edu/as>

Journal Square Campus
201-360-4157
A Building, 2nd Floor

North Hudson Campus
201-360-4157
1st Floor, Enrollment Center

CAREER SERVICES

career@hccc.edu | <https://my.hccc.edu/career-services>

Journal Square Campus
201-360-4184
A Building, 3rd Floor

North Hudson Campus
201-360-4138
2nd Floor, Room 204

FOOD PANTRY

foodpantry@hccc.edu | my.hccc.edu/hudson-helps

Journal Square Campus
201-360-4701
J Building, Lower Level Room 002

North Hudson Campus
201-360-4709
5th Floor, Room 513A

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-8255

CRISIS TEXT LINE: Text "HELLO" to 741-741

IN AN EMERGENCY, PLEASE CONTACT SECURITY OR 911.

FINANCIAL AID

financial_aid@hccc.edu | <https://my.hccc.edu/fa>

Journal Square Campus
201-360-4200
A Building, 2nd Floor

North Hudson Campus
201-360-4215
1st Floor, Enrollment Center

INFORMATION TECHNOLOGY SERVICES

itshelp@hccc.edu | <https://my.hccc.edu/its>

Journal Square Campus
201-360-4332
A Building, Lower Level

North Hudson Campus
201-360-4309
3rd Floor, Room 309

Tech Support 201-360-4332

LIBRARIES

<http://www.hccclibrary.net/>

Journal Square Campus
librarian@hccc.edu
201-360-4360
L Building, 1st Floor

North Hudson Campus
librarynhc@hccc.edu
201-360-4605
3rd Floor

TUTORIAL SERVICES

tc@hccc.edu | <https://my.hccc.edu/tutoring>

Journal Square Campus
201-360-4187
L Building, Lower Level

North Hudson Campus
201-360-4779
7th Floor, Room 704

WRITING CENTER

wc@hccc.edu | <https://my.hccc.edu/tutoring>

Journal Square Campus
201-360-4370
J Building, Room 204

North Hudson Campus
201-360-4779
7th Floor, Room 704



HUDSON HELPS



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