

COVID-19 Crisis Resources



This document contains lists of resources by type. In this document you will find:

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Please note that these resources are updated as of 3/20/2020. Resources may be updated as the crisis progresses.

Mental Health and Emotional Support

NYC Well

1-888-NYC-WELL (1-888-692-9355)

Text WELL to 65173

Chat at <https://nycwell.cityofnewyork.us/en/>

Crisis Text Line

Text "Got5" to 741-741

<https://www.crisistextline.org/>

National Domestic Violence Hotline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>

NYC National Alliance on Mental Illness

212-684-3264

<https://www.namincmetro.org/coronavirus-covid-19/>

The Trevor Project

1-866-488-7386

<https://www.thetrevorproject.org/>

National Eating Disorders Association

(800) 931-2237

<https://www.nationaleatingdisorders.org/help-support/contact-helpline>

Most clinics are conducting sessions and intakes through telehealth during this time . If you need to make contact with a local clinic, call their general line for more information. If you need help getting started, call NYC WELL or visit www.hitesite.org to locate a nearby clinic.

Food

Food Help NYC Emergency Food Assistance

New York City's public site about how to access emergency food assistance.

<http://foodhelp.nyc/emergency-assistance-en/>

Food Help NYC Map

New York City's public map of food pantry locations. Check for updates regarding closings to confirm whether you should go.

<https://maps.nyc.gov/foodhelp/#map-page>

Food Bank NYC Updated Maps

Food Bank NYC locations updated to reflect closings.

<https://www.foodbanknyc.org/get-help/>

Food Bank NYC's COVID-19 Response

Updates from Food Bank NYC about their support during the crisis.

<https://www.foodbanknyc.org/covid-19/>

NYC DOE Updates

Department Of Education updates for students who rely on school meals.

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

City Harvest Mobile Markets

City Harvest Mobile Markets are continuing to operate in neighborhoods around the city. Check the website for a schedule.

<https://www.cityharvest.org/programs/mobile-markets/>

Invisible Hands

Local organization supporting NYC and New Jersey. Request a delivery online.

<https://www.invisiblehandsdeliver.com/request-a-delivery>

Housing

Housing Court Answers

212-962-4795 or civiljustice@hra.nyc.gov

Assists tenants and small home owners. Can explain how to access public assistance.

Hours: Monday through Friday 9am-5pm

Housing Support from NYC

718-557-1379

Assists families and refer to legal counsel for eviction, non-payment related matters etc.

Hours: Monday through Friday 9am-5pm

<https://www1.nyc.gov/site/hra/help/legal-services-for-tenants.page> for more information.

Tenant's Rights Hotline

212-979-0611

Helps inform tenants of their rights.

Please note - this line is run by volunteers and is experiencing a higher-than-average call volume. You may not get an answer or even be able to leave a message, but they note all missed calls and WILL CALL YOU BACK.

New York State TEACHS

Technical assistance for schools around working with students in temporary housing.

Infoline: 800-388-2014

Additional information about housing support:

<https://unitedwaynyc.org/resources/shelter-housing/>

Finances

Please note – there is an 866 number circulating social media for relief through United Way. This number is only for residents of Indiana. Instead please call 311 for local NYC options of how to receive support.

NYC Human Resources Administration (HRA)

718-557-1399 (Hours: Monday through Friday 8am-5pm)

Can provide cash assistance and emergency grants for people hardest hit by COVID-19. Apply online (www.nyc.gov/accesshra).

HRA is currently updating application requirements to cut down the need for in-person meetings. Once the application is submitted online people will receive updated instructions.

Financial Support for Rental Arrears through HRA

718-557-1399 (Hours: Monday through Friday 8am-5pm)

If this crisis causes you to get behind on rent or you were behind on previously, you can apply for emergency cash assistance.

Please note – this was a pre-existing program and due to the extraordinary circumstances of the current crisis there may be updates in the coming weeks.

Other support for rental arrears:

Public Tenant Hotline – 888-744-7900

Catholic Charities Helpline – 888-744-7900

Coalition for the Homeless – 212-964-5900

Additional information about emergency financial assistance:

<https://unitedwaynyc.org/resources/shelter-housing/>

Equity and Access

Remember that crisis is not a time that we should allow equity and human rights to be violated – in fact we should be more vigilant. See these resources for additional information:

New York City Commission on Human Rights

Continues to work remotely during the COVID-19 crisis.

Contact/report discrimination and abuses at 311

<https://www1.nyc.gov/site/cchr/index.page>

Teaching Tolerance Resources for Students and Teachers

<https://www.tolerance.org/the-moment/march-19-2020-teaching-through-coronavirus>

Human Rights Watch – COVID-19 Human Rights Considerations

<https://www.hrw.org/news/2020/03/19/human-rights-dimensions-covid-19-response>

Substance Use

Self-Management And Recovery Training (SMART) Recovery

Global community of mutual-support groups.

212-631-1198

Online meetings at:

<https://www.smartrecovery.org/community>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

Alcoholics Anonymous (AA)

Groups for people in recovery from alcoholism.

Online meetings at:

<https://www.smartrecovery.org/community>

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

New York Intergroup Association of Alcoholics Anonymous

Extension of multiple AA groups open to those in need of additional support.

212-647-1680

Online meetings at:

<https://www.nyintergroup.org/remote-meetings/list-of-remote-meetings-to-join/>

Narcotics Anonymous (NA)

Groups for people in recovery from drug addiction.

Online meetings at:

<https://newyorkna.org/covid-19-info-and-meeting-closures/>

Recovery Dharma

Online and phone meetings that use the principles of Buddhism to support recovery.

<https://recoverydharma.online/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

National helpline for people experiencing issues related to substance use and abuse

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

Immigration

Please note: Anyone that needs help during the COVID-19 Crisis should seek help without fear of retribution. This is a message from U.S. Citizenship and Immigration Services (USCIS) and directly addresses the federal government's "Public Charge Rule" that was passed in February 2020.

Please see the website from NYC for more information:

<https://www1.nyc.gov/site/immigrants/help/legal-services/public-charge.page>

New York State Immigration Hotline

1-800-566-7636

Immigration Advocates

Resource directory for immigrants – local and national

<https://www.immigrationadvocates.org/nonprofit/>

The Citizenship Project

samantha.rijkers@nyhistory.org

Free online citizenship classes:

<https://docs.google.com/forms/d/e/1FAIpQLSeVIYv18LAYDQmKWQ5LfE9-Uhk456VOX02XI3AxDZfGQvBg0Q/viewform>

CUNY Citizenship Now!

Remote legal services – online consultation for family-based and naturalization cases.

646-664-9400

<https://www.cuny.edu/citizenshipnow>

Remote Learning Supports

Science and Technology

Code Academy

<https://www.codecademy.com/>

Discovery Mindblown (Discovery Kids)

<https://www.discoverymindblown.com/>

Natgeo Kids

<https://kids.nationalgeographic.com/>

NASA Kids Club

<https://www.nasa.gov/kidsclub/index.html>

Math

Fun Brain

<https://www.funbrain.com/>

Khan Academy

<https://www.khanacademy.org/>

Prodigy

<https://www.highlightskids.com/>

Language and Reading

Suessville

<https://www.seussville.com/>

Duolingo

<https://www.duolingo.com/>

Highlights

<https://www.highlightskids.com/>

Time for Kids

<https://www.timeforkids.com/>

General or Additional Topics

Crash Course YouTube Channel

<https://www.youtube.com/user/crashcourse/playlists>

Starfall

<https://www.starfall.com>

Art Factory

<https://www.artfactory.com/>

TED Talks

<https://www.ted.com/talks>

PBS Kids

<https://pbskids.org/>

Extra Credits YouTube Channel

https://www.youtube.com/channel/UCCODtTcd5M1JavPCOr_Uydg

Smithsonian Kids

<https://www.si.edu/kids>

Additional Resources

New York Public Library

<https://www.nypl.org/kids-tools-online>

Teachers Pay Teachers

Remote learning article with resources

https://blog.teacherspayteachers.com/tag/distance-learning/?utm_source=TpT&utm_medium=banner

Mindfulness and Stress Management

New York Times Mindfulness for Children

<https://www.nytimes.com/guides/well/mindfulness-for-children>

Smiling Mind

Mindfulness app and tips on stress management during COVID-19

<https://blog.smilingmind.com.au/how-mindfulness-can-help-during-coronavirus>

Sesame Street Stress Management and Mindfulness

<https://sesamestreetincommunities.org/topics/you-matter-most/>

Cosmic Kids Yoga YouTube Page

<https://www.youtube.com/user/CosmicKidsYoga>

GoNoodle

<https://www.gonoodle.com/>

Apps for Mindfulness and Stress Management:

- Insight Timer
- Calm
- Headspace
- Waking up Children
- Smiling Mind
- Breathe, Think, Do with Sesame

Information About Continuing Services for Students

Ongoing mental health care:

People who are receiving mental health care should contact their therapist or mental health clinic for additional instructions on how they will conduct sessions ongoing.

People who are not currently receiving care, but would like to start accessing services may reach out to NYC Well (1-888-NYC-WELL) or visit www.hitsite.org to get contact information for a local clinic.

General Mental Health Information and Support

Child Mind Institute

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

Bright Horizons

<https://www.brighthorizons.com/text-pages/covid19>

National Association of School Psychologists

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources>

Center for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Alliance on Mental Illness

<https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus>

American Foundation for Suicide Prevention

<https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/>

National Institute of Mental Health

<https://www.nimh.nih.gov/about/director/messages/2020/coping-with-coronavirus-managing-stress-fear-and-anxiety.shtml>

Healthy and Ready to Learn/Children's Health Fund

<https://hrl.nyc/node/coronavirus-alert>