

# COVID-19 Crisis Resources



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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](http://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](mailto: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](http://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](mailto: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](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](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](http://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>