COVID-19 Crisis Resources

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

1. Mental Health and Emotional Support
2. Food
3. Housing
4. Finances
5. Equity and Access
6. Substance Use
7. Immigration
8. Remote Learning Supports
9. Mindfulness
10. Information About Continuing Services
11. General Mental Health Information and Support

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.naminycmetro.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.

**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](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/](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/](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](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/](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](https://www.invisiblehandsdeliver.com/request-a-delivery)
Housing

Housing Court Answers
212-962-4795 or civil.justice@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/
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](https://www1.nyc.gov/site/cchr/index.page)

**Teaching Tolerance Resources for Students and Teachers**

**Human Rights Watch – COVID-19 Human Rights Considerations**
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
Please note: Anyone that needs help curing 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:

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://wwwartyfactory.com/
- TED Talks
  https://www.ted.com/talks
- PBS Kids
  https://pbskids.org/
- Extra Credits YouTube Channel
  https://www.youtube.com/channel/UCCOdTcd5MjjavPCo:Uyd
- 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
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

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

Center for Disease Control

National Alliance on Mental Illness
https://www.nami.org/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus

American Foundation for Suicide Prevention

National Institute of Mental Health

Healthy and Ready to Learn/Children’s Health Fund
https://hrlnyc/node/coronavirus-alert