

## New York City Resource List Index

1. NYCWell for mental health care (offered in 200 different languages)
  - a. Call 1888NYCWELL or 1-800-621-4673.
  - b. Text 'well' to 65173 or go to [nyc.gov/nycwell](http://nyc.gov/nycwell) for much more.
2. ThriveNYC mental health programs are available online and/or virtually
  - a. To learn more follow the link <https://thrivenyc.cityofnewyork.us/>
3. Please see hyperlinks for new COVID-19 guides, including:
  - a. [Is It Anxiety, a Panic Attack, or COVID-19?](#)
  - b. [Grief and Loss During the COVID-19 Outbreak](#)
  - c. [COVID-19: Staying Connected With Friends and Family](#)
4. Centralized COVID19 resources
  - a. 'Text 'COVID' or 'COVIDESP' (for Spanish) to 692692 to sign up for alerts
  - b. Follow the conversation on Twitter at #AskMyMayor
  - c. [nyc.gov/coronavirus](http://nyc.gov/coronavirus)
  - d. <https://access.nyc.gov/coronavirus-covid-19-updates/>
  - e. <https://www1.nyc.gov/site/helpnownyc/get-help/individuals.page>
5. NYC Meal Delivery Assistance for those who cannot access food
  - a. <https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409>
6. Free meals are available to every New Yorker at over 400 locations
  - a. Text 'NYC FOOD' or 'NYC COMIDA' to 877-877 for more.
  - b. Free halal meals are also available at these sites.
    - i. More info at <http://schools.nyc.gov/ramadanmeals>
7. To access SNAP (food stamps)
  - a. Go to <https://www1.nyc.gov/site/hra/help/snap-online-shopping.page>
8. NYC COVID-19 Pet Hotline 1-877-204-8821, 8 – 8 pm, seven days a week.
9. NYC-Care for low-cost and no-cost health care services
  - a. If you can't get insurance, get an NYC Health + Hospitals member's card.
  - b. Beyond providing critical services, including for emergencies, get: a doctor, affordable medications, help during emergencies, and more
    - i. Call 646-692-2273 (excellent customer service in 250+ languages)
10. Citywide testing sites for people most at risk
  - a. Open to 1199 workers, health care workers, and residents over 65
  - b. Call 1-888-OneMED1 or go to [onemedical.com](http://onemedical.com) & use code NYCCARE30
11. Geriatric mental health and other senior programs
  - a. 1-212-AGING-NYC (212-244-6469)

12. On March 27<sup>th</sup>, U.S. Citizenship & Immigration Services (USCIS) announced that COVID19 health treatment would NOT be considered under the Public Charge rule (<https://www.uscis.gov/greencard/public-charge>)
  - a. It will not impact your ability to apply for a green card or citizenship
13. DACA recipients needing help filing or paying for renewals
  - a. Call ActionNYC at 1-800-354-0365
14. Contact the Mayor's Office of Immigrant Affairs for any other questions
  - a. Call 212-788-7654 (9 am to 5 pm, Monday – Friday)
  - b. Email [AskMOIA@cityhall.nyc.gov](mailto:AskMOIA@cityhall.nyc.gov)
15. NYC domestic violence hotline & borough family justice centers for domestic violence survivors
  - a. General domestic violence hotline: 1-800-621-4673
    - i. Family justice center Brooklyn: 718-250-5113
    - ii. Family justice center Bronx: 718-508-1220
    - iii. Family justice center Manhattan: 212-602-2800
    - iv. Family justice center Queens: 718-575-4545
    - v. Family justice center Staten Island: 718-697-4300
16. Benefits for those out of work **OR** have had their hours cut
  - a. If you recently lost your job **or** had your hours cut, you're likely eligible for unemployment benefits. Follow the link for more.
  - b. <https://access.nyc.gov/faq-for-pandemic-unemployment-benefits/>
  - c. And for more information <https://on.nyc.gov/2XSLFLj>
17. NYC Taxi is hiring licensed TLC drivers to deliver food to New Yorkers
  - a. Pay is \$15/hour, plus mileage and toll reimbursement.
  - b. Sign up at <http://nyc.gov/deliverytlc>
18. For more information about public school remote learning, activities for students, and technical support
  - a. Go to [schools.nyc.gov/LearnAtHome](http://schools.nyc.gov/LearnAtHome)
19. New webpage full of resources for those people with disabilities
  - a. Visit: <https://www1.nyc.gov/site/mopd/resources/covid-19-resources-for-people-with-disabilities.page>
20. Get free financial counseling – secure and confidential
  - a. Book an appointment at <http://nyc.gov/TalkMoney>
21. FREE WeSpeakNYC weekly online language classes
  - a. Practice your English, make new friends, and learn about services for immigrant residents during the COVID19 outbreak.
  - b. Sign up at <http://wespeaknyc.cityofnewyork.us/wsnyc-online-classes/>

22. Services for NYC Housing Authority (NYCHA) residents
  - a. Go to <http://on.nyc.gov/nycha-covid-19-resources>
  - b. Free face coverings, gloves, and sanitizer
  - c. Free door-to-door meal distribution for seniors
  - d. Regular check-in phone calls for seniors & vulnerable residents.
  - e. Thousands of free tablets being delivered to seniors.
  
23. Student loan debt tips during COVID-19
  - a. <https://www1.nyc.gov/site/dca/consumers/Student-Loan-Debt-Tips-During-COVID19.page>
  
24. Freelancers in NYC facing nonpayment issues can file a complaint
  - a. Learn more: <https://on.nyc.gov/34hE22g>
  
25. Volunteer, donate, or partner with NYC
  - a. Go to [nyc.gov/helpnow](http://nyc.gov/helpnow)
  
26. It's ILLEGAL for stores to overcharge
  - a. Call 311 to report excessive price increases.
  
27. Confidentially self-report COVID19 status and symptoms
  - a. [nyc.gov/cv19engagementportal](http://nyc.gov/cv19engagementportal)