



New York City Resources and Services

ORGANIZATION	PROGRAM TYPE	ADDITIONAL INFO
FOOD RESOURCES		
<u>Food Bank For New York City</u>	Anti-hunger and anti-poverty organization	To end hunger by organizing food, information, and support for community survival, empowerment, and dignity.
<u>NYC Department of Education</u>	Free meals	The grab-and-go meal program is available every weekday from 7:30 AM to 1:30 PM to any child under 18, no matter what school they attend, be it charter, private or public. Students can go to the closest public school near them and grab a meal at the entrance of the school.
<u>World Central Kitchen</u>	Free meals (Bronx)	World Central Kitchen is providing free meals for the families in the Bronx to pick up.
HEALTH AND COUNSELING		
<u>Dr On Demand</u>	Medical services	Remote doctors, available with or without an insurance fee.
<u>Access NYC</u>	Health insurance	Low-cost and free health insurance.
<u>Growing Up NYC</u>	<ul style="list-style-type: none">- Counseling services- Assessment- Individual, family, and group therapy- Managing medicine- Case management	NYC programs resource.



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<u>Centre for Interactive Mental Health Solutions</u>	Mental health service	Eight free sessions of interactive therapy program for depression that you complete on your own.
<u>National Alliance on Mental Illness (NAMI)</u> (call helpline: 800-985-5990)	Mental health service	Contact the SAMHSA Disaster Distress Helpline that provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
<u>NYC Well</u> (call: 888-692-9355, press 2 then 1)	Mental health service	24/7 Warmlines – Warmlines provide early intervention with emotional support that can prevent a crisis.
<u>7 Cups</u>	Mental health service	Free online text chat with a trained listener for emotional support and counseling.
<u>Mamba Sports Academy</u>	Health / Exercise	Mamba Sports Academy is going virtual, providing daily at-home sports drills, workouts, mentality, content and more!
EDUCATION TOOLS		
<u>CUNY Students Resource</u>	Educational resource / Access to technology	All CUNY Campuses are offering long-term laptop loans, for CUNY students in need of technology to complete remote-learning courses. Students can only borrow laptops from their respective colleges.
<u>Khan Academy</u>	Tutoring and SAT Prep	Get personalized practice recommendations for the skills you'll need for the SAT, plus eight official practice exams from College Board.
<u>Varsity Tutors</u>	Virtual learning	Take advantage of free live classes led by subject-matter experts every day of the week for students in grades K-12. Curriculum spans math, science, reading, literature, writing, and enrichment, including guided writing seminars to help students journal their experiences during the coronavirus crisis.



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TECHNOLOGY		
<u>Altice One</u> (call: 866-200-9522)	Free Wi-Fi	60 days of free Wi-Fi if you live in a household with a K-12 or college student. *Please note customers will be billed for Internet after first 60 days.
<u>Spectrum</u> (call: 844-488-8395)	Free Wi-Fi	60 days of free Wi-Fi if you live in a household with a K-12 or college student. *Please note customers will be billed for Internet after the first 60 days.
<u>T-Mobile</u>	Phone and network	Additional benefits provided to customers, such as unlimited data for the next 60 days, additional 20GB of hotspot for the next 60 days.
<u>Xfinity (Comcast)</u>	- Internet - TV - Home phone	Package discounts.
CORONAVIRUS UPDATES		
<u>Centers for Disease Control and Prevention</u>	- Identifying COVID-19 <u>symptoms</u> - Tips for <u>higher-risk</u> individuals	Resources, tips, and updates from the CDC.



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<u>COVID-19 Educational Resources</u>	Education resource	Phone app offering online educational resources to students, caregivers, and educators.
<u>NYC 311</u>	Coronavirus updates from NYC	Announcements about prevention, testing updates, restrictions to city life, services, etc.
<u>NYC Department of Health</u>	<ul style="list-style-type: none">- Tips on <u>reducing the spread</u> of illnesses- Guidelines on <u>public gatherings</u>	Resources, tips, and updates from the Department of Health.
<u>NYC Government</u>	<ul style="list-style-type: none">- Text COVID to 692-692 to get updates regarding COVID-19- Text COVIDESP to 692-692 for updates in Spanish	Resources, tips, and updates from the city.
<u>NY State Government</u>	<u>NYS Dept. of Health</u> guidelines	Resources, tips, and updates from the state.
<u>World Health Organization</u>	<ul style="list-style-type: none">- <u>Guidelines</u> for infection prevention and control- <u>Guidelines</u> for workplaces, schools, and institutions	Resources, tips, and updates from the WHO.