

# Resources for Clients During COVID-19

- **Substance Use Support** <https://www.samhsa.gov/find-help/disaster-distress-helpline>
- **Mental Health Support** <https://nycwell.cityofnewyork.us/en/app-library/> and <https://omh.ny.gov/omhweb/covid-19-resources.html> and the NYS COVID-19 Emotional Support Hotline at 1-844-863-9314
- **Food and grocery delivery** <https://www.invisiblehandsdeliver.com/> and <https://access.nyc.gov/programs/emergency-food-assistance/>
- **Food banks** <https://www.foodbanknyc.org/> and [https://www.health.ny.gov/prevention/nutrition/hpnep/regional\\_foodbank\\_map.htm](https://www.health.ny.gov/prevention/nutrition/hpnep/regional_foodbank_map.htm) and <https://feedingnys.org/>
- **Free hotspots** <https://hotspots.wifi.xfinity.com/>
- **List of access to free WiFi by Provider** [https://docs.google.com/document/d/1kjVFeWefjNEfUrCR2yXxOvsp6\\_rDOfaMivUEiaBreiA/edit](https://docs.google.com/document/d/1kjVFeWefjNEfUrCR2yXxOvsp6_rDOfaMivUEiaBreiA/edit)
- **Free YMCA Workout Videos** <https://www.ymcasd.org/about-y/news-center/general-health-membership-miscellaneous/virtual-membership-work-out-anywhere-anytime>
- **NYC Remote Learning Device Request** <https://coronavirus.schools.nyc/RemoteLearningDevices>
- **Free Baby Formula** - WIC members can have baby formula delivered FREE to all New York City boroughs. Dial 718-405-9111
- **Breastfeeding** <https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html> and <https://ilca.org/wp-content/uploads/2020/03/Resources-for-Lactation-Supporters-Covid-19.pdf>
- **Domestic Violence** <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>