

COVID-19 RESOURCE GUIDE

MENTAL HEALTH RESOURCES

National Alliance on Mental Health

NAMI is offering a helpline, virtual support groups, and other resources for general or COVID-related mental health concerns.

Helpline: 212-684-3264 (10am-6pm)

Email: helpline@naminyc.org

Website: <https://www.naminycmetro.org/coronavirus-covid-19/>

NYC Well

NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

Call: 1-888-NYC-WELL

Text: WELL to 65173

Website: <https://nycwell.cityofnewyork.us/en/>

Office of Mental Health

NYC mental health services and resources

Website: <https://www.naminycmetro.org/coronavirus-covid-19/>

NYPCC

With multiple locations throughout the city including the Bronx offers bilinguals psychotherapy and counseling to individuals with medicaid coverage. They do not currently have a waiting list and are still providing office and telehealth services.

Call: 718-485-2100

Email: CMBronx@nypcc.org

NYC Health

Offers outpatient services across the lifespan

Call: 1-844 NYC-4NYC

The Institute for Family Health

Has multiple Bronx locations and is currently conducting phone and video based therapy,

Website: <https://institute.org/health-care/locations/bronx/>

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FOOD/GROCERY RESOURCES

NYC DOE – Meal Hubs

Meals can be picked up at all Meal Hubs 7:30 am to 1:30 pm, Monday through Friday.

Website: <https://www.schools.nyc.gov/school-life/food/community-meals>



Food Health NYC

Map of free food resources across the city, including food pantries and Grab & Go meals at NYC Schools, available for all children or adults in need.

Website: <https://morr.maps.arcgis.com/apps/webappviewer/index.html?id=27fd1b2d94234c0ea45e928215d306cd>



Access HRA

Screen to find out if you're eligible for benefits.

Website: <https://access.nyc.gov/eligibility/#step-1>



Help Now NYC

For ways to donate food, cash, or supplies to those in need.

Website: <https://www1.nyc.gov/site/helpnownyc/index.page>

HELP NOW NYC

NYC Food Delivery Assistance

If you cannot go out to get food, no one can bring you food, and you are not able to use private delivery options, New York City will deliver emergency meals to you in the coming days. Check your eligibility and sign up.

Website:

<https://cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409>



Emergency Food Assistance Program

There are two ways to get free food quickly: get groceries from a food pantry, or a cooked meal from a community kitchen. Find the closest food pantries and community kitchens by using the Food Map.



Emergency Food Assistance Program
access.nyc.gov

Website: <https://access.nyc.gov/programs/emergency-food-assistance/>