

MENTAL HEALTH SERVICES

ThriveNYC

While our City stays home to stop the spread of coronavirus, New Yorkers can access a range of mental health services by phone or online. A new guide from [ThriveNYC](#) includes information on how City agencies are modifying mental health services during the COVID-19 crisis and identifies resources for all New Yorkers as well as services tailored to the needs of aging New Yorkers, veterans, students and young people, and people harmed by violence, crime or abuse. [Click here](#) to access these resources.

NYC Well

Through [NYC Well](#), our city offers free, confidential mental health support. It is available 24/7 to provide a range of mental health and substance misuse support and can be reached by calling 1-888-NYC-Well (692-9355), texting “Well” to 65173, or on the web at nyc.gov/nycwell.

App Library

ThriveNYC has compiled an [App Library](#) featuring apps and online tools to help you manage your health and emotional wellbeing.

Mental Health Care for Frontline COVID Workers

The [NYC COVID Worker Care Network](#) is a self-organizing mutual aid network of more than 2000 mental health workers, spiritual care providers, circle-keepers, and community builders supporting frontline COVID workers during this evolving crisis. They facilitate individual support encounters, support groups, stress-reduction training, and grief rituals via Zoom or telephone encounters. Any person working to support the fight against COVID-19 in New York is eligible to receive support - sign-up through our website by clicking [here](#). Follow the Network at <https://www.facebook.com/NYCCOVIDCare/> for updates, and reach out to info@nyccovidcare.org with any questions.

New Yorkers with Disabilities

During this crisis, New Yorkers can reach out on Twitter to [@NYCDisabilities](#), 311 or visit <http://nyc.gov/disability> for more information. Deaf New Yorkers can also connect via video phone at 646-396-5830.

Mental Health Resources for Elderly New Yorkers

NYC is connecting those who are feeling isolated with friendly volunteers to talk with over the phone. Call 212-AGING-NYC (212-244-6469) and ask about the Friendly Visiting Program.

Anxiety and Depression Association of America

In response to COVID-19, ADAA have created this resource page - updated daily - to provide helpful tips and strategies from our ADAA mental health professionals - to help you or a loved one struggling with anxiety around the coronavirus or with general health anxiety concerns. [Click here for more information.](#)

American Psychological Association

The American Psychological Association has created a page of resources that can be viewed by [clicking here.](#)

SOCIAL SERVICES

NYC Human Resources Administration (HRA)

To help stop the spread of COVID-19, many HRA locations are closing until further notice. The City is asking New Yorkers to do everything they can through [ACCESS HRA website](#), through the [ACCESS HRA mobile app](#), or over the phone.

Apply for SNAP (formerly known as "food stamps")

[Click here](#) to apply for SNAP benefits online, or download the [ACCESS HRA mobile app](#).

Apply for Cash Assistance

[Click here](#) to submit an application for Cash Assistance online or through the [ACCESS HRA mobile app](#).

- Submit an application for a special grant such as [Emergency Rental Assistance](#).

Rental Assistance

Rental assistance programs help New Yorkers experiencing homelessness move out of shelter and into stable housing by providing monthly rent supplements. Since 2014, more than 100,000 homeless

New Yorkers have found permanent homes through these programs.

The Department of Social Services (DSS), which includes both the Department of Homeless Services (DHS) and the Human Resources Administration (HRA), can help you connect to rental assistance programs like CityFHEPS, and many other programs available through the State and Federal Government. [Click here to learn more or to request rental assistance.](#)

Fair Fares NYC

The Fair Fares NYC program allows eligible New York City residents to receive a 50% discount on subway and eligible bus fares. [Click here for more information and to apply.](#)

FOR SENIORS AND OUR AT-RISK NEIGHBORS

Food Delivery Program

The City has created the [GetFoodNYC](#) food delivery program to provide food for coronavirus-vulnerable and food-insecure New Yorkers not currently served through existing food delivery programs. Sign up at the link above or call 311.

Department for the Aging

The [Department for the Aging](#) (DFTA) congregate meals clients will receive direct delivery, which includes a five-meal package delivered to each older adult every week. Grab-and-Go meals are no longer offered at senior centers to protect everyone in our community.

- The most direct path to access direct delivery meals is through a local senior center. Older adults can do this by connecting with their local [senior center](#). They can also call DFTA's Aging Connect at 212-AGING-NYC (212-244-6469) or call 311.
- Homebound older adults already receiving home-delivered meals through DFTA's case management agencies will continue as usual. Those interested in signing up should call to see if they are

eligible for home-delivered services by calling DFTA's Aging Connect at 212-AGING-NYC (212-244-6469) or calling 311.

- In addition to helping ensure DFTA clients receive a daily meal, senior center providers are also making thousands of social engagement calls daily to ensure senior center members are not socially isolated during this crisis.

Groceries and Supplies

[Invisible Hands](#) is a group of engaged volunteers from communities at the least risk for severe COVID-19 reactions working to bring groceries and supplies to those in high-risk demographics. There are focused most prominently on the elderly, disabled, and immunocompromised, but are available to help anyone in need. Invisible hands minimizes as much direct contact in their deliveries as possible. But don't worry, you will talk on the phone with a volunteer and you can tell each other a little about yourselves! Contact: InvisibleHandsDeliver@gmail.com.

Amazon is accepting **SNAP** for food deliveries. Have your Benefit Card ready and order on-line at: <http://www.amazon.com/snap-ebt>.

VOLS Elderly Project Legal Hotline

Seniors age 60+ in need of legal assistance, as well as their social workers, health care professionals, and caregivers, should contact Peter Kempner, Legal Director & Elderly Project Director at Volunteers of Legal Service (www.volsprobono.org) directly by phone or by email if they are in need of legal assistance: (347) 521-5704 pkempner@volsprobono.org.

Verizon Customers

- Verizon will waive overage charges and late fees to support customers who may be financially affected by the COVID-19 crisis
- Announces two months waived internet and voice service charges for current Lifeline customers and new affordable internet option for low-income households
- Adds 15GB of high-speed data for wireless consumer and small business customers to be automatically applied with no customer action necessary
- Verizon provides first responders with priority and preemption abilities for voice and data

- Consumer and small business Fios and DSL broadband internet plans have no data caps

NY Connects

[NY Connects](#) is providing constituent services in regards to supportive services in NYC. NY Connects serves individuals of all ages and income levels wanting to learn more about long term services and supports in New York City:

- Older adults
- Younger adults living with a long-term disability
- Caregivers of older adults and parents of children with a disability, and
- Professional service providers working with someone in need of long-term services and supports

Service Program for Older People

Service Program for Older People (SPOP) is dedicated to enhancing the quality of life of older adults. They are providing behavioral health care for older adults via approved tele-health connection during the COVID-19 outbreak including psychotherapeutic and psychiatric services for adults age 55 and older, rehabilitation support for adults with serious mental illness (age 55 and older) and peer-led bereavement support groups for adults of all ages for a modest fee. For more information, call 212-787-7120 x514 or visit www.spop.org.