COVID-19 Resources
Citizens Committee for New York City
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NYC Department of Education

**Service:** NYC Department of Education is committed to making free meals available daily for any New Yorker. Find in person at more than 400 Meal Hubs across the city.

**Schedule:** Monday through Friday. Meals Hubs will operate for children and families from 7:30 am to 11:30 am and for adults from 11:30 am to 1:30 pm. All three meals a day may be picked up at the same time.

**Eligibility Requirements:** No registration, ID, or documentation required. Parents and guardians may pick up meals for their children.

The City of New York

**Service:** The City of New York is providing assistance to New Yorkers during the COVID-19 crisis by delivering meals to those who cannot access food themselves. Households that qualify may order two food deliveries per week at a time for up to two weeks. The first delivery will be delivered within six days of the initial order date.

**Eligibility Requirements:**
For individuals and families who meet all of the following criteria as a result of the COVID-19 emergency

- No members of the household can go out and get food because they are at increased medical risk or homebound
- No neighbors or family members can go out and get food for you
- Do not receive meal assistance from other providers (incl. Meals on Wheels or God's Love We Deliver)
- You are unable to afford meal delivery or grocery delivery

**Contact:** Call 311 with any questions

NYC Department of Youth & Community Development

**Service:** List of food pantries in five boroughs.
**helpNYC**

**Service:** helpNYC has been working with food assistance programs across New York City to provide our neighbors in need with up-to-date operation information during the COVID-19 health crisis in New York City.

**Food Bank For New York City**

**Service:** Search the map to find a soup kitchen, food pantry, senior center, or SNAP enrollment site near you. Find a free tax assistance site [here](#).

**FoodHelp NYC**

**Service:** You can get food today from New York City’s food pantries, which provide groceries you can cook at home, and community kitchens, which provide hot meals.

**Hunter College New York City Food Policy Center**

**Service:** To help connect community members in need with food resources during the pandemic, the Hunter College NYC Food Policy Center created Coronavirus NYC Neighborhood Food Resource Guides for each NYC neighborhood. Each resource guide includes information related to food access for some NYC community districts, such as meals for students and seniors during this time, delivery services for people with disabilities, and resources for immigrants.

**God’s Love We Deliver**

**Service:** Since 1985, the organization has prepared and delivered food to people who are too sick to shop or cook for themselves. They serve men, women, and children living with HIV/AIDS, cancer, Alzheimer’s Disease, ALS, Parkinson’s disease and other life-altering illness throughout the five boroughs of New York City, Westchester and Nassau Counties, and Hudson County, NJ.

**Contact:** Call 212-294-8100 or email [clientservices@glwd.org](mailto:clientservices@glwd.org).
**Trinity Church Wall Street**

**Service:** Trinity remains committed to helping our neighbors in need through programs, such as Resource Connections, Brown Bag Lunch, Compassion Market, and Compassion Meals.

Grab-and-go Brown Bag Lunch program is offered throughout the day, seven days a week, to drop-in guests at Trinity Church (Broadway at Wall Street).

Every Wednesday from 12-3pm at St. Paul’s Chapel, guests can get 15 healthy, pre-packaged, and shelf-stable meals, enough for five days, as well as personal hygiene kits. Make an appointment on the Plentiful App or by calling our resource phone number, 917-594-6300, on Monday-Friday from 2-5pm.

Trinity Church Wall Street’s Compassion Meals program provides grab-and-go food bags at ten sites in the Bronx, Brooklyn, and Queens to help address the food insecurity crisis caused by the COVID-19 pandemic.
**For Housing Resources**

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**Met Council on Housing**

**Service:** Tenants’ Rights Telephone Hotline. We can give brief answers to your rights as a tenant and explain your options for dealing with a housing situation. Common questions relate to: getting repairs from negligent landlords, getting adequate heat in the winter months, dealing with the threat of eviction, questions about leases and lease renewals, legal rent increases for rent-regulated apartments, and more.

**Contact:** Call 212-979-0611.

**Schedule:**

- Monday, 1:30-8pm
- Tuesday, 5:30-8pm (new)
- Wednesday, 1:30-8pm
- Friday, 1:30-5pm

We are closed on holidays, and other times when we are unexpectedly under-staffed.
For Financial Assistance

Access HRA

Service: Eligible families may receive up to 60 months of federally funded cash assistance under the Temporary Aid to Needy Families Program (TANF). Single individuals without children and families who have already received cash assistance for 60 months may receive benefits under the New York State Safety Net Program. Visit the website for more on cash assistance, Supplemental Nutrition Assistance Program (SNAP), also known as food stamps, Medicaid, HEAP, IDNYC and childcare.

New York State Department of Labor

Service: Unemployment Insurance (UI) provides temporary cash benefits to employees who lose their jobs. Pandemic Unemployment Assistance (PUA) provides support for those who are unable to work due to the Coronavirus pandemic but do not qualify for traditional Unemployment Insurance. The best way to apply is online. DOL has a streamlined application that allows you to apply for either traditional UI or PUA. Watch this video on how to file.

Contact: Call 1-888-209-8124. Monday-Friday, 8 am to 7:30 pm.

Children of Restaurant Employees (CORE)

Service: CORE is a national nonprofit organization that is dedicated to serving food and beverage service employees with children, who are faced with life-altering circumstances and in need of our help. As the world faces the biggest pandemic in our lifetime, we want to continue to honor our mission by providing support to food and beverage service employees, with children, who have been medically diagnosed with COVID-19.

Contact: Call 404-655-4690 or info@coregives.org.

Eligibility Requirements: Must have been medically diagnosed with COVID-19 or have someone living within their home who have been diagnosed. Documentation is required if you are diagnosed with COVID-19.

Additional Language(s) Spoken: Spanish
**National Domestic Workers Alliance**

Service: The Coronavirus Care Fund (CCF) provides $400 in emergency assistance for qualifying home care workers, nannies, and house cleaners who are experiencing financial hardship due to the coronavirus pandemic. Assistance from the Fund is to help you stay home and stay safe during the pandemic.

Contact: Call 646-360-5806.

Eligibility Requirements: Funds are for domestic workers who are experiencing financial hardship because of the coronavirus pandemic and are staying home, to the best of their ability, to protect themselves, their families and their communities. We have had an overwhelming response to our Coronavirus Care Fund and have now distributed funds to over 30,000 nannies, house cleaners and home care workers! As we distribute the remaining funds, we will only be accepting applications from domestic workers who are participants in activities of the National Domestic Workers Alliance (NDWA), NDWA chapters, affiliate organizations or who were NDWA dues-paying members or Alia users prior to March 16, 2020.

Additional Language(s) Spoken: Spanish

**SUSU**

Service: In response to the emergent needs of Black feminists who are living/caring/healing/responding and beyond to COVID-19, SUSU will be dispersing rapid response funds for the next 2 months to Black feminists. Please use this form to submit for yourself, another Black feminist, and/or organization in need of emergency funds in the wake of the COVID-19. These resources will be given to Black feminist organizers and organizations working to support themselves and others most impacted by COVID-19 (including Black feminists who are disabled/chronically ill, parents, caretakers, queer and/or trans folks, students, etc). We will be able to provide one time support up to $300. You will be able to use this funds as you need and our ask is that you share briefly in 6 months how the funds were able to support you. All applications will be reviewed every Thursday starting March 26th by our current Susu giving circle members, and payment will be dispersed every Saturday via E Payment (venmo, paypal, cash app).

Contact: Email blackfeministsusu@gmail.com.
For Financial Assistance

One Fair Wage

**Service:** We are providing free, cash assistance to restaurant workers, delivery drivers and other tipped workers and service workers — who are seeing their income decline during this disaster, or aren’t able to work because of quarantines or other health concerns. We are actively raising money for this emergency fund and will be making temporary cash gifts to as funding becomes available.

**Contact:** Email info@n-lan.org.

**Eligibility Requirements:** Restaurant workers, delivery workers, drivers and other tipped and service workers who sign up with One Fair Wage and participate in a confirmation interview with one of our organizers will be qualified to receive assistance. At the moment, we are prioritizing tipped workers, gig workers and service workers in California, Colorado, the District of Columbia, Florida, Illinois, New Jersey, New York, Maryland, Massachusetts, Michigan, and Pennsylvania.

**Additional Language(s) Spoken:** Spanish

Restaurant Workers’ Community Foundation and Southern Smoke

**Service:** Emergency Relief Program provides emergency funding to those employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are facing unforeseen expenses that cannot or will not be covered by insurance. For more information: [https://www.restaurantworkerscf.org/covid19faq](https://www.restaurantworkerscf.org/covid19faq)

**Contact:** info@restaurantworkerscf.org or info@southernsmoke.org.

**Eligibility Requirements:** Must be employed by or own restaurants or bars or are employed by a restaurant or bar supplier that are faced unforeseen expenses that cannot or will not be covered by insurance.

**Additional Language(s) Spoken:** Spanish
Jahajee Sisters

Service: Jahajee Sisters' Emergency Fund will support Indo-Caribbean women and gender-fluid people residing in New York who are in crisis and in need of immediate financial support. Funds can support the cost of food, baby items, child care, moving, temporary housing, attorney’s fees, and emerging needs during the COVID 19 crisis.

Contact: Call 347-201-4931 or email JahajeeSisters@gmail.com.

Eligibility Requirements: Priority will be given to survivors of gender based violence, however, we will consider requests from others due to the increased need in our community at this time.

Arab American Association of New York (AAANY)

Service: The Arab American Association of New York (AAANY) is working to set up a relief network to assist families and businesses in Bay Ridge with the practical and financial challenges of the COVID-19 crisis through grants and distributions of food, supplies, and PPE (personal protective gear). Details about specific relief efforts are forthcoming, and by signing up you will be placed on our contact list through which we will share details about distributions and initiatives. Community members of all races and backgrounds are encouraged to apply, but residents of Bay Ridge, Brooklyn and those with high levels of demonstrated need will be given priority.

Contact: Call Katy Giguere at +1 (929) 262-0153.
For Small Business Assistance

United States Small Business Administration

Service: Coronavirus (COVID-19) small business guidance and loan resources.

New York State Department of Labor

Service: Consider the Shared Work program as you manage business cycles and seasonal adjustments. Shared Work lets you keep trained staff and avoid layoffs. Employees can receive partial Unemployment Insurance benefits while working reduced hours. Full-time, part-time, and seasonal employees are eligible.

Contact: 518-549-0496; sharedworkinfo@labor.ny.gov.

Eligibility Requirements: Before you apply, you must have: employed at least two employees working in New York State and for four consecutive calendar quarters. You or your predecessor must have: paid UI contributions or in lieu of contributions, elected reimbursement of benefits paid to your former employees. You must also first design a Shared Work plan.

Additional Language(s) Spoken: Spanish; call 518-485-6375 for translation services in other languages.

NYC & Company

Service: NYC & Company’s newest program, All In NYC: Neighborhood Getaways, features a citywide lineup of offers on attractions, cultural experiences, dining, hotels, museums, shopping and tours. The program runs through year-end, with the potential to extend based on the needs of local businesses. Promotion emphasizes neighborhood exploration—beginning with locals and expanding into regional markets as visitation resumes—through press outreach, digital media and out-of-home placements on LinkNYC screens and JCDecaux bus shelters throughout the five boroughs.

Upper Manhattan Empowerment Zone

Service: UMEZ provides loan capital from $1 million to $10 million to projects that provide new job creation and substantial economic growth in Upper Manhattan. We are typically a subordinate loan that augments (or “gap funds”) the amount of private capital to create a stronger capital structure for the project. Prospective applicants are encouraged to meet with a UMEZ lending officer before applying to informally explore the appropriateness of potential funding by UMEZ.

Contact: Call (212) 410-0030.
Updated Labor Regulations

United States Department of Labor
The Families First Coronavirus Response Act (FFCRA or Act) requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. The Department of Labor’s (Department) Wage and Hour Division (WHD) administers and enforces the new law’s paid leave requirements. These provisions will apply from the effective date through December 31, 2020.


NYC Consumer Affairs
Under the “Paid Safe and Sick Leave Law,” most employees in New York City are eligible for up to 40 hours of sick pay from their employer if: They become sick with COVID-19; Are caring for a family member who is sick or needs diagnosis; Their place of business was ordered shut due to COVID-19; They have to stay home to care for a child due to the closure of the City’s public schools. Employees may be eligible for 2 additional days as unpaid leave under NYC’s Temporary Schedule Change Law.

Contact: PSSL@dca.nyc.gov or 311/212-NEW-YORK (if calling outside of NYC).
For Employment Assistance

NYC Department of Consumer and Worker Protection

**Service:** NYC Financial Empowerment Centers now provide free one-on-one professional, financial counseling over the phone. Counselors can help you create a budget, manage bills, save for essentials, deal with student loans, and more.

NYC Small Business Services

**Service:** Learn more about current employment and training opportunities. We help New Yorkers prepare for, and connect to, jobs across New York City’s five boroughs and in every sector of the economy. Through our Virtual Workforce1 Career Center system, we can connect you via web or phone to one-on-one help from professionals who can help you: Identify jobs that are a fit for your experience and skills; Prepare for interviews; Access free training. All of our services are no-cost and do not require in-person visits. In order to access any of the services, you can begin the registration process online and apply for up to three job opportunities without visiting a center.
Charter Communications

Service: Charter Communications, Inc. today announced a relaunch of its Remote Education Offer providing free Spectrum Internet – with speeds up to 200 Mbps in most markets – and WiFi access for 60 days to households with K-12th graders, college students and/or educators. The promotion is available for customers who live in a Spectrum market and do not currently have Spectrum Internet services.

Contact Info: To enroll, new customers can call 844-310-1198 and a free self-installation kit will be provided.

Additional Language(s) Spoken: Spanish

Workers Need Childcare

Service: Workers Need Childcare is a rapid response effort to help parents find and access free and low cost childcare so they can continue to do the jobs that keep our city running during the COVID-19 outbreak.

Contact: hello@workersneedchildcare.org or schedule a phone call.

Eligibility Requirements: For parents in the essential workforce (ex. utilities, grocery, food, delivery, mail, warehousing, health care) who are located in one of the five boroughs of NYC.

Like You

Service: Like You is a mindfulness podcast for kids. We use breathing, affirmations, music, and imagination to explore feelings, relieve anxiety, encourage self-esteem, and grow empathy, all while having fun!

New York Public Library

Service: Get free online homework help from one-on-one tutors, daily from 2–11 PM. Available in English and Spanish, from early elementary through high school grades, in core subject areas. Video content and other resources are also available 24 hours a day.

Brooklyn Public Library

Service: While our in-person events are on hold, we are offering virtual programming via Facebook Live broadcasts, Zoom meetings, and streaming from our branch staff!
NYC Department for the Aging

Service: Need help with personal grooming or household chores? Are you unable to cook your meals? The Department for the Aging (DFTA) works with case-management agencies to provide in-home care for people age 60 and older. Call 311.

Do you have questions about Medicare? Confused about which plan is right for you? The Health Insurance Information, Counseling, and Assistance Program (HIICAP) is a free Department for the Aging resource for questions about: Medicare Part A and Part B plans; Medicare Part D prescription drug plans and the Elderly Pharmaceutical Insurance Coverage program (EPIC); Medicare Advantage (Part C); Medigap insurance to supplement Original Medicare; How Medicare works with retiree coverage; Medicare Savings Programs and Low-Income Subsidy to help pay costs.

Contact: 212-244-6469 or find a counselor.

Citymeals on Wheels

Service: Citymeals provides meal delivery services to elders and is now serving an additional 22,000 older people who typically get their breakfast and lunch at local senior centers.

Eligibility Requirements: Must be 60 years of age or older; Must be unable to prepare nutritious meals or have no one to do so for you; Must be physically or mentally incapacitated and in need of some assistance; Must be able to live safely at home if services are provided.

JASA

Service: JASA’s Sally and Henry Pearce Help Center’s trained and bilingual social workers answer more than 3,000 calls and inquiries each year from seniors and their families.

Contact: Call 212.273.5272 or submit form on website.

Queens Community House

Service: For home-bound seniors eligible for home-delivered meals, Queens Community House offers the options of nutritious hot meals prepared by QCH’s senior centers or meals meeting cultural needs such as Kosher and/or Asian.

Contact: Call 347-507-0486 or sfavors@qchnyc.org and jpena@qchnyc.org.

Office of the Bronx Borough President Senior Services Unit

Service: Please contact the senior center before you go to pick up your Grab and Go meal. DFTA has requested that senior centers prepare meals for three days to give to seniors starting March 19th. These meals will be for Thursday, Friday and Monday!
**ActionNYC**

**Service:** ActionNYC offers free and safe immigration legal help in a network of trusted community organizations and schools. Services include free legal screenings to find out if you qualify for any immigration benefits and free legal help from an experienced attorney or accredited representative for a range of cases, such as citizenship, green card applications and renewals, Deferred Action for Childhood Arrivals (DACA), Temporary Protected Status (TPS), and more.

**Contact:** You must make an appointment to receive services. To make an appointment, call 1-800-354-0365 between 9am-6pm, Monday - Friday or call 311 and say "ActionNYC."

**CUNY Citizenship Now!**

**Service:** CUNY Citizenship Now! provides free, high quality, and confidential immigration law services to help individuals and families on their path to U.S. citizenship. Our attorneys and paralegals offer one-on-one consultations to assess participants’ eligibility for legal benefits and assist them in applying when qualified. Contact us to get remote help with your citizenship, green card renewal, work authorization, and fee waiver applications.

**Contact:** Call 646-664-9400, or text to 929-334-3784.

**Immigrants Rising**

**Service:** Immigrants Rising’s Virtual Wellness Gatherings help undocumented young people stay grounded and connected to one another. These virtual gatherings convene experienced facilitators—psychologists, coaches, traditional healers—to guide undocumented young people through educational materials and interactive activities.

**Schedule:** Wednesdays 8-9pm
NYC Well

Service: Confidential mental health support with a counselor via phone, text, or chat and access to mental health and substance use services.

Schedule: 24 hours/7 days a week/365 days a year.

Contact Info: Call 1-888-NYC-WELL (1-888-692-9355); Text WELL to 65173.

NYC COVID Worker Care Network

Service: We are a self-organized, volunteer network of 1000+ mental health professionals, life coaches, spiritual care providers, healers, facilitators, and crisis line operators ready to support COVID-19 essential workers in this time of incredible need. All consultation will occur by phone or video-conference, and will be strictly confidential. For legal reasons too, we are not a therapeutic network. We connect workers with individuals who have volunteered to support you in this crisis.

Contact: Submit online form to request help.

NY Project Hope

Service: New York has a free, confidential helpline as part of the FEMA response to COVID-19.

Contact Info: Call 1-844-863-9314 or visit website.

New York State Office of Mental Health

Service: Learn more about managing anxiety in difficult times, coronavirus-related guidance for healthcare providers and how you can help.

National Suicide Prevention Lifeline

Service: We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones, and best practices for professionals.

Schedule: 24 hours/7 days a week/365 days a year.

Contact Info: Call 800-273-TALK (8255).

Additional Language(s) Spoken: Spanish

CitizensNYC LIVE: Health and Wellness Edition

Service: Tommy Rosen is an internationally renowned yoga teacher and addiction recovery expert who has spent the last three decades immersed in recovery and wellness. Join CitizensNYC to learn the power of breath and movement to build vitality, boost immunity and live optimally. Check out session 2 and 3 as well.
NYC HOPE

Service: NYC Family Justice Centers (FJC) and many community-based organizations have advocates available to help you create a safety plan. Visit any FJC to get free and confidential assistance. Key agencies and service providers are located on-site, to make it easier for survivors to get help.

Contact: Call 800-621-4673.

Additional Language(s) Spoken: Spanish

Sanctuary for Families

Service: Confidential and free service for victims of domestic violence, sex trafficking, and related forms of gender violence.

Schedule: Monday through Friday, 9am - 5pm.

Contact: Call 212-349-6009.

Additional Language(s) Spoken: Spanish, Chinese, French and more

Womankind

Service: Womankind works with survivors of gender-based violence to rise above trauma and build a path to healing. We bring critical resources and deep cultural competency to help Asian communities find refuge, recovery, and renewal.

Schedule: Call 888-888-7702 (24/7 in 18+ Asian languages and dialects and Spanish); Text 929-207-5907 (English) Monday through Friday 10am - 6pm; Online chat in English and Spanish Monday through Friday 10am - 6pm.

Additional Language(s) Spoken: Spanish, Chinese, Korean, Vietnamese, Japanese, Urdu, Bengali, Tagalog, Hindi, and more

National Domestic Violence Hotline

Service: At the National Domestic Violence Hotline, our highly trained expert advocates are available 24/7 to talk confidentially with anyone in the United States who is experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

Contact: Call 1-800-799-7233, text “LOVEIS” to 22522, or visit website to chat.

Additional Language(s) Spoken: More than 200 languages

Women’s Aid

Service: Providing free and confidential support to women experiencing domestic violence, family and friends and professionals supporting victims of abuse.

Contact: Call 800341900; text 0879597980; online chat available.

Additional Language(s) Spoken: Multiple languages