

RESOURCES FOR FAMILIES DURING THE COVID-19 PANDEMIC



In partnership with New York City Health + Hospitals/ Bellevue's Department of Child and Adolescent Psychiatry, Department of Child Life and Developmental Services, Frances L. Loeb Center for Child Protection and Development, Reach Out and Read and the H.E.L.P Project, and Video Interaction Project

More than Medicine for Your Family

We strive every day to help families at Bellevue Hospital gain access to more than medicine, so their children can not just survive, but thrive, in New York City. We hope this guide helps you find local, state, and federal resources that you can access during this incredibly challenging time.

Information about some of these programs is below and can also be obtained by calling 311. In addition, ACCESS NYC (access.nyc.gov) is an online screening tool that can help you determine the health and human service benefit programs for which you are potentially eligible. You can also visit access.nyc.gov/coronavirus-covid-19-updates for the latest updates to local services.

Languages

This guide will be available in Mandarin and Spanish at the link below. You can also use your phone's camera to scan the QR code to the right.

Este documento estará disponible en inglés y mandarín en el siguiente enlace: También puede usar su cámara en su teléfono para marcar el código QR a la derecha.

该指南将在以下网址提供中文版本。您也可以用手机相机扫描右边的二维码。

childrenofbellevue.org/resources-for-families
or bit.ly/covid19forfamilies



New York City Coronavirus Text Updates

For updates from the City of New York in English, text COVID to 692-692.

New York State Coronavirus Hotline

Call 888-364-3065 to reach New York State's Coronavirus Hotline.

Contents

[General and Emergency Fund Resources](#)
[Food Resources](#)
[Mental Health Resources](#)
[Utility Resources](#)
[Education Resources](#)
[At Home Activities](#)

Resources followed by an asterisk (*) have been newly added since the April 30th, 2020 release.

Disclaimer: Due to the fast-changing situation, the information in this resource guide may not reflect the latest updates. Please visit access.nyc.gov/coronavirus-covid-19-updates for the latest information from the City of New York. Information provided herein is subject to change as emergency laws, resources, and other factors evolve during the COVID-19 pandemic. We cannot advise you about such developments. Please consult federal, New York State, and New York City COVID-19 websites for the latest information and your own counsel for legal advice.

General and Emergency Fund Resources

ACCESS HRA

The City of New York
a069-access.nyc.gov/accesshra
Find out if you qualify for SNAP, cash assistance, Medicaid, or Fair Fares for New Yorkers who have lost income due to the current COVID-19 pandemic.

ACCESS NYC

The City of New York
access.nyc.gov
Connect New Yorkers with the resources they need in the City, such as where to access food, money, and housing.

Arts and Culture Leaders of Color Emergency Fund

Arts Administrators of Color Network
docs.google.com/forms/d/e/1FAIpQLSfv4AazvLFVUNAgXoxqBqfZ7jJVkrMroa-CET6Vt6XygR-CaQ
Request financial assistance if you are an artist or art administrator whose income has been impacted by the COVID-19 pandemic and who self-identifies as BIPOC (Black, Indigenous, Person of Color) completing the form at the link.

Bartender Emergency Assistance Program

United States Bartender Guild
www.usbgfoundation.org/beap
Apply for financial assistance available to bartenders during emergencies.

CDC COVID-19 Information

Centers for Disease Control and Prevention
www.cdc.gov/coronavirus/2019-ncov/index.html
General and updated information about COVID-19.

CNN Coronavirus Town Hall with Sesame Street

www.cnn.com/2020/04/25/app-news-section/cnn-sesame-street-coronavirus-town-hall-april-25-2020-app/index.html
CNN's Dr. Sanjay Gupta and Sesame Street to explain the ABC's of coronavirus for parents and kids.

COVID-19 Resources Center

The City of New York
comptroller.nyc.gov/services/for-the-public/covid-resources/overview
Find critical information on government programs available to assist New Yorkers, recent policy changes regarding health and safety, financial support options for residents and businesses, and organizations for additional assistance.

COVID-19 Resources for Undocumented Immigrants

Betancourt Macias Family Scholarship Foundation
docs.google.com/spreadsheets/d/18p9OSILpSYa_nIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc
See the list of financial, legal, medical, and food resources for undocumented immigrants.

Earned Income Tax Credit (EITC)

The City of New York
www.nyc.gov/eitc
Working families that earn below a certain income level may be able to receive the Earned Income Tax Credit (EITC). The amount of the refund depends on the family's income and individuals' marital and parental status. To learn more about the EITC and how you can claim it, call 311 or visit this website.

Job and Service Centers

The City of New York
www1.nyc.gov/site/hra/locations/job-locations.page
Call 311 or visit this website to find a New York City Job Center where you can apply for Cash Assistance and other public benefits.

LGBTQ+ Guide

The City of New York
comptroller.nyc.gov/services/for-the-public/lgbtq-guide/overview
See the full guide of services and resources available to LGBTQ+ NYC residents.

Mutual Aid NYC Request for Support

The New York Caring Majority
docs.google.com/forms/d/e/1FAIpQLScAhVM97hdIb2thdIH8ew0FIzSBXP4Z9nvjk23ipCwjxcRZBA
See the list of neighborhood support services compiled by a coalition of seniors, people with disabilities, family caregivers, and domestic and home care workers throughout New York.

NY State Unemployment Benefits

www.ny.gov/services/get-unemployment-assistance
1-888-209-8124
New York State unemployment insurance for workers who lost their job through no fault of their own.

NYC COVID-19 Guidelines

NYC Health
www1.nyc.gov/site/doh/covid/covid-19-main.page
The latest information, guidance, and tools on Coronavirus in New York City.

NYC Domestic Violence Hotline

The City of New York
Call 800-621-4673 or 911 in an emergency
NYC Family Justice Centers remain available by phone for immediate safety planning, shelter assistance, and other resources.

NYC Help Now Portal

The City of New York
www1.nyc.gov/site/helpnownyc/get-help/individuals.page
View resources for employment, benefits, seniors, food security, NYCHA residents, mental health, and education.

NYC Legal Resources

comptroller.nyc.gov/services/for-the-public/covid-resources/legal-support/
Legal support for New Yorkers, including legal assistance and hotlines and justice systems and courts.

Resources for Restaurants and Workers Coping with the COVID-19 Emergency

Restaurant Workers' Community Fund
www.restaurantworkerscf.org/news/2020/3/15/resources-for-restaurants-and-workers-coping-with-the-covid-19-emergency
See the list of crisis relief funds for the restaurant community, information on labor laws, and benefits available to restaurant workers.

Resources for Restaurant Workers and Owners

The Food Education Fund
sites.google.com/foodeducationfund.org/foodhubnyc/to-get-help-resources/restaurant-owners-works
Explore resources to support restaurant workers and owners.

State and Nationwide Undocumented Immigrant Resources

Informed Immigrant
www.informedimmigrant.com/guides/coronavirus/
Comprehensive list of resources and information for undocumented individuals specifically. Browse by state, also lists nationwide resource

211

211 and United Way Worldwide
www.211.org/services/covid19
Visit the website or dial 211 for a free and confidential service that helps people across North America find food, pay housing bills, or other essential services.

Food Resources

Free Meals

The City of New York

www.schools.nyc.gov/school-life/food/free-meals

New Yorkers can get three free meals daily from more than 400 locations. Meal Hubs will operate Monday through Friday for children and families from 7:30 am to 11:30 am and for adults from 11:30 am to 1:30 pm. Text "FOOD" to 877-877 to find local hubs near you.

No registration, ID, or documentation required. Vegetarian and halal options available. No dining space is available, so meals must be eaten off-premises. Parents and guardians may pick up meals for their children.

Food Resources for Families and Students

The Food Education Fund

sites.google.com/foodeducationfund.org/foodhubsnyc/to-get-help/resources/families-students

Find out where to access food, including deliveries, soup kitchens, and food pantries.

Hunger Hotline

Hunger Free America

www.hungerfreeamerica.org/neighborhood-guides-food-assistance

1-866-3-HUNGRY 1-877-8-HAMBRE

A resource for individuals and families seeking information on how to obtain food.

Nutrition Kitchen

Nutrition Kitchen

<https://www1.nyc.gov/site/neon/programs/nutrition-kitchen.page>

Food Pantry locations and operation times across the five boroughs are available on this website.

NYC Food Delivery Assistance

City of New York

cv19engagementportal.cityofnewyork.us/#/display/5e7555117ad6750216160409

If you cannot go out to get food, no one can bring you food, and you are not able to use private delivery options, someone will deliver emergency meals to you in the coming days. Check your eligibility and sign up here (you will need to create an account).

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

New York State Department of Health

access.nyc.gov/programs/women-infants-and-children-wic

WIC provides free healthy food and services to low-income women and children, including nutrition counseling, breastfeeding support, health education, and referrals. If you are pregnant or have children under five years old, call WIC to apply. WIC offices are open from 8:30 am to 4:30 pm, Monday through Friday.

- Bellevue Hospital (Manhattan): 212-562-6124
- Metropolitan Hospital (Manhattan): 212-423-7395
- Chinatown (Manhattan): 212-274-9655
- Sunnyside (Queens): 718-779-8828
- For other locations, call 1-800-522-500

Mental Health Resources

Building Your Resilience

American Psychological Association

www.apa.org/topics/resilience

Follow a roadmap for adapting to life-changing situations and emerging even stronger than before.

Calm Together Blog

Calm

www.calm.com/blog/take-a-deep-breath

Access a regularly updated curation of meditations, sleep stories, music, and more, all hand-picked to support mental and emotional wellness during this time.

COVID-19 Mental Health Resources

New York State Office of Mental Health

omh.ny.gov/omhweb/covid-19-resources.html

Visit the state website focused on managing anxiety and stress. You can also call 1-844-863-9314 for more support.

Crisis Text Line

Crisis Text Line

www.crisistextline.org

Be connected with a trained crisis counselor by texting "HOME" to 741-741.

National Sexual Assault Hotline*

RAINN

www.hotline.rainn.org

Visit online.rainn.org to chat one-on-one with a trained RAINN support specialist, any time 24/7, or call 800-656-4673.

NYCWell

The City of New York

nycwell.cityofnewyork.us/en

Reach mental health staff and counselors who can help refer to other types of resources. People can talk, text, or chat 24/7.

NY State of Mind

Headspace

www.headspace.com/ny

In partnership with the New York Governor's Office, free meditation and mindfulness content, curated specifically for the people of New York.

Suicide Prevention Call and Chat

National Suicide Prevention Lifeline

suicidepreventionlifeline.org

Call 1-800-273-8255 or chat online.

Supporting Your Emotional Wellbeing During the COVID-19 Outbreak

Vibrant Emotional Health

www.vibrant.org/covid-19

Access resources on mental health, managing anxiety, caring for behavioral health, and more.

Weathering the Storm

Headspace

www.headspace.com/covid-19

Meditations, sleep, and movement exercises to help during this time. Available for everyone, including those outside of New York State.

Utility Resources

Affordable High-Speed Internet

Comcast

www.internetessentials.com/Apply

Apply for 60 days of free internet and pay \$9.95 per month after it expires.

Altice Broadband Free

Altice USA

www.alticeusa.com/news/articles/feature/corporate/altice-usa-brings-free-broadband-k-12-and-college-students-during-coronavirus-pandemic

Households with displaced students and no internet access can access broadband at no charge.

AT&T Waived Data Fees

AT&T

about.att.com/pages/COVID-19.html#consumers

Families and students will not be subject to data overage fees. Limited Income Households can have coverage for \$10 per month.

Free Spectrum Broadband

Charter Communications

corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more

Available to new K-12 and college student households and more.

Education Resources

Brooklyn Public Library Card

Brooklyn Public Library
disc.bklynlibrary.org/ecard

You can get a Brooklyn Public Library e-card if you don't currently have a library card to use the library's online resources and check out e-books. Anyone who lives, works, or studies in New York State can get a library card.

Brooklyn Public Library Resources

Brooklyn Public Library
www.bklynlibrary.org/coronavirus

See the full listing of digital and remote resources offered by the library including e-books, virtual storytime, newspapers, magazines, and more.

City's First Readers

New York City Council
citysfirstreaders.com

A New York City Council early literacy initiative which provides resources to parents to support early learning programs through a collaboration of nonprofits and libraries.

COVIBOOK

Manuela Molina
www.mindheart.co/descargables

Read online a short book meant to support and reassure children, age 2-7, regarding COVID-19. It is available in 22 languages.

Farm Food

Farm Food 360
www.farmfood360.ca/?utm_source=domain&utm_campaign=www.virtualfarmtours.ca&utm_medium=redirect

Virtual 360° educational tours of farms and the animals who live on them.

Grammaropolis

www.grammaropolis.com/

An interactive, educational site for teaching children grammar.

Kaplan Personal and Professional Skills Fitness*

Kaplan
www.professionalskillsfitness.kaplan.com

Kaplan is offering a free library of online training courses and resources designed to help people hone both their personal and professional skills.

Live Virtual Story Time

Reach Out and Read of Greater New York
www.facebook.com/ReachOutReadGNY/
 Join Reach Out and Read staff and volunteers as they read stories on a live feed every day.

Museum of the City of New York

collections.mcny.org/C.aspx?VP3=CMS3&VF=Home

Explore New York's past through nearly 205,000 objects from the collection of the Museum of the City of New York.

NASA

climatekids.nasa.gov/

This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals.

National Geographic

kids.nationalgeographic.com/

Activities to learn about geography and animals.

NeMO-NET

NASA
nemonet.info

iPhone/iPad game created by NASA that allows players to identify and classify corals in the ocean.

Neuroscience Lessons for Kids

Mentoring in Neuroscience Discovery at Sinai
webcommons.mssm.edu/minds/lessons/?fbclid=IwAR0epEFmS_Is_OzC19FTPY9vCPBB5oOsYmqroLUjmxQF8ABEe5Ehe3-vnJE

Roughly 20 minute long lessons to introduce kids (K-3) to the brain. Hands-on activities are included.

New Women New Yorkers with NYC Immigrant Affairs*

www.nywomenimmigrants.org

NYC Immigrant Affairs is teaming up with New Women New Yorkers to offer a series of online workforce development workshops and a professional English learning program for immigrant women in NYC. Registration is

available here:

<https://docs.google.com/forms/d/e/1FAIpQLSfmqh1-NSKLIbs2MjAYDpH7PeaIhBy2ZSbX2WiUd-o-v9dtsq/viewform>

New York Public Library E-Reader

SimplyE

apps.apple.com/app/apple-store/id1046583900
play.google.com/store/apps/details?id=org.nypl.simplified.simplye

Download SimplyE, the free e-reader app that makes it easier than ever to borrow e-books.

NYC Activities for Students

New York City Department of Education

www.schools.nyc.gov/learn-at-home/activities-for-students

Access materials on the Learn at Home pages designed to provide supplementary learning resources to students in all grades from early learning to high school.

Resources for Parents and Learning at Home

National Reach Out and Read

www.reachoutandread.org/what-we-do/resource-s-2/

Utilize remote learning links and read tips for parents about how books and routines help children deal with stress.

Scholastic

<https://classroommagazines.scholastic.com/supp-ort/learnathome.html>

Day-by-day learning at home projects available for grades PK-9.

Starfall

<https://www.starfall.com/h/>

A free online service to help children grades PK-3 learn phonics and how to read.

Talking to Kids About the Coronavirus

Child Mind Institute

childmind.org/article/talking-to-kids-about-the-coronavirus/

Use this resource that explains the best ways to discuss the coronavirus with children.

TIME for Kids

TIME

time.com/tfk-free

Access Time's free digital library for students, families, and teachers around the world, including a complete collection of all 2020 editions of TIME for Kids.

United Nations*

Inter-Agency Standing Committee

www.who.int/news-room/detail/09-04-2020-children-s-story-book-released-to-help-children-and-young-people-cope-with-covid-19

A children's storybook was released by the collaborative efforts of more than 50 organizations working in the humanitarian sector to help children ages 6-11 understand and cope with the coronavirus; it is available in 6 languages.

Vroom

www.vroom.org

A resource that helps parents boost their child's learning during mealtime, bathtime, bedtime, or any other time. There are also COVID-19 specific tips available.

At Home Activities

ABCya!

www.abcya.com

Educational games for grades PK-6.

Activity Worksheets

www.education.com

Printable activities for children ages 2 and up.

Breakout EDU

www.breakoutedu.com/funathome

Educational games for grades K-12 on a variety of subjects.

Early Childhood Music Classes

www.youtube.com/channel/UCfXD2JoagtH-hMoVmNrqjsA

Videos of an early childhood music educator for young children.

Flow and Grow Kids Yoga

www.youtube.com/channel/UCFn3JSWr155rV36rnJSchpQ/featured

Yoga exercise videos for young children.

Fun Brain

www.funbrain.com

Educational games for grades PreK-8.

Genius of Play

www.thegeniusofplay.org

Ideas for play activities ages 2-12.

Google

Google Arts and Culture

artsandculture.google.com/partner?hl=en

Google partnered with over 2,500 museums and galleries around the world to offer virtual tours of their sites.

Highlights

Highlights Kids

www.highlightskids.com

Reading, educational games, and activities are available for kids of all ages.

Little Stories for Tiny People

www.stitcher.com/podcast/little-stories-for-tiny-people

A kids' podcast featuring original kids' stories and poems.

Nomster Chef

www.nomsterchef.com/nomster-recipe-

Illustrated recipes encouraging conversations about math, science, and literacy with your child ages 2-12.

San Diego Zoo

zoo.sandiegozoo.org/live-cams

The zoo has 12 live webcams available for viewers to watch the animals during their day in the zoo.

Sensory Activities

Sensory Lifestyle

www.sensorylifestyle.com

Sensory activities for babies, toddlers, and preschoolers.

Sesame Street

www.sesamestreet.org

Play games, make art, and watch videos featuring Sesame Street characters.

Storyline Online

www.storylineonline.net

Children's books are read aloud by celebrities with illustrations and captions.

Suggestions for Resources

If you have suggestions for resources to be included in this guide, please email us at resourcesforfamilies@childrenofbellevue.org.

Disclaimer: Due to the fast-changing situation, the information in this resource guide may not reflect the latest updates. Please visit access.nyc.gov/coronavirus-covid-19-updates for the latest information from the City of New York. Information provided herein is subject to change as emergency laws, resources, and other factors evolve during the COVID-19 pandemic. We cannot advise you about such developments. Please consult federal, New York State, and New York City COVID-19 websites for the latest information and your own counsel for legal advice.