

# NORTHERN MANHATTAN COVID-19 RESOURCES

West Harlem, Central Harlem, East Harlem, Washington Heights, & Inwood

## COVID-19 INFORMATION

[Stop the Spread \(NYC Department of Health\)](#)  
[Coronavirus Factsheet \(NYC Department of Health\)](#)  
[Coronavirus Info. \(Center for Disease Control-CDC\)](#)



**To receive COVID-19 updates & information from the City**

**English:** Text 'COVID' to 692692

**All New Yorkers must wear a face covering when outside.**

## COVID-19 Testing

Public housing residents can get free testing for COVID 19 at St. Nicholas Houses which is located in Central Harlem between west 127th and 131st Streets and between Adam Clayton Powell Jr. and Frederick Douglass Boulevards.

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## MENTAL HEALTH

**Any immediate danger or needs call 911**

### NYC Well

Text "WELL" to 65173  
Call 1-888-NYC-WELL (1-888-692-9355)  
Chat online on the nycwell website

Provides free, confidential mental health support. They are here to listen and help with problems like stress, depression, anxiety, or drug and alcohol use.

### New York State Office of Mental Health

Emotional Support Line: 1-844-863-9314

Provides free and confidential support, helping callers experiencing increased anxiety due to the Coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

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## DOMESTIC VIOLENCE

**The New York City Domestic Violence Hotline**  
Call 800-621-HOPE

This call-in service provides safety planning, referrals, and connections to emergency housing for victims of domestic violence. The hotline provides assistance in over 150 languages, 24/7.

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## EDUCATION

### NYC Department of Education

The Department of Education is providing tablets for students who need Internet connectivity and hardware for distance learning. To register your family, visit NYC DOE Remote Learning Devices. This is available in many languages.

## UTILITIES

As of Friday March 13, New York utilities have volunteered to suspend utility shut-offs for power, heat and water for all customers.

## FREE WIFI AT HOME

### Comcast

Call 1-855-8-INTERNET for set up  
Offering essentials internet service designed for low-income families free for 60 days for new qualifying customers.

### **Spectrum**

Call 1-844-488-8395 for set up  
Households with K-12 students can get free Spectrum Wifi for 60 days (free installation for new customers)

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## LOCAL FOOD

### Soup Kitchens / Food Pantry

Washington Heights and Harlem

### Invisible Hands

Call (732) 639-1579

Twitter: @InvisHandsHQ

NYC's communities most at-risk of COVID-19 can request safe, easy, and free delivery of supplies, groceries, or whatever else you may need.

### **Charles Walburg Home Delivered Meals**

(For Seniors)

163 West 125th Street

(212) -222-2552

Local activists offering prepared food and delivery in the Bronx, Brooklyn, Harlem, and Queens.

### **World Central Kitchen (WCK)**

These are restaurants part of WCK that providing free meals for those in need:

- > **House of Justice** @ 12:00pm 106 W 145th Street
- > **La Fonda Boricua** @12pm 169 E 106th Street
- > **Red Rooster Harlem** @12pm 310 Lenox Avenue
- > **La Nueva España Restaurant** 606 W 207th Street
- > **SOMOS** 629 W 185th Street

Will distribute thousands of fresh, individually packaged grab-and-go meals to local families.

## WIFI VIA SMARTPHONE

**Metro PCS, T-Mobile, Sprint, AT&T and Comcast** are all lifting their unlimited data caps for cell phone subscribers for at least 60 days. Contact your cellphone provider for more information.

**MetroPCS** will allow you to add a free 10GB of mobile hotspot per month by adding an add on service available in the MyMetro app, MyAccount or by calling Care at 611.

**T-Mobile** and **Metro by T-Mobile** are providing customers an additional 20GB of mobile hotspot/ tethering service for the next 60 days coming soon.

### **Free Baby Formula**

Call 718-405-9111

WIC members can have baby formula delivered FREE to all New York City boroughs

### **Senior Care Centers**

Call your local senior center or Aging Connect at 212-Aging-NYC (212-244-6469) or 311 to learn how to receive delivered meals

Senior centers are **currently closed** to ensure the health and safety of older New Yorkers.

### **To find meal distribution sites**

Text "FOOD" or "COMIDA" to 877-877

### **NYC Public School Food Pick Up**

NYC community members may **pick up free grab-and-go breakfast and lunch from 7:30am-1:30pm outside the main entrance to every school building.**

Residents can go to the school closest to them.



## LOCAL FOOD CONTINUED

### [Citymeals on Wheels](#)

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

### [Community food advocates](#)

Find information about free food and financial assistance for food in NYC

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### [Hunter College New York City Food Policy Center](#)

Find information about food services in your neighborhood

## HOUSING

As of Monday March 16: **eviction proceedings and pending orders will be suspended statewide until further notice.** Housing court functions such as landlord lockouts, repair orders, and serious code violations will continue.

As of Thursday March 19, New York has implemented a **90-day foreclosure moratorium and mortgage relief period** for owners who can demonstrate they are not able to make timely payments due to the impact of the virus.

As of May 7th, Governor Andrew Cuomo announced an extension on the 90-day moratorium on evictions for all residential tenants. This means that no one can be evicted in New York State until at least August 20th. This also protects renters from late fees and allows tenants to pay with their security deposits, which they can later replenish.

### **Tenants Rights Hotline by Met Council**

Call 212-979-0611 (ingles y espanol)

### **Report attempted evictions**

Anyone with knowledge of City marshals attempting to execute on warrants of eviction can report this activity by calling DOI's Bureau of City Marshals at (212) 825-5953.

### **Support for eviction prevention**

#### [Bronx Works](#)

Catholic Charities (helps regardless of denomination)  
Coalition for the Homeless

### **NYCHA Specific**

Call your property management office or Customer Contact Center at 718-707-7771

**NYCHA residents that experience a loss of income may qualify for a rent reduction.** Households that have experienced a complete income loss may qualify for the Zero Income Policy. If a household reports zero income, they will participate in an interview with a NYCHA Housing Assistant and will complete a Zero Income Questionnaire. The interview can be held over the phone.



## UNEMPLOYMENT RESOURCES

### **Paid Sick Leave for COVID-19 Impacted New Yorkers**

Governor Cuomo signed the bill guaranteeing job protection and pay for New Yorkers who have been quarantined as a result of COVID.

### **Unemployment Application Waiting Period Waived**

New York State is waiving the 7-day waiting period for Unemployment Insurance benefits for people who are out of work due to Coronavirus (COVID-19) closures or quarantines.

### **Department of Labor**

### **The Families First Coronavirus Response Act (H.R. 6201)**

On March 18, 2020, President Trump signed into law The Families First Coronavirus Response Act (H.R. 6201). The law is effective 15 days after being signed by the president. While this act has extensive provisions in response to COVID-19, the following areas are important for employers to note: **Expanded FMLA; Paid Sick Leave; Health Insurance; and Tax Credits**

### **Legal Questions Regarding workplace rights**

If you have questions regarding your rights in the workplace, contact the New York Legal Assistance Group, Employment Law Project Phone: (212) 613-5000 | Email: [EmploymentLawProject@nylag.org](mailto:EmploymentLawProject@nylag.org)

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## SOCIAL SERVICES RESOURCES

### **Department of Social Services changes in response to COVID-19**

Apply for **Cash Assistance or Emergency One Time Assistance** with the [ACCESS HRA website](#) or mobile app. An HRA staff member will call you to complete your eligibility interview.

Apply for a **Special Grant** online through ACCESS HRA if you are a Cash Assistance client.

Use ACCESS HRA online or download the ACCESS HRA app to **view your case information**.

Apply for **child support services** by downloading an application at [childsupport.ny.gov](http://childsupport.ny.gov) OR by calling the NYS child support helpline at 888-208-4485 to have an application mailed to you.

Apply for **SNAP** online at [www.nyc.gov/accesshra](http://www.nyc.gov/accesshra), by smart phone with the ACCESS HRA app, or call 718-557-1399 to have an application mailed to you. After you submit your application, complete your eligibility interview by calling 718-SNAP-NOW (718-762-7669) anytime between 8:30 AM and 5:00 PM, Monday to Friday.

