

The WAGE Center
COVID-19 Resource Guide for the Capital Region

2020

<u>Table of Contents</u>	<u>Page</u>
COVID-19 Hotlines	2
COVID-19 Information	3
Domestic Violence Resources	5
Education	6
Employment Resources	8
Family Resources	9
Financial Assistance	10
Food Resources/Information	12
Healthcare	15
Legal Assistance	17
Mental Health Resources	18
Other Resource Guides	20
Useful Apps/Websites	21
Volunteer Opportunities	22
Wellness/Fitness	23

COVID-19 Hotlines

- **ABB's Free Work-Family Legal Helpline**
 - Help understanding workplace rights
 - <https://www.abetterbalance.org/get-help/>
 - 1-833-NEED-ABB (1-833-633-3222)
- **Albany County Emergency Shelter**
 - If Albany County residents are in need of emergency shelter, they can call the emergency 24-hour **hotline at 518-463-2124**
- **CVS Coronavirus Resource Hotline**
 - 1-888-300-4419
 - Testing for COVID-19 will be available soon but we are not currently testing at our stores or many clinic locations
- **New York State Department of Health Coronavirus Hotline**
 - 1-888-364-3065
- **Schenectady County COVID-19 Emergency Response Coalition - Hotline**
 - https://drive.google.com/open?id=1xZ0JjYHtf2HMknMlj_lw6RkBHgo4K_-6
- **United Healthcare Emotional Support Hotline**
 - 1 (866) 342-6892

COVID-19 Information

- **ASL Video Series: COVID-19**
 - <https://www.youtube.com/watch?v=Lmu2ItNDyPA&list=PLvrp9iOILTQatwnqm61jqFrfsUB4RKh6J&index=3>
- **CDC Guidance** and Information on COVID-19
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- COVID-19 **Deaf or Hard of Hearing** Communication Sheet
 - <https://files.constantcontact.com/f5b9e7ba101/ba2278e5-2582-4e7a-ba5e-170ba49e5eb2.pdf>
- COVID-19 **Updates and Testing Center Information** from Albany Med
 - https://www.amc.edu/patient/services/infectious_disease/coronavirus.cfm
- COVID-19 Information in **English, Spanish, Arabic, Burmese, French, Karen, Kirundi, Maay Maay, Somali, Swahili**
 - <https://www.youtube.com/playlist?list=PLm7yXhXaGwFVTn6RTYELuJxAOX8hfUFIk>
- COVID-19 Information in **English, Spanish, Arabic, Burmese, French, Karen, Kinyarwanda, Nepali, Pashto, Russian, Swahili**
 - <https://www.youtube.com/watch?v=dCIRfAVDkQM&list=PLOZioxrlwCv3XMucYU8AmVRC7R7vLnYEJ&index>
- COVID-19 Information in **Spanish, Arabic, Bosnian, Dinka, French, Kirundi, Lingala, Nepali, Somali, Swahili, and Vietnamese**
 - <https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ/videos?app=desktop>
- COVID-19 information for **individuals with disabilities**
 - <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-disabilities.html>
- COVID-19 information for individuals with **substance abuse disorders**
 - <https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>
- COVID-19 Public Health Information in **Endangered Languages**
 - <https://docs.google.com/document/d/1DyvjFYRsOkpH9UeEBEmgFd6ehSLfpMtw8j6ZFvV8JPA/edit>
- COVID-19 **New York State Accurate Information on Curfew**
 - https://local.nixle.com/alert/7903148/?sub_id=9702598
- COVID-19 Preparedness and Response for **Primary Care Providers**
 - <https://nurseledcare.phmc.org/past-webinars/item/726-coronavirus.html>
- COVID-19 **Weekly Reports**
 - https://www.cdc.gov/mmwr/Novel_Coronavirus_Reports.html
- **Essential Business** Guidance for NYS
 - <https://esd.ny.gov/guidance-executive-order-2026>

- **How to Make CDC-Approved Cloth Face Mask**
 - <https://www.wired.com/story/how-to-make-a-cloth-face-mask/>
- **Live Coronavirus Trackers**
 - <https://coronavirus.jhu.edu/map.html>
 - <https://ncov2019.live/>
 - <https://hgis.uw.edu/virus/>
- **New York State Association of Counties COVID-19 Updates Link:**
 - <https://www.nysac.org/covid-19>
- **Social Distancing, Quarantine and Self Isolation**
 - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>
 - <https://www.covid19conversations.org/>
 - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>
- **The Community Foundation COVID-19 Updates Link:**
 - <https://www.cfgcr.org/covid-19-resource-hub/>
- **UAlbany Testing Center**
 - **By appointment only: 888-364-3065**
 - 1400 Washington Ave., Colonial Quad parking lot
 - Each day from 8 a.m. to 6 p.m
- **World Health Organization (WHO) COVID-19 Information and Updates**
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Domestic Violence Resources

- COVID-19 Information within **Domestic Violence Programs**
 - <https://safehousingpartnerships.org/news/preventing-managing-spread-covid-19-within-domestic-violence-programs>
 - https://nnedv.org/latest_update/resources-response-coronavirus-covid-19/
 - <https://www.nbcnewyork.com/news/coronavirus/domestic-violence-during-covid-19-crisis-where-to-get-help-in-the-tri-state/2358816/>
- COVID-19 **Domestic Violence Blog, Podcast, Resources**
 - <https://safeandtogetherinstitute.com>
- **Crime Victim and Sexual Violence Center**
 - <https://www.albanycounty.com/departments/crime-victim-and-sexual-violence-center>
 - **24-Hour Sexual Assault Hotline: 518-447-7716**
- **National Domestic Violence Hotline**
 - <https://www.thehotline.org/help/>
 - 1-800-799-SAFE (7233) - Available 24/7
- Information and Resources for **Domestic Violence Survivors**
 - <https://www.futureswithoutviolence.org/get-updates-information-covid-19/>
 - https://auburnpub.com/news/local/govt-and-politics/with-uptick-in-domestic-violence-cases-during-covid-19-outbreak-ny-seeks-to-help-victims/article_6ce5dcf0-4e0f-5b5b-8b66-949245ba6660.html

Education

- **Activities and online resources for homebound kids**
 - <https://www.livescience.com/coronavirus-kids-activities.html>
- **Children Online Reading Books**
 - <https://www.storylineonline.net>
- **Children Relaxation Skills for Parents**
 - <https://copingskillsforkids.com/blog/calming-and-relaxing-coping-skills>
 - <https://gozen.com/50-calm-down-ideas-to-try-with-kids-of-all-ages/>
 - Live drawing sessions: <https://www.kennedy-center.org/education/mo-willems/>
- COVID-19 **Early Education** Resource
 - <https://albanycap.org/menus/early-childhood-education.html>
- COVID-19 Weekday **Learning Materials Information**
 - <https://www.wmht.org/blogs/home-classroom/week-of-march-2327-learning-materials/>
 - Schedule: https://d1qbemlbhjecig.cloudfront.net/prod/filer_public/wmht-bento-live-pbs/home_learn_wmht/6fea071194_WMHT_HOME_CLASSROOM_March_23-27.pdf
- Free **Online Enrichment Activities** for Children (Arts & Theatre)
 - Facebook Page: <https://www.facebook.com/playhousestageco/>
 - Instagram: [instagram.com/parkplayhouse/](https://www.instagram.com/parkplayhouse/)
- **General Educational Links**
 - <https://www.bbc.co.uk/bitesize>
 - <https://www.brainpop.com>
 - <https://www.breakoutedu.com/funathome>
 - <https://wonderopolis.org>
 - <https://www.ixl.com>
 - <https://www.pbssocal.org/education/at-home-learning/>
 - https://web.explorelearning.com/coronavirus-response/?_ga=2.127569294.2081616236.1584682255-310364377.1584682255
 - <https://phet.colorado.edu>
 - <https://www.khanacademy.org>
 - <https://www.quill.org>
 - <https://quizlet.com>
 - <https://www.duolingo.com>
 - <https://essentialed.capitalregionboces.org/about-this-site/>
 - <https://essentialed.capitalregionboces.org>
- **Internet Safety** Resources
 - <https://www.stopitnow.org/ohc-content/internet-and-digital-media-safety-prevention>
 - <https://www.stopitnow.org/ohc-content/preparing-for-internet-safety>

- **Jumpstart Educational Activities for Children and Families**
 - <https://www.jumpstart.com/parents/activities/family-activities>
- Learning-at-home **Reading Resources for grades Pre-k - 12**
 - https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/?fbclid=IwAR3H2Igvfdp1wyTwG-exbXthrpt_XmubD_XerM38OgAetYMFqkx8-V1Am4Y
- **Math Links**
 - <https://gregtangmath.com>
 - <https://xtramath.org/#/home/index>
 - <https://gm.greatminds.org/en-us/knowledgeonthego>
- PBS Kids **Games and Enrichment Activities**
 - <https://pbskids.org/games/>
- Printable **Children's Coloring and Activities Book** Related to Coronavirus
 - <https://drive.google.com/open?id=18yNcbzXkj1IB6tg7T6V6vjAlahpqqARn>
- Resources for **Educators and Families**
 - https://www.common sense.org/education/coronavirus-resources?j=7704934&sfmc_sub=170296293&l=2048712_HTML&u=143543081&mid=6409703&jb=456&utm_source=covid19_landingpages_jim&utm_medium=email
- **Scholastic** Educational Link
 - <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Science Links**
 - <https://kids.nationalgeographic.com/explore/science/science-lab/>
 - <https://oceanservice.noaa.gov/kids/>
 - <https://kids.frontiersin.org>
 - <https://thekidshouldseethis.com>
 - <https://www.khanacademy.org/humanities/hass-storytelling/imagineering-in-a-box>
 - <https://www.youtube.com/user/scishowkids>
 - <https://billnye.com/the-science-guy#0>
 - <https://www.nasa.gov/stem>
 - <https://www.youtube.com/user/proegghead>
- **Sesame Street Educational Activities and Games for Families**
 - <https://www.sesamestreet.org/>
 - https://sesamestreetincommunities.org/topics/health-emergencies/?utm_source=SS.org%20Caring%20for%20Each%20Other%20Page%20links&utm_medium=Link&utm_campaign=Caring%20for%20Each%20Other
- Stuck at Home: **Activities and Resources for Families**
 - <https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids>
- Virtual **Albany Public Library** Resources
 - https://www.albanypubliclibrary.org/blog/coronavirus-covid-19-information-resources-for-albany/?utm_source=You+Can+Still+Use+Albany+Public+Library+Resources+During+Coronavirus+Outbreak&utm_campaign=March+20%2C+2020+e-newsletter&utm_medium=email

Employment Resources

- **COVID-19 Response & Support Jobs**
 - Front-line travel RN opportunities
 - <https://app.trustedhealth.com/covid-jobs>
- **COVID-19 Temporary Jobs Available at Honest Weight Food Co-op (Grocery Store)**
 - <https://www.honestweight.coop/page/employment-85.html>
- **Indeed Career Guide for COVID-19**
 - <https://www.indeed.com/career-advice/coronavirus-job-resources>
- **Job opportunities for workers displaced by COVID-19**
 - <https://nrf.com/resources/job-opportunities-workers-displaced-covid-19>
- **NYS Open Positions During COVID-19**
 - <https://www.labor.ny.gov/dol-job-openings.shtm>
 - <https://www.health.ny.gov/employment/>
 - <https://nyhirenow.usnlx.com>
 - <https://storejobs.wal-mart.com/HiringCenter/disclaimer>
 - www.hannaford.com/careers/
- **NYS Unemployment:**
 - https://labor.ny.gov/ui/how_to_file_claim.shtm
 - Flowchart of how Federal CARES Stimulus Act impacts unemployment
 - <https://labor.ny.gov/ui/pdfs/cares-act-need-to-know-flowchart.pdf>
 - Updated FAQ about Unemployment Insurance
 - <https://labor.ny.gov/ui/pdfs/ui-covid-faq.pdf>
- **The WAGE Center Facebook page:**
 - <https://www.facebook.com/TheWAGECenter/>

Family Resources

- **Children Support**
 - <https://childmind.org/coping-during-covid-19-resources-for-parents/>
 - <https://www.advocatesforchildren.org/covid-19-updates>
 - <https://childcenterny.org/the-child-center-of-ny-coronavirus-information-page/>
 - https://www.health.ny.gov/health_care/medicaid/redesign/behavioral_health/children/docs/covid19_cftss_guidance.pdf
 - <https://www.healio.com/pediatrics/emerging-diseases/news/online/%7Bac34efec-d68d-4c41-b9a3-b1045fe88f9c%7D/aap-offers-tips-to-keep-children-occupied-during-covid-19-pandemic>
 - <https://preventchildabuse.org/coronavirus-resources/>
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>
- **Family Support**
 - <https://thevillage.org/covid-19-resources/>
- **Online Games**
 - <https://www.thrillist.com/news/nation/online-games-virtual-game-night-multiplayer-apps>
- **Whole Family at Home Games/Activities**
 - <https://pint-sized-treasures.com/epic-family-games/?fbclid=IwAR3d9vmIH4DrJ4ES SQv1KUR3GbZkXSIs2lhvPbQuKngzPGKpjtN5rbiZZJo>
- **Virtual Games**
 - **Drawful 2:** <https://www.jackboxgames.com/drawful-two/>
 - **Codenames:** <https://www.horsepaste.com/>

Financial Assistance

- **Catholic Charities Emergency Assistance**
 - Assists individuals and families in accessing necessary resources related to food, clothing, shelter, transportation, health care coverage, prescriptions, etc. Please call ahead of time.
 - **Columbia and Greene Counties:** Hudson: (518) 828-8660, Catskill: (518) 943-1462
 - **Delaware, Otsego, Schoharie Counties:** (518) 234-3581
 - **Fulton and Montgomery Counties:** Open Thursday 1- 4pm for the general public. Open Tuesdays 12-1pm for seniors 60 and up.
 - **Herkimer County:** 315-894-9917 ext. 248
- **Coronavirus Care Fund**
 - Funds for domestic workers who have participated in activities of the National Domestic Workers Alliance (NDWA), NDWA chapters, affiliate organizations, circles and current Alia users
 - <https://membership.domesticworkers.org/coronavirus-care-fund/>
- Emergency funds for **undocumented individuals/families**
 - https://docs.google.com/forms/d/e/1FAIpQLSfs3vK0E-xPqYUG3P_vRtZbCfzE8-J9GmEfunanb0bX76uSmg/viewform
 - Call (360) 524-3664 if you do not have internet access
- Financial Assistance for **DoorDash Employees**
 - https://help.doordash.com/dashers/s/article/COVID-19-Financial-Assistance-Program?language=en_US
- **Freelancers Relief Fund**
 - [https://www.freelancersunion.org/resources/freelancers-relief-fund/?ct=t\(Shiftboard_IC_Form_162_1_2017_COPY_03\)](https://www.freelancersunion.org/resources/freelancers-relief-fund/?ct=t(Shiftboard_IC_Form_162_1_2017_COPY_03))
- **General Support**
 - <http://www.211.org/services/covid19>
 - Call 211
- **National Grid Payment Plan**
 - <https://www.nationalgridus.com/Upstate-NY-Home/covid-19>
 - <https://www.nationalgridus.com/Upstate-NY-Home/Bill-Help/Help-Making-Payments>
 - National Grid has paused all service disconnections due to inability to pay
- One Fair Wage **Emergency Fund**
 - Financial assistance for **service workers**
 - <https://ofwemergencyfund.org/help>
- Southern Smoke **Emergency Relief Program**
 - Financial assistance for **restaurant workers and owners**
 - <https://form.southernsmoke.org/smoke/application/>

- **Student Relief Fund**
 - Assistance for connecting college students with resources
 - <https://www.studentrelieffund.org/for-students>
- UHAUL is offering college students **30 days of free self-storage**
 - <https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-Amid-Coronavirus-Outbreak/>
- United Way **COVID-19 Community Emergency Fund**
 - <https://drive.google.com/open?id=1yNHPwrZ8keog-MFLEM99tOWSzoEAAc55>
 - 1-866-211-9966

Food Resources/Information

- **Boys and Girls Club** of the Capital Area (Albany, Troy)
 - **Free Breakfast and Lunch** to all youth ages 18 and younger.
 - Food will be available at the following locations between the hours of **11:30am and 12:30pm**
 - **Albany Locations:** Ezra Prentice, Creighton Storey, Robert E. Whalen, North Albany Homes
 - **Troy Locations:** Griswold Heights, Corliss Park, Arnold E. Fallon, Marin Luther King, Margaret W. Phalon, Catherine Sweeney, Joh, P. Taylor
- COVID-19 **Meal Delivery** Options
 - <https://www.albanyschools.org/news/1677449/home-delivery-option-for-meals>
 - **Registration** form:
<https://docs.google.com/forms/d/e/1FAIpQLSeGmbSoPMh4pEEKB8II-jWiCwL8uEEGpfPvIG6e8KJDGWy84g/viewform>
 - <https://shoprite.com>
- **Food Not Bombs** (Free Food Source)
 - Facebook: <https://www.facebook.com/fnbalbany>
 - https://foodnotbombs.net/new_site/map/newyork.html
 - Phone: (518) 478-6152
 - Email: albanyfoodnotbombs@riseup.net
- **Food Pantries**
 - https://drive.google.com/open?id=1ASV_xCu4N_H7ZhzzXfxfnNGrMVgAclml
 - Food Pantries for the Capital District: 32 Essex Street Albany, NY 12206. Phone: 518-458-1167
 - Salvation Army and Albany: Food Pantry Mon/Wed/Fri 3:30am-5:30pm:
<https://empire.salvationarmy.org>
 - St. John's/St. Ann's Outreach Center - Food Pantry:
<http://www.sjsacenter.org/pantrymenu.shtml>
 - Focus Churches of Albany: <https://www.focuschurches.net>
 - Center City Parish Social Ministry: 315 Sheridan Ave Albany, NY 12206. Phone: 518-465-8262
 - Albany United Methodist Society: 340 First Street Albany, NY 12206. Phone: 518-432-0818
- **General NYS Food Links**
 - <https://hungersolutionsny.org/covid-19/>
- **Grocery Delivery Options**
 - Gorskys Farm Market: Delivers fresh meat, eggs and prepared foods directly to your doorstep
 - 518-584-8696
 - Instacart: Online resource for grocery shopping and deliveries. You are able to choose from multiple different markets like Hannaford, Aldi, Price Chopper, Etc.

- instacart.com
 - Market 32/Price Chopper- Online grocery shopping available for pickup OR delivery
 - pricechopper.com/services/delivery OR call 1(800) 666-7667
- **Inferno Pizzeria (Niskayuna)**
 - Free slices for children
 - 198 Lishakill Road, Schenectady NY 12309
 - 518-456-4111
- **Pet Food Pantry at Menands Animal Care Center**
 - 3 Oakland Avenue, Menands
 - If you are in need of pet food, you may stop by the shelter between the hours of 10 am and 5 pm.
 - 518.434.8128 ext 227
 - Email Nikki (ngagnon@mohawkhumane.org)
- **South End Children's Cafe**
 - Free meals to children and caretakers
 - RSVP # meals needed & any food allergies
 - Contact: Lily @ **518-478-3369**
 - Pickup Meals: M-F 5-6:00 pm
- **Supermarket "High Risk" Population/Senior Hours**
 - Price Chopper and Market 32 Supermarkets have senior hours starting 3/19/2020. All stores throughout their footprint will open from 6:00am-7:00am seven days a week to allow seniors to come in and shop
 - Dollar Tree stores are allowing seniors to have access to the store during the morning hours starting at 8:00am
 - Dollar General is dedicating the first hour of business to seniors for shopping, they open at 8:00am
 - Fresh Market stores will offer special shopping hours for senior citizens and others more at risk to suffer the effects of coronavirus. Store will be open for them from 8-9 a.m., Monday to Friday.
 - Target: Dedicating the first hour of operation on Wednesdays to senior citizens nationwide. They will close at 9pm now every night
 - Honest Weight Food Co-op 6-8am daily for seniors and high-risk population
 - Trader Joe's from 8-9am daily for seniors and high-risk population
- **Ted's Fish Fry - Kids EAT FREE - All Locations, 11am to 2pm**
 - 203 Wolf Rd. Albany, NY
 - 636 New Loudon Rd, Latham, NY
 - 447 3rd Ave, Watervliet, NY
 - 700 Hoosick St. Troy, NY
 - 350 2nd Ave. Troy, NY
 - 1663 U.S. 9 Clifton Park, NY
 - Free Kids Meal with trade in your kid's artwork or homework.
 - (Fish & Chips/Hotdog/Grilled Cheese)

- **Ulster County Project Resilience**
 - This temporary program provides meals 3x weekly to residents impacted by COVID-19 via Local Distribution Centers
 - Registration: <https://covid19.ulstercountyny.gov/project-resilience/>
 - For individuals or households in mandatory quarantine, please call the Ulster County COVID19 Hotline at 845-443-8888 to make arrangements

Healthcare

- **Aetna:** information about expanded access to care, support, and resources related to COVID-19
 - https://www.aetna.com/individuals-families/member-rights-resources/need-to-know-coronavirus.html#acc_link_content_section_responsivegrid_copy_responsivegrid_accordion_944053872_1
- COVID-19 **Health Care Support for Uninsured New Yorkers** Enrollment through April 15th
 - Call: 1-866-435-9521 (TTY: 711)
 - <https://www.fideliscare.org>
 - Call NY State of Health: 1-855-355-5777
 - Or visit their website: <https://nystateofhealth.ny.gov>
- CDPHP is **waiving cost-share (copays, coinsurance, deductibles)** for all COVID-19 related treatment
 - <https://www.cdphp.com/members/wellness/common-health-topics/cold-and-flu/coronavirus/coverage>
- **CVS FREE 2 Day Delivery**
 - Call 1-800-746-7287 to set up your delivery account.
 - 2 Day delivery is a service normally offered by CVS but it is now FREE, due to the current needs of communities in the wake of the Coronavirus.
- **ER Anywhere (CDPHP & MVP Members)**
 - Now for both CDPHP and MVP members! Serving Albany, Rensselaer, AND Schenectady. Free/no-cost access to telemedicine services to prevent the spread of the coronavirus (COVID-19).
 - CDPHP Members:
 - 1-866-ER-ANYWHERE
 - visit www.cdphp.com/ERAnywhere
 - MVP Healthcare Members:
 - 1-833-myERnow
 - www.mvphealthcare.com/myERnow
- **Fidelis: COVID-19 Coverage**
 - <https://www.fideliscare.org/Member/Helpful-Tools/Health-Resources/Coronavirus>
- **Medicaid and Children's Health Insurance Program (CHIP)**
 - <https://www.medicaid.gov/resources-for-states/disaster-response-toolkit/coronavirus-disease-2019-covid-19/index.html>
 - FAQ: <https://www.medicaid.gov/state-resource-center/downloads/covid-19-faqs.pdf>
- **Medicare** coverage, telehealth, and assistance information
 - <https://www.medicare.gov/medicare-coronavirus>

- Report **Medicare Fraud**
 - https://www.medicare.gov/forms-help-resources/help-fight-medicare-fraud/how-report-medicare-fraud?utm_campaign=20200401_gmd_prv_gal&utm_content=english&utm_medium=email&utm_source=govdelivery
- **United Healthcare**: information about expanded access to care, support, and resources related to COVID-19
 - <https://www.uhc.com/health-and-wellness/health-topics/covid-19>

Legal Assistance

- **ABB's Free Work-Family Legal Helpline**
 - Help understanding workplace rights
 - <https://www.abetterbalance.org/get-help/>
 - 1-833-NEED-ABB (1-833-633-3222)
- COVID-19 Resources for **Legal Services and Victims' Rights**
 - https://law.lclark.edu/live/news/43063-covid-19-resources-for-legal-services-and-victims?mc_cid=7b7ec3fe61&mc_eid=71eb0c7725
- The **Legal Aid Society** of Northeastern New York provides free legal advice and services to eligible low-income residents for a variety of civil (not criminal) legal problems.
 - **Albany:** 800-462-2922 or 518-462-6765
 - Serving Albany, Columbia, Greene, Rensselaer and Schenectady Counties
 - **Amsterdam:** 800-821-8347 or 518-842-9466
 - Serving Fulton, Montgomery and Schoharie Counties
 - **Canton:** 800-822-8283 or 315-386-4586
 - Serving St. Lawrence County and the St. Regis Indian Reservation
 - **Plattsburgh:** 800-722-7380 or 518-563-4022
 - Serving Clinton, Essex, Franklin and Hamilton Counties
 - **Saratoga:** 800-870-8343 or 518-587-5188
 - Serving Saratoga, Warren and Washington Counties

Mental Health Resources

- **Albany County Warmline**
 - 518-269-6634
 - 7 days a week from 8am to 5 pm
 - The line is staffed by Mobile Crisis Team workers and Albany County's Disaster Mental Health response team. It is for anyone who is being impacted by the COVID-19 outbreak.
- **Depression Resources**
 - <https://www.sanvello.com/coronavirus-anxiety-support/>
 - <http://litesprite.com>
- **Disaster Distress Helpline & Counseling (Available 24/7)**
 - 1-800-985-5990
 - Text "TalkWithUs" to 66746
- **Free COVID-19 Grief Counseling for Children and Adults**
 - Provided by The Community Hospice (Flyers below)
 - <https://drive.google.com/open?id=1OtQSgHhrpyn6he25TyUUGflvLFL5SkiN>
 - <https://drive.google.com/open?id=1iPGdcnVZZq668tflrJMc8blZ56RNcH9s>
- **The Living Room:** reduce mental health emergency room visits and hospitalizations
 - The Living Room is a **crisis drop in center** but can also be used for telephonic support (telephonic is being encouraged when possible).
 - Guests will meet with a LCSW for assessment and then may spend time in the Living Room. There are rooms set up for meditation, activities, television, or quiet spaces. In addition to the LCSW there is also a Care Manager on staff who will work on community linkage and discharge planning
 - (518) 243-1523, 1023 State St, Schenectady
 - (518) 281-1186, 706 Madison Ave, Albany
- **Mental Health Empowerment Project Peer Support**
 - <https://drive.google.com/open?id=1SzSnMzhEw-aoCqwx-gEqr9f2ynalWiB5>
- **Mental Health General Support**
 - <https://coronavirus.allmentalhealth.org>
 - <https://www.joincoa.com/classes#upcoming-experiences>
- **NAMI COVID-19 Resource and Information Guide**
 - <https://www.nami.org/covid-19-guide>
- **National Suicide Hotline Line:**
 - 1-800-273-8255
 - www.suicidepreventionlifeline.org - chat available on website
 - **Crisis Text Line:** Text "HOME" to 741741
- **New Data Insights - Managing Loneliness**
 - https://www.nihcm.org/index.php?option=com_civcrm&task=civcrm/mailling/view&reset=1&id=4150

- Office of Mental Health **Emotional Support Help-Line** - COVID-19
 - <https://omh.ny.gov/omhweb/covid-19-resources.html>
- Office of Mental Health **Guide on Managing Stress and Anxiety**
 - <https://drive.google.com/open?id=1uvXTmuem-2w9Vv9BNs7A2CCv0VChWTaX>
- **Progressive Muscle Relaxation** Info Sheet
 - <https://drive.google.com/open?id=1RdmZSmq1uurnL-08vxBoj31cMPJXU2ME>
- **Recovery** Resource
 - <https://www.jointempest.co/bridge-club>
- SAMHSA **Virtual Recovery** Resources
 - <https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>
- United Healthcare **Emotional Support Hotline**
 - 1 (866) 342-6892
- Warm Line **Non-Crisis Support**
 - https://drive.google.com/open?id=1bTmA_TwLSPZujrjx_fZ7JztQA6RAm0d1

Other Resource Guides

- **Albany Area COVID-19 Community Resources**
 - <https://www.albany.com/community-support/>
 - <https://parks.ny.gov/covid19/>
 - <https://www.albanycounty.com/departments/health/coronavirus-covid-19>
 - <https://capitalregionchamber.com/coronavirus-covid-19-information-and-resources/>
- **Albany COVID-19 Resources from NYS Governor Cuomo**
 - <https://www.albanyny.gov/Government/MayorsOffice/COVID19ResourceGuide.aspx>
- **Capital District Emergency COVID-19 Resource Guide**
 - Contains a lot of **food pantry resources**
 - https://drive.google.com/open?id=1ASV_xCu4N_H7ZhzzXfxnNGrMVgAclmI
- **Immigrants Rising: Tangible Support for Undocumented Communities During COVID-19**
 - https://docs.google.com/document/d/1PxLuuH0-hwHXftUXuEi52Q1qWUDegN8_I1L4uIFwzk/edit
- **NAMI COVID-19 Resource and Information Guide**
 - <https://www.nami.org/covid-19-guide>
- **New York State Department of Education COVID-19 Guidance**
 - <http://www.nysed.gov/common/nysed/files/programs/coronavirus/nysed-covid-19-first-guidance-3-9-20.pdf>
- **New York State COVID-19 Guidance**
 - https://www.nyscoss.org/resources/COVID-19-Coronavirus-Resources_140_pg.htm
 - <https://www.nysenate.gov/newsroom/articles/2020/alessandra-biaggi/482020-email-update-coronavirus-cases-nys>
 - <https://nyshealthfoundation.org/resource/covid-19-resources-for-grantees/>
 - <https://www.newyorkfed.org/outreach-and-education/coronavirus-resource-center>
 - <https://nysaflcio.org/COVID19>
- **WAGE Center Human Services Resource Guide**
 - <https://img1.wsimg.com/blobby/go/8377ab75-9359-4331-8f7c-a9ddf2e33b4f/downloads/WAGE%20Center%20Albany%20Human%20Services%20Guide.pdf?ver=1578672679101>

Useful Apps/Websites

- **CNN**
 - <https://www.cnn.com/specials/mobile-apps>
- **New York Times**
 - <https://www.nytimes.com/>
 - Providing free access to COVID-19 stories
- **News Break**
 - <https://www.newsbreak.com/>
 - Free app that provides local COVID-19 updates
- **SAMHSA Disaster Mobile App**
 - <https://store.samhsa.gov/product/samhsa-disaster>
- **Venmo** (Money transfer/paying App)
 - <https://venmo.com/?gclid=aw.ds&>
- Virtual **Video Conferencing Apps**
 - **Skype:** <https://www.skype.com/en/>
 - **Zoom:** <https://zoom.us/>

Volunteer Opportunities

- Albany County **Medical Reserve Corps**
 - <https://www.albanycounty.com/Home/Components/News/News/83/59>
- Albany **Damien Center**
 - <http://www.albanydamiencenter.org/volunteer.html>
- **Food Not Bombs**
 - <https://www.facebook.com/fnbalbany/>
 - Donate food or help serve food
- **Food Pantries** for the Capital District
 - <https://www.thefoodpantries.org>
- **Office of Mental Health** - Volunteer for hotline
 - <https://omh.ny.gov/omhweb/covid-19-resources.html>
- United Way of the Greater **Capital Region - COVID-19** Volunteers
 - https://www.unitedtovolunteer.org/need/?s=1&need_init_id=3005
- **Volunteer** and **donation** opportunities in Albany area:
 - <https://www.albany.com/community-support/>

Wellness/Fitness

- **Anxiety Resource**
 - <https://www.virusanxiety.com>
- Carrot Fit App
 - <https://www.meetcarrot.com/fit/>
- Companies offering **free virtual fitness classes**
 - <https://www.thrillist.com/news/nation/virtual-fitness-classes/news>
- Dark Noise App (White noise/relaxing)
 - <https://darknoise.app>
- Free **live yoga/fitness sessions** on Instagram
 - <https://www.instagram.com/root3dhealing/>
 - <https://www.instagram.com/ericayogadance/>
 - <https://www.instagram.com/taralaferrara/>
- Free **Headspace** for all New Yorkers (Meditation App)
 - www.headspace.com/ny
- **Relaxation Tips** for Adults
 - <https://www.verywellfamily.com/self-care-for-parents-4178010>
- **Gratitude Log**
 - <https://files.constantcontact.com/4ec129c3201/473016ca-cfc7-464b-ab76-f4b5adf889dc.pdf>
- Memorial Sloan Kettering virtual exercise geared towards **individuals with cancer**.
 - https://www.youtube.com/results?search_query=mskcc+exercise+
- **Meditation and Mindfulness** virtual resources
 - 10percenthappier.com
 - Buddhify.com
 - Calm.com
 - Colorfy.net
 - Insighttimer.com
 - Tarabrach.com
- **Nike App** (Fitness)
 - <https://www.mobilemarketer.com/news/nike-offers-workout-app-for-free-as-covid-19-keeps-people-indoors/574721/>
- **Peer Support** during COVID-19
 - <https://heynod.com>
 - <https://www.supportiv.com/blog/how-to-help-others-in-an-era-of-anxiety-and-struggle-collection>
 - https://s20243.pcdn.co/wp-content/uploads/2020/04/COVID-19-Digital-Mental-Health-Resources_v4.7.20.pdf
- **Peloton App** (Fitness/Meditation/Yoga Classes)

- <https://www.onepeloton.com/app>
- Free 90-day trial, no credit card needed
- **Planet Fitness**: free live 20-minute home exercises
 - <https://www.facebook.com/planetfitness/>
- **Plum Village** (Meditation App)
 - <https://plumvillage.org/mindfulness-practice/mindful-apps/>
- **Tiny Survival Guide** for Pandemic
 - <https://traumastewardship.com/wp-content/uploads/2020/03/Survival-Guide-PDF.pdf>
- **Tone it Up: Workout & Fitness**
 - <https://www.toneitup.com/lifestyle/welcome-to-studio-tone-it-up-your-new-app/>
- Youtube **Relaxation** Videos (Meditation/Stress Reduction/sleep/etc.):
 - <https://www.youtube.com/watch?v=ePU6akwhafM>
 - <https://www.youtube.com/watch?v=inpok4MKVLM>
 - <https://www.youtube.com/watch?v=MR57rug8NsM>
 - <https://www.youtube.com/watch?v=Fpiw2hH-dlc>
 - https://www.youtube.com/watch?v=-d_AA9H4z9U
 - <https://www.youtube.com/watch?v=ZA5ctPDuObw>
- **Yoga | Down Dog**
 - <https://www.downdogapp.com>
- Youtube **Yoga** Channel/Videos:
 - <https://19minuteyoga.com> (free streaming on youtube)
 - <https://www.youtube.com/user/yogawithadriene>
 - <https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
 - https://www.youtube.com/channel/UCVrWHW_xYpDnr3p3OR4KYGw
 - https://www.youtube.com/watch?v=sTANio_2E0Q
 - <https://www.youtube.com/watch?v=v7SN-d4qXx0>
 - <https://www.youtube.com/watch?v=r7xsYgTeM2Q>
 - <https://www.youtube.com/watch?v=I0Ebi54JjUA>
- **YMCA** Virtual Classes
 - https://www.youtube.com/channel/UCOGt_lpceP_xQhhCMCrut_A/videos
- **Wellness Resources** (Self-Care, Financial, Fitness, etc.)
 - <https://case.edu/wellness/facultystaff/resources/remote-work-resources>
 - <https://www.bakadesuyo.com/2020/03/pandemic/>