

SHELTER/TEMPORARY HOUSING

Bring ID if you have it. Regardless of immigration status

Domestic Violence Shelter Intake Hotline 800 621 4673

Locations determined on a case-by-case basis and are confidential

Homeless Shelters Intake 7 days/week 24hr walk-in

Runaway or Homeless Youth Shelter (under 21)

550 10th Avenue, Manhattan (Corner of 40th Street)

Parents w/children under 21 or pregnant (single or with family)

151 East 151 Street, Bronx (between Walton and Gerard Aves)

5 Train to 149-Grand Concourse

Single women 21+

116 Williams Ave, Brooklyn

718 483-7700 x 0

(between Liberty & Glenmore Aves)

L train to Atlantic or Sutter Aves/M to Liberty Ave/J or Z to Alabama Ave

1122 Franklin Ave, Bronx (corner of E. 166th St)

929 281-2330 x 1

2/5 to Prospect Ave/MetroNorth, Harlem Line, Melrose stop

17 min 

Single men 21+

400-430 East 30th Street, Manhattan (between 1st Ave and FDR)

For concerns related to your rent/landlord, housing or immigration

City Council District 40

Representative Mathieu Eugene

Shani 718-287-8762

9am-5pm

Monday-Friday

City Council District 41

Representative Alicka Ampry-Samuel

Everton at 718-953-3097

10am-6pm

Monday-Friday

City Council District 45

Representative Farah N. Louis

Carline 718-629-2900

9am-5pm

Monday-Friday

Legal Aid Society pro bono law firm providing equal access to justice

<https://www.legalaidnyc.org/get-help/covid-19/covid-19-information-for-clients>

Special thanks to the following supporters:

MOLESKINE®

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EN PROVENCE

SEAMSTERS LOCAL

HEALING & THRIVING

a resource guide

You have just faced the fight of your life with bravery and resilience. You've inspired the entire hospital staff to go on. Millions of people around the world sang, prayed and cheered for you to recover. And you did. As you return to the real world anew, do so knowing that you CAN ACHIEVE anything, because you are POWERFUL, you are DETERMINED, and CAPABLE of surviving even the most daunting challenge. If you find yourself in need of support with how you feel, your housing, immigration status, financial situation, or with food supply, start here:

5 SENSES GROUNDING TECHNIQUE

Notice...

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste

In loving memory of MAMA GUIA

MENTAL HEALTH

ConnectToProtect digital help managing anxiety

<https://www.connect2protect.us/mental-health>

Talkspace resources and one-on-one phone therapy sessions

<https://www.talkspace.com/covid-resources>

Online library of digital mental health apps

<https://nycwell.cityofnewyork.us/en/app-library/>

National Domestic Violence Hotline

Note: potential hold time to speak, 10mins

800-799-7233

<https://www.thehotline.org/what-is-live-chat/>

National suicide Prevention and Veteran's Crisis Line

Note: potential hold time to speak, 10mins

800 273-8255

<https://suicidepreventionlifeline.org/chat/>

National Parent Helpline

Leave a message with your name/number and situation and an advocate will return your call

855 427-2736

WeConnect Health Management

Virtual substance use and recovery support

<https://www.weconnectrecovery.com/free-online-support-meetings>

The Caribbean Equality Project LGBTQ+

347 709-3179

Caribbean counseling

www.caribbeanequalityproject.org

Email: info@CaribbeanEqualityProject.org

MUTUAL AID NETWORKS

where community members support each other with food, childcare, and other resources

Directory of Neighborhood Mutual Aid

<https://mutualaid.nyc/i-need-help-2/>

The Caribbean Equality Project offers grocery, housing, metrocard, and other resources for Caribbean LGBTQ+ people

To apply: http://bit.ly/CEP_COVID19Relief

Invisible Hands delivers groceries, prescriptions, clean laundry and mail for those at high-risk or homebound - between 9am-6pm

732 639-1579 x3

<https://invisiblehandsdeliver.org/request-a-delivery>

Brooklyn Shows Love offers multilingual assistance and is run by Equality for Flatbush and Brooklyn Anti-Gentrification Network
<http://www.equalityforflatbush.org/brooklyn-shows-love-mutual-aid-project/>
646 820-6039 (leave voicemail, name/number)

HUNGER OR FOOD ASSISTANCE

3 FREE meals a day Monday-Friday 7:30am-1:30pm
No ID or proof of residence needed to get a meal

East Flatbush Community Research School

905 Winthrop Street (bet. E. 53rd and E. 53rd Streets)

I.S. 285 Meyer Levin

5909 Beverly Road (bet. E. 59th and Ralph Ave)

P.S. 091 The Albany Avenue School

532 Albany Avenue (bet. Maple St and East New York Ave)

P.S. 135 Sheldon A. Brookner

684 Linden Boulevard (bet. Schenectady and E. 48th St)

P.S. 208 Elsa Ebeling

4801 Avenue D (bet. E. 48th and E. 49th Streets)

P.S. 244 Richard R. Green

5404 Tilden Avenue (bet. E. 55th and E. 54th Streets)

For emergency food assistance, including home drop off:

Monday-Friday

7am-10pm

USDA National Hunger Hotline (Hunger Free America)

1-866-348 6479 x2 / 1-877-842 6273 (x3 para español)

HRA Hotline: 866-888-8777 x 1 for Emergency Food

Food stamps, Medicaid, public assistance, home/childcare, adult protective services: x2

For more resources for our neighborhood and NYC wide:

<https://www.nycfoodpolicy.org/coronavirus-nyc-food-resource-guide-east-flatbush/>