

CRISIS INTERVENTION HOTLINE

If you have a question about accessing shelter or other services, including if you have been denied access to shelter, please call **212-776-2177**, the **Crisis Intervention emergency hotline**, and leave a detailed message, including your phone number. We will do our best to respond to you as soon as possible.

GRAND CENTRAL FOOD PROGRAM

The **Grand Central Food Program** distributes meals and other items **7 days a week** at the following times and places:

- **5:30-7:00pm** St. Bartholomew's Church • 108 E 51st St

SOUP KITCHENS

- **Masbia of Queens** • 98-08 Queens Blvd • Sun-Thurs: 2-6pm • R to 63 Dr-Rego Pk • No referral needed
- **Salvation Army-Jamaica Citadel** • 90-26 161st St • M-W: 12pm-1pm • 7 to Flushing-Main St & Q27 to 46th Ave & 162nd St • No referral needed
- **Corona SDA Church** • 35-30 103rd St • Sun: 12-2pm • 7 to 103 St-Corona Plaza • No referral needed

FREE MEALS & MENSTRUAL PRODUCTS AT PUBLIC SCHOOLS: MON– FRI 11:30am – 1:00pm

- Martin Van Buren H.S.: 230-17 Hillside Ave, 11427
- P.S. 002 Alfred Zimberg: 75-10 21 Ave, 11370
- P.S. 012 James B. Colgate: 42-00 72 St, 11377
- P.S. 013 Clement C. Moore: 55-01 94 St, 11373
- P.S. 021 Edward Hart: 147-36 26 Ave, 11354
- P.S. 046 Alley Pond: 64-45 218 St, 11364
- P.S. 048 William Wordsworth: 108-29 155 St, 11433
- P.S. 060 Woodhaven: 91-02 88 Ave, 11421
- P.S. 062 Chester Park: 97-25 108 St, 11419
- P.S. 069 Jackson Heights: 77-02 37 Ave, 11372
- P.S. 085 Judge Charles Vallone: 23-70 31 St, 11105
- P.S. 100 Glen Morris: 111-11 118 St, 11420
- P.S. 104 The Bays Water: 26-01 Mott Ave, 11691
- P.S. 107 Thomas A Dooley: 167-02 45 Ave, 11358
- P.S. 149 Christa McAuliffe: 93-11 34 Ave, 11372
- P.S. 150 Queens: 40-01 43 Ave, 11104
- P.S. 165 Edith K. Bergtraum: 70-35 150 St, 11367
- P.S. 166 Henry Gradstein: 33-09 35 Ave, 11106
- P.S. 169 Bay Terrace: 18-25 212 St, 11360
- P.S. 173 Fresh Meadows: 174-10 67 Ave, 11365
- P.S. 175 Lynn Gross Discovery: 64-35 102 St, 11374
- P.S. 176 Cambria Heights: 120-45 235 St, 11411
- P.S. 183 Dr. Richard R. Green: 2-45 Beach 79 St, 11693
- P.S. 232 Lindenwood: 153-23 83 St, 11414
- P.S. 234: 30-15 29 St, 11102
- P.S. 242 Leonard P. Stavisky: 29-66 137 St, 11354
- P.S. 254 - The Rosa Parks School: 84-40 101 St, 11418
- P.S. 28 - Thomas Emanuel ECC: 109-10 47 Ave, 11368

For a full list, call 311 or visit: <https://www.schools.nyc.gov/freemeals>

FOOD PANTRIES

- **Calvary Mission Food Pantry** • 102-16 89th Ave • Sat: 7-10am • J to 104 St/Jamaica Av • No referral needed
- **Evangel Food Pantry** • 39-21 Crescent St. • M-F 9-4pm • N to Queensboro Plaza • No referral needed
- **Masbia of Queens** • 98-08 Queens Blvd • Sun-Thurs: 2-6pm • R to 63 Dr-Rego Pk • No referral needed
- **Muslim Center NY** • 14032 Cherry Ave • Wednesdays from 12-2pm • 7 to Flushing/Main St • No referral needed

PUBLIC TOILETS/SHOWERS

TOILETS

- Whitney & 83rd
- Kissena Blvd. & Cherry Avenue

Hand sanitizer is available at these locations.

SHOWERS

- All Angels Church • 80th/Broadway • Tues & Thurs • 8am-2pm • First come first served
- 227 Bowery • Tues and Wed
- Salvation Army Harlem Temple • 62 W. 138th Street • Mon, Weds, Sat 1-5pm
- Salvation Army Midtown • 542 W. 46th St • Mon-Sat • 12:00pm-4pm

LEGAL SERVICES

- POTS - Part of the Solution Legal Clinic: 2759 Webster Ave, Bronx • Clients seeking assistance may contact the legal clinic directly to schedule a phone meeting at (718) 220-4892 ext: x111 or x117
- Legal Aid's Access to Benefits (A2B) Helpline: 888-663-6880 • Mon-Fri • 10:00 a.m. to 3:00 p.m.

DROP-IN CENTERS

YOUTH

- Sheltering Arms/Safe Space Jamaica Drop-in • 89-74 162nd Street, 3rd Floor • Open 24/7 for 14-24 year olds

SHELTERS

SINGLE ADULT MEN

- 30th Street Men's Shelter • 400-430 E 30th St • (212) 481-0771 • Intake open 24 hours • 6 to 28th St
- Men Only

SINGLE ADULT WOMEN

- Brooklyn Women's Shelter • 116 Williams Ave • (718) 483-7700 • Intake open 24 hours • C to Liberty Ave

ADULT COUPLES / FAMILIES WITHOUT MINOR CHILDREN

- Adult Family Intake Center (AFIC) • 400-430 E 30th St (at 29th St & 1st Ave) • (212) 481-4704 • Open 24 hours
- 6 to 28th St • Application office for adult couples WITHOUT minor children

FAMILIES WITH CHILDREN

- PATH • 151 E 151st (Bronx) • (917) 521-3900 • Open 24 hours • 2/4 to 149th St/Grand Concourse • Must be a family with children under 21 years old or a pregnant family

HEALTH CENTERS

- Citadel Health Center • 90-23 161st Street, Jamaica • 718-709-5054 • Open Mon-Thurs

EMERGENCY NUMBERS

- NYC Well (888) NYC-WELL
- Suicide Hotline (800) 273-8255
- SAMHSA's Disaster Distress Helpline (800) 985-5990
- Alcoholics Anonymous (212) 647-1680
- Safe Horizon Crime Victim Hotline (212) 577-7777
- Domestic Violence Hotline (800) 621-4673

COVID-19 GUIDANCE

- **If you are experiencing a cough, shortness of breath, and fever-like symptoms, you should call your healthcare provider or dial 311 to reach an outreach team. Let them know you're experiencing symptoms of Coronavirus.**
- Please practice social distancing guidelines and keep 6 feet away from others whenever possible.
- Always wear a face mask covering mouth and nose when in public.
- Wash your hands for at least 30 seconds whenever possible, and avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol

COVID-19 Testing Centers

- **CityMD- E. 86th St:** 336 E. 86th St. • Manhattan • 212-933-1364 • Mon – Fri, 7am-10:45pm, Sat-Sun, 9am-9pm
- **CityMD- East 96th Street**• 1500 Lexington Ave. • 212-710-1065 • Mon – Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- Fulton St:** 138 Fulton St. • 212-271-4896 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- Lower East Side:** 138 Delancey St • 212-609-2541 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **CityMD- West 125th St:** 80 West 125th St. •212-913-0820 • Mon - Fri, 8am-8pm, Sat - Sun 9am-5pm
- **NYC Health + Hospitals/Bellevue:** 462 First Ave. • 212-562-5555 • Mon – Sat, 7:30am-3:30pm (Hospital)
- **NYC Health + Hospitals/Gotham Health Dyckman-Clinica de Las Americas:** 175 Nagle Ave. • 212-544-2001 • Mon – Fri, 9am-3:30pm (Community Health Center)
- **East 111th St:** 141 East 111th St • 844-692-4695 • Mon- Sun, 9am-7pm (Community Based Setting)
- **NYC Health + Hospitals/Gotham Health, Gouverneur:** 227 Madison St • 212-238-7897 • Mon – Fri, 9am-4pm; Sabado, 9am-2pm (Hospital)
- **Housing WorksNYC Health + Hospitals/Harlem:** 506 Lenox Ave, • 212-939-1000 • Mon – Fri, 8:30am-4 pm (Hospital)
- **Highbridge Pool:** 2301 Amsterdam Ave • Mon – Sun, 9am-7pm (Community Based Setting)
- **NYC Health + Hospitals/Metropolitan:** 1901 First Ave • 212-423-6262 • Mon – Sat, 9am-3:30pm (Hospital)
- **NYC Health + Hospitals/Gotham Health, Sydenham:** 264 West 118th St. • 212-932-6500 • Mon – Fri, 9am- 3:30pm • (Hospital)
- **Saint Nicholas Houses:** 281 West 127th St. • Mon – Fri, 9 am-3:30pm (Community-Based Setting)