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:
- Breakfast 7:00 am – 8:00 am, Lunch 12:15 pm – 1:15 pm, Dinner 4:15 pm – 5:30 pm • St. Bartholomew’s Church • 108 E 51st St

SCHEDULE OF DOWNTOWN FOOD VAN
- 7:15pm 35th St under FDR Dr
- 7:30pm Lower East Side Harm Reduction (25 Allen St)
- 7:45pm Housing Court/Chinatown (Lafayette Leonard)
- 8:00pm Staten Island Ferry
- 8:20pm Sunshine Hotel/Bowery Mission (Bowery btw Stanton & Rivington)
- 8:30pm Union Square
- 8:45pm Madison Square Park (5th Ave & 27th St)
- 9:15pm Penn Station (NE Corner of 34th St & 8th Ave)

SCHEDULE OF UPTOWN FOOD VAN
- 7:15pm SW Corner of 51st St & Broadway
- 7:35pm Port Authority (40th St)
- 7:55pm 79th St Boat Basin (79th St & West Side Hwy)
- 8:15pm 86th St & West End Ave
- 8:30pm St. John the Divine (112th & Amsterdam Ave)
- 8:45pm Harlem Hospital (137th St & Lenox Ave)
- 9:00pm Lexington Ave & 124th St
- 9:15pm Central Park (5th Ave & 72nd St)
- 9:30pm SONY Building (55th St, Madison / 5th Ave)

SOUP KITCHENS
- St. Bartholomew’s Church: 108 E 51st St • Sun, M, W: 7-8:30am; M-Sun: 5:30-6:30pm; Sat: 9:30-11am • 6 to 51st St
- Grand Central Neighborhood: 120 E 32nd St • Daily: 6:30-7:30am; 12:15-1:15pm; 4:15-5:30pm • 6 to 33rd St
- The Bowery Mission: 227 Bowery • M-Sun: 8am-10am; 1pm • 6 to Spring St
- Holy Apostles Soup Kitchen: 296 9th Ave • Meals and social services, M-F: 10:30am-12:30pm • C/E to 23rd St
- New York Common Pantry: 8 E 109th St • Mon-Fri: 2:30-3:30pm; Sat + Sun 4-5pm • 2/3 to Central Park North/110th St, 6 to 110th St •
- Trinity Services & Food for the Homeless: 602 E 9th St • M-F: 11am-12pm • 6 to Astor Pl
- Salvation Army Harlem Temple: 540 Lenox Ave • M-S: 11am-12:30pm • 2/3 to 135th St
- Broadway Community: 601 W 114th St • M, W, F: n12:30pm • 1 to 116th St
- Church of the Village/UMC: 201 West 13th Street • Saturday: 11am-2pm • A,C,E,F,M,L to 14th St

FREE MEALS & MENSTRUAL PRODUCTS AT PUBLIC SCHOOLS: MON– FRI 11:30am – 1:00pm
- Manhattan Acad. for Arts & Language: 111 E. 33rd St.
- Urban Academy Laboratory High School: 317 E. 67 St.
- Stephen T. Mather Bldng Arts Crafts: 439 W. 49TH St.
- High School for Environmental Studies: 444 W. 56th St.
- P.S. 130 Hernandez De Soto: 143 Baxter St.
- P.S. 001 Alfred E. Smith: 8 Henry St.
- School of the Future High School: 127 E. 22nd St.
- Amer. Sign Language & English Secondary Sch: 223 E. 23rd St.
- P.S. 011 William T. Harris: 320 W. 21st St.
- High Sch. for Law, Advocacy & Comm’y Justice:122 Amstrdm Ave
- P.S. 163 Alfred E. Smith: 163 W. 97th St.

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

FOOD PANTRIES
- New York Common Pantry: 8 E 109th St • Wed-Sat 10am-2pm • 2/3 to Central Park North/110th St, 6 to 110th St
- West Side Campaign Against Hunger: 263 W 86th St • Tu-Fri: 9-1pm • 1 train to 86th St • No ID required
- Church of the Village/UMC: 201 West 13th Street • Tues: 11am-3pm • A,C,E,F,M,L to 14th Street
- Trinity Services & Food for the Homeless: 602 E 9th St • M-F: 12:30-1:30pm • 6 to Astor Pl
PUBLIC TOILETS/SHOWERS

TOILETS
- Penn Station area (on 7th Ave side)
- Sara D. Roosevelt Park
- Metro North area (125th/Park or 125th/Lex)
- Staten Island Ferry Terminal

SHOWERS
- All Angels Church: 80th/Broadway • Tues & Thurs • 8am-9:30am • First come first served
- 227 Bowery: Tues and Wed
- Salvation Army Harlem Temple: 62 W. 138th St. • Mon, Wed, Sat 1:00-5:00 pm
- 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.

DROPP-INS CENTERS

ADULTS
- New York City Rescue Mission: 90 Lafayette St • Open daily • Women admitted 3-4:45pm • Men admitted 4pm-5pm • 6 to 28th St
- Main Chance: 120 E 32nd St • Open 24 hours • Men & Women • 6 to 33rd St

YOUTH
- Safe Horizon aka Streetwork Harlem Drop-In Center: 209 W 125th • (212) 695-2220 • M, Tu, Th, F: 12pm-4pm; Emergencies only; Intakes limited to under 18 • 2/3/A/B/C/D to 125th St
- Safe Horizon - Lower East Side Drop-In Center: 33 Essex St • (646) 602-6404 • Intake: M, Tu, Th, F: 11-5pm • Intakes for under 18 only • J/M/Z to Essex St, F to E Broadway • Ages 14-24

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 (BWS): 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

- Broadway Presbyterian: 601 West 114th St. • 718-943-1341 • Open Mon & Wed • Call for hours • Walk-Ins accepted
- All Angels: 251 West 80th St., • 718-943-1341 • Open Tues & Thurs • 8am-2pm • Walk-Ins accepted
- Third Street Primary Care: 9 E 3rd St. • 212-533-8400 Ext: 165/122 • Open Mon-Fri: 8-5pm • Walk-Ins accepted
- New Providence Primary Care: 222 E 45th St. • 212-661-8934 Ext: 264 • Open Mon-Fri: 8-4pm • Not accepting Walk-Ins
- Fort Washington Primary Care: 651 W 168th St. • 212-740-1780 Ext: 234 • Open Mon-Fri: 8-5pm • Walk-Ins accepted
- Callen-Lorde: 356 W 18th St.: 212-271-7200 • Open Mon-Fri 9-5pm • Not accepting Walk-Ins
- Housing Works-Cylar Cmty: 743-749 E 9th St. • 718-277-0386 • Call for hours • Walk-Ins accepted

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)