

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:

- Desayuno: 7:00 am – 8:00 am, Almuerzo: 12:15 pm – 1:15 pm, Cena: 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 Street

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 Blding Arts Crafts: 439 W. 49TH St.
- P.S. 111 Adolph S. Ochs: 440 W. 53rd St.
- High School for Environmental Studies: 444 W. 56th St.
- P.S. 130 Hernando 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.
- J.H.S. 104 Simon Baruch: 330 E. 21st St.
- P.S. 011 William T. Harris: 320 W. 21st St.
- High Sch. for Law, Advocacy & Comm'y Justice: 122 Amstrdm Ave
- J.H.S. 054 Booker T. Washington: 103 W. 107th St.
- 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.

DROP-IN CENTERS

ADULTS

- New York City Rescue Mission: 90 Lafayette St • Open daily • Women admitted 3-4:45pm • Men admitted 4pm-5pm • 6 to Canal 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: 8 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 Cmnty: 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)