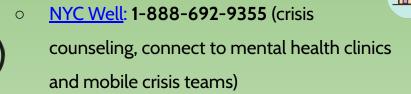
## Resources from the Counseling Team



## • Hotlines:

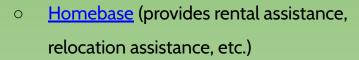


- NY Project Hope: 1-844-863-9314
  (emotional support in coping with COVID)
- NYC COVID Hotline: 212-COVID19 (testing information, medical advice, quarantine and hotel info, etc)
- Food Resources & Help with Pandemic EBT:



COVID-19 Food Assistance website

## Help with Housing:



Energy Assistance (help paying heat and other utility bills)

## Help with Money and Jobs:

- Access HRA (apply for food stamps, cash assistance, Medicaid, and reduced-price Metrocards)
- NYC Free Financial Counseling (manage debt, open bank accounts, improve credit)
- Find a Job and Start a Business (NYC resources for job hunting and small businesses)
- Any questions: email Ms. Steffens at msteffens@matherhsnyc.org