

Resources from the Counseling Team



● Hotlines:

- [NYC Well: 1-888-692-9355](#) (crisis counseling, connect to mental health clinics and mobile crisis teams)
- [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:

- [Homebase](#) (provides rental assistance, relocation assistance, etc.)
- [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

