

New York City Resources

HELP NOW NYC: Various programs and benefits Call 311 OR online:

<https://www1.nyc.gov/site/helpnownyc/get-help/individuals.page>

COVID-19 FOOD ASSISTANCE RESOURCES: call 311 OR online:

<https://www1.nyc.gov/assets/dsny/contact/services/COVID-19FoodAssistance.shtml>

NYC SCHOOL LOCATIONS WITH FREE MEALS:

online locator: <https://www.schools.nyc.gov/school-life/food/free-meals>

Catholic Charities can provide free meals to New Yorkers in need. Call 1-888-744-7900

UNEMPLOYMENT BENEFITS/CLAIMS: Call: 1-888-209-8124 OR online:

<https://labor.ny.gov/unemploymentassistance.shtm>

If you are filing a new Unemployment Insurance claim, the day you should apply is based on the first letter of your last name.

A - F file on Monday | G - N file on Tuesday | O - Z file on Wednesday

Missed your day? File on Thurs-Fri-Sat

Any claim you file will be backdated to the date you became unemployed. If you are eligible, you will be paid for all benefits due.

Monday through Friday, 8 am to 7:30 pm, Saturday and Sunday, 7:30 am to 8:00 pm.

ACCESS HRA: SNAP, RENT, CASH ASSISTANCE- Call 311; the HRA Service Line at (212) 971-0626

OR apply online: <https://access.nyc.gov/>

NY State of Health: for medical insurance benefits: Help line: 1.855.355.5777 OR online:

<https://nystateofhealth.ny.gov/>