

[Not Just] NYC Resources by and for Us: Brain Injury during CoVid-19

Note: Specifics and availability of these resources are continually changing with the COVID-19 situation. Check the website, call the responsible agency, or contact the facilitator first.

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NYC MAYOR’S OFFICE FOR PEOPLE WITH DISABILITIES (MOPD)

MOPD list of services for food, transportation, home care, social services, housing, utilities, education, unemployment and more: [COVID-19 Resources for People with Disabilities](#). Call with any specific questions or concerns: **Voice Phone:** 212-788-2830, **Video Phone:** 646-396-5830

TESTING: COVID-19 and COVID ANTIBODY

All NYC residents should get tested now, with or without symptoms or being at increased risk. No insurance needed and no co-pay if you are insured – call first. [Find a testing site near you](#)

FREE FACE MASKS: Find locations and schedules: nyc.gov/facecoverings

ACCESS NYC: NYC Resources and Benefits for people with disabilities: access.nyc.gov

BRAIN INJURY-SPECIFIC RESOURCES [Support Groups on page 6]

BRAIN INJURY ASSOCIATION OF AMERICA (BIAA) biausa.org
[COVID-19 and brain injury](#), and [COVID-19 Supports and Resources by State](#)

BRAIN INJURY ASSOCIATION OF NEW YORK STATE (BIANYS) bianys.org
[FACTS Program](#) - Family, Advocacy, Counseling and Training Services. Support Groups, see page 7 **HELPLINE:** (800) 444-6443

BRAIN INJURY RESEARCH CENTER AT MOUNT SINAI

Mount Sinai Brain Injury, Spinal Cord Injury, Rehabilitation and Physical Medicine Departs, offer tele-health medical services, cognitive rehabilitation, psychotherapy, and virtual support groups for individuals with disabilities. Most insurances accepted.
Call: 212-241-4706, **Email:** rehabneuropsychFPA@mountsinai.org

LIGHTHOUSE GUILD'S BEHAVIORAL HEALTHCARE PROGRAM

Tele-health (phone and video calling), and tele-support groups for parents, teens, and adults available esp. to those with or at risk of vision loss. Most insurances accepted.
Online: [Tele-Mental health service](#), and [Tele-Support Groups](#)
Call: 212-769-7800, **TTY 711:** 800-284-4422

NATIONAL APHASIA ASSOCIATION aphasia.org

[Helpful Materials](#)

[Recursos para Afasia en Español](#)

[Aphasia Bill of Rights](#)

[Caregiver's Bill of Rights](#)

[Aphasia Therapy Guide](#)

[Aphasia Videos](#)

[Assistive Technology Introduction](#)

[Communication Guides](#)

[Evaluating Aphasia Therapies](#)

[Online Communities](#)

[Picture Communication Books](#)

[Related Disorders](#)

[Related Organizations](#)

[Search Aphasia Centers](#)

[Aphasia ID Card](#)

[Take Aphasia Action from Home Activities](#)

FOOD (also see MOPD, page 1)

GET FOOD NYC nyc.gov/getfood

New York City School Meal Program: “Grab and Go” meal sites for New Yorkers in need. Halal and vegetarian meals at every site, Kosher meals at 18 sites. Masks available.

For free meals, menus, food programs and more information, go to: schools.nyc.gov/freemeals

Find your closest free meal location [HERE](#) or **Text:** FOOD or NYC COMIDA to 311-692

Delivery: Anyone needing emergency food delivery to their home can arrange automatic deliveries for up to 30 days. Dietary options available: standard, Kosher, halal and vegetarian.

Call: 311, **Text:** 311-692, **Online:** nyc.gov/getfood.

FEEDING AMERICA

Nationwide network of food banks distributing meals through food pantries and meal programs.

Find your local food bank: feedingamerica.org/find-your-local-foodbank

FOOD BANK NYC: New York City's largest hunger-relief organization for low-income New Yorkers, including food, support and information. Find food, senior centers, or SNAP enrollment site near you: foodbanknyc.org/get-help; SNAP: foodbanknyc.org/snap-assistance
Community Kitchen and Pantry in Harlem: foodbanknyc.org/community-kitchen

CITY HARVEST: Community food program providing free prepared meals. NYC sites distributing food including soup kitchens, food pantries, City Harvest Mobile Markets, City Harvest Community Partner Mobile Markets, Dept. of Education sites, some restaurants, and City Harvest Emergency. Find food distribution sites near you: cityharvest.org/food-map

COALITION FOR THE HOMELESS

National advocacy and direct service organization helping homeless men, women and children.

Go to the [Resource Guide](#) to search their comprehensive catalog of NYC emergency services

For food, shelter, disability rights or abuse, go to coalitionforthehomeless.org/get-help.

HUNTER COLLEGE NEW YORK CITY FOOD RESOURCES

Food pickup and delivery options by neighborhood for individuals who cannot afford food and are unable to leave their home. The Resource Guides include resources for the disabled, homeless, immigrants, and refugees: [NYC Food Policy.org](http://nycfoodpolicy.org)

SNAP BENEFITS and COVID-19

How to apply: [SNAP Benefits Food Program](#)

Online grocery shopping: [snap-online-shopping page](#)

TRANSPORTATION (also see MOPD, page 1)

ACCESS-A-RIDE

Access-A-Ride's accessible dispatch program is running. It's not scheduling shared rides, although you can still travel with a personal care attendant or guest. Fare payment temporarily suspended. All dedicated vehicles disinfected daily. People should stay home and only use Access-A-Ride services if traveling for essential business or personal reasons.

Access-A-Ride E-hail on-demand pilot All changes have been postponed until further notice. Customers who are currently pilot users may continue to use the service with no new trip limits. **Call:** (646) 599-9999 to request a wheelchair-accessible taxi.

MTA SUBWAYS, BUSES and STATEN ISLAND FERRY

Subways: no service from 1-5am. Enhanced bus service for essential workers will run at that time but if bus service is not an option, use MTA's Essential Connector Program.

Staten Island Ferry: On reduced schedule. All boats/touch points deep cleaned every 72 hours. Passengers using a wheelchair must board via the lower level boarding

Buses: New rear-door boarding policy for all buses. Exceptions: riders with mobility disabilities and express buses: board through front door. All stations, trains, cars, and buses high-touch surfaces in will be disinfected twice a day; active service fleet covered every 72 hours.

Staten Island Railroad will continue running. For the latest information during the pandemic visit the [MTA's Subway and Bus Service Update](#).

NOTE: If you have any issue with MTA service regarding accessibility, contact the Systemwide Accessibility Team by email: accessibility@nyct.com, or fill out the MTA Customer Feedback Form.

HOUSING and LEGAL SERVICES State-imposed moratorium on all residential evictions

NYCHA: FOR RESIDENTS STRUGGLING WITH RENT: on.nyc.gov/nycha-covid-19-resources

LEGAL SERVICES NYC HOTLINE: 917-661-4500

Legal Services' hotline for tenants who need help in multiple languages: legalservicesnyc.org

NEW YORK LEGAL ASSISTANCE GROUP HOTLINE: (929) 356-9582

10am-1pm, Mon-Fri. Leave a message with your name, phone number to call you back, and a description of the problem. They'll try to get back to you the same day but may take up to two business days. NYLAG also has legal services for vets, housing, employment/unemployment, public benefits assistance/SNAP, domestic violence and more. Website: nylag.org/covid19

NY CONNECTS

Information and assistance for older individuals and people with disabilities of all ages to help them remain in their homes as long as possible. Links to long term services and supports such as home care, transportation and meals. [NY Connects Agency Contacts by Location](#)

MENTAL HEALTH

NEW YORK CITY WELL: 24/7 Confidential Mental Health Counseling

Interpreters available for 200+ languages. Stay on the line to connect with a translation service.

Text: "WELL" to 65173, **Online chat:** nyc.gov/nycwell Relay Service for Deaf/Hard of Hearing:

Call 711, **Call: 888-692-9355** (888-NYC-WELL), Press 2 (English), Press 3 (Español), Press 4 (中文)

COPING CIRCLES PROGRAM

Free six-week support and resilience groups held by video or phone and facilitated by licensed mental health professionals. The Coping Circles Program, offered by the NY State Office of Mental Health, has specialized Circles for Healthcare Workers and First Responders, Survivors of COVID-19 Infection, Job Loss due to COVID-19, and Loss of a Loved One to COVID-19.

To learn more and sign up go to ny.gov/copingcircles.

SAMHSA DISASTER DISTRESS HELPLINE

Crisis counseling for anyone in emotional distress related to disasters including COVID-19. Available in more than 100 languages (subscription-based).

Online: www.samhsa.gov/find-help/disaster-distress-helpline

Text: TalkWithUs, or Hablanos. to **66746**. In Puerto Rico: Text: “Hablanos” to (787) 339-2663

HOTLINE: (800) 985-5990 24/7, 365 days/year: Spanish press “2,

NATIONAL ALLIANCE ON MENTAL ILLNESS

Grassroots organization that offers support, education, and advocacy for families and individuals living with mental illness.

NYC METRO Phone: 212-684-3264, **E-mail:** helpline@naminyc.org

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

Resources include videos and blog posts that focus on managing anxiety around quarantine and social isolation and how to talk to children and teens about the coronavirus.

[Coronavirus Anxiety-Helpful Resources](#), website: adaa.org

RUTGERS UNIVERSITY BEHAVIORAL HEALTH CARE [NEW JERSEY]

Call center that connects you to the appropriate division of N.J. statewide behavioral health services system. Call: 800-969-5300

DOMESTIC VIOLENCE

NATIONAL DOMESTIC VIOLENCE HOTLINE

Call: (800) 799-7233, **TTY:** (800) 787-3224

NEW YORK STATE DOMESTIC AND SEXUAL VIOLENCE HOTLINE

Reach out to a professional and advocate any time, 24/7, 7 days/week. Confidential English & Español, Multi-language Accessibility. To contact: Deaf or Hard of Hearing: 711

HOTLINE: 1-800-942-6906, TEXT: 844-997-2121 or **ONLINE CHAT:** opdv.ny.gov

DOMESTIC AND GENDER-BASED VIOLENCE SURVIVORS SERVICES NYC

24-hour HOTLINE: (800) 621-4673 (for emergencies call 911), **Online:** nyc.gov/nychope

BARRIER FREE LIVING

Comprehensive support services for survivors with disabilities.

[Freedom House](#): fully accessible shelter, [Secret Garden](#): counseling program, [Apartments](#): permanent homes with support services to survivors with disabilities and their families.

Video phone: (646) 807-4013, **Website:** bflnyc.org

HOTLINE: (212) 533-4358 or **DIRECT SHELTER LINE: (212) 400-6470**

BRAIN INJURY SUPPORT GROUPS

BRAIN INJURY ASSOCIATION OF NEW YORK STATE AFFILIATES

[Contact facilitators](#) for these and all other BIANYS Support Groups throughout the State or call the Family HelpLine: 800-444-6443

BROOKLYN GROUP: 3rd Tues of each month, 12:30 – 1:30 PM
STATEN ISLAND GROUP: 1st Wed. of each month, 3:30 – 4:30 PM
MANHATTAN GROUP: 3rd Thurs. of each month, 6:30-7:30pm
COLUMBIA SYNAPSE: 2nd and 4th Sat. of each month, 1-2:30pm
CAREGIVERS SUPPORT GROUP: 2nd Tues. of each month, 1-3:00 PM

A MEETING OF THE MINDS: 2nd and 4th Thursday of each month, 4:00 PM

Zoom Video: <https://mountsinai.zoom.us/j/7392821435>

Call in: (646) 876-9923, then hit # again when asked for Participant Code

PIN: 739-282-1435#

Contact: Bryan Steinhauer LMSW CPA: MindsFund@gmail.com (718) 207-9688

Sabrina Breed, PhD: SabrinaBreed@mountsinai.org

NEW JERSEY BRAIN INJURY SUPPORT GROUP FOR SURVIVORS AND CAREGIVERS

BERGEN COUNTY: 1st and 3rd Monday of each month 6:30-8:00 PM

Facilitated by Joe and Jane Contato

GoToMeeting Video: <https://global.gotomeeting.com/join/796140733>

Call in: (408) 650-3123, **ACCESS CODE: 796-140-733**

For technical assistance, see [GoToMeetings tutorials at YouTube](#), or click [HERE](#).

See brain411.org for more information. Events, webinars, interviews and videos in collaboration with the [Brain Injury Alliance of New Jersey](#)

PINK CONCUSSIONS FACEBOOK SUPPORT GROUPS

PINK Concussions' mission is to improve the pre-injury education and post-injury medical care for women and girls challenged by concussions and traumatic brain injuries (TBI) incurred from sport, violence, accidents or military service. [Facebook page](#), Website: pinkconcussions.com

Support Groups (posts can only be seen by approved group members):

[PINK Women's Group](#)

[PINK Young Women's Group \(under 25\)](#)

[PINK Canada](#)

[PINK Medical Professionals](#)

[PINK Military Group](#)

APHASIA RECOVERY CONNECTION (ARC) aphasiarecoveryconnection.org

Facebook Support Group: [Aphasia Recovery Connection](#)

[VIRTUAL CONNECTIONS](#): helps people with aphasia meet up online with others with aphasia.

[ARC RESOURCE LIBRARY](#): books, videos, links to other aphasia related organizations, and more.

CAREGIVER RESOURCES AND SUPPORT GROUPS

BRAIN INJURY ASSOCIATION OF NEW YORK STATE bianys.org

Caregivers support group: 2nd Tues. of each month, 1-3:00 PM. For more information call the BIANYS HelpLine: 800-444-6443, or go to: [BIANYS support groups](#)

NEW JERSEY BRAIN INJURY SUPPORT GROUP FOR SURVIVORS AND CAREGIVERS

For more information, see listing in Brain Injury Support Groups, next page

NATIONAL APHASIA ASSOCIATION aphasia.org

[Caregiver's Bill of Rights](#), and the [Aphasia Caregiver Guide](#)

APHASIA RECOVERY CONNECTION (ARC) AphasiaRecovery@gmail.com

[ARC Aphasia Care Partners and Friends](#): support group for family and friends

PINK CONCUSSIONS FACEBOOK SUPPORT GROUPS

[PINK Caregivers' and Parents' Group](#)

COMMUNITY-BASED BRAIN INJURY CHAPTERS

BRAIN INJURY ASSOCIATION OF NEW YORK STATE CHAPTERS

Individuals with brain injury, their family and friends get together to socialize, learn, and build community. There may be speakers, activities, planning a Chapter outing, or a fundraising event. To learn more, call Margo Singer at 518-459-7911 or contact:

NEW YORK CITY CHAPTER: NYCChapter@BIANYS.ORG

LONG ISLAND CHAPTER: LIChapter@BIANYS.ORG

ROCHESTER CHAPTER: Call Luke Rossman, Chapter Chair: 585-214-9574

OTHER RESOURCES (also see MOPD, page 1)

DISCOUNT PHONE SERVICE, FREE WI-FI, and SPECIAL ACCOMMODATIONS

LIFELINE ASSISTANCE PROGRAM

Federal program lowering cost of phone or internet services. Eligibility based on household income or participation in certain public assistance programs like Medicaid/Medi-Cal, Food Stamps/SNAP/CalFresh or SSI. Website: [Lifeline Assistance Program](#), and [List of Qualifying Factors for Lifeline](#) **Phone:** 800-234-9473, **Email:** LifelineSupport@usac.org

[VERIZON](#) now waiving late fees and will not terminate service

[AT&T](#) waiving data overage fees to all customers and more

[T-MOBILE](#) & spectrum holders offer extended data service based on type of account

[XFINITY WiFi](#) extended data service & public hotspots now open to anyone: "xfinitywifi" SSID

ACCESSIBLE VIRTUAL ACTIVITIES

A guide to accessible activities while social distancing from the NYC Dept. for People with Disabilities. Virtual events, museum tours, workouts, performances, podcasts, and more. Some live on Zoom or Google Meet or phone conferences, others are recorded and can be experienced at any time. Most are free. Any that charge have a sliding scale to accommodate all income levels. www1.nyc.gov/site/mopd/resources/mopd-virtual-activities-toolkit.page