



New York City and New York State Resource Guide

Resources for:

- Financial Assistance
- Healthcare
- Nutrition/SNAP
- Housing & Homeless Services
- Childcare Services
- Family Services
- Senior Services
- Mental Health Resources
- Addiction Services & Support
- Grief and Loss Support
- Veterans Services
- LGBTQ+ Services
- Domestic Violence Services
- Immigration Services



NYCDCCBF Members Education
and Network For Dependency



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If you have any questions or need assistance with the services and resources provided in this guide, please call the NYDCCBF MEND office at 212-366-7590, or email MEND@nycCBF.org.



New York City District Council of Carpenters

BENEFIT FUNDS

New York State and New York City Resource Guide

Financial Assistance Resources

Cash Assistance

Eligible families may receive up to 60 months of federally funded cash assistance under the Temporary Aid to Needy Families Program (TANF). Single individuals without children and families who have already received cash assistance for 60 months may receive benefits under the New York State Safety Net Program.

Are You Eligible for Cash Assistance?

https://www.nyc.gov/assets/hra/downloads/pdf/services/cash_assistance/cash_assistance_additional_allowances.pdf

Emergency Assistance/One Shot Deal

You may be able to get help if you cannot pay your bills because you lost your job, you are getting less pay from your job, or you had another emergency like an unexpected medical situation. This help is called “Emergency Assistance” or a “One Shot Deal.”

<https://access.nyc.gov/programs/one-shot-deal/>

Healthcare Resources

Medicaid and CHIP

Medicaid provides health coverage to millions of Americans, including eligible low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

<https://www.medicaid.gov/>

The Children's Health Insurance Program (CHIP) provides health coverage to eligible children, through both Medicaid and separate CHIP programs. CHIP is administered by states, according to federal requirements. The program is funded jointly by states and the federal government.

<https://www.medicaid.gov/chip/index.html>

NYC Care No Cost or Low-Cost Healthcare Access

NYC Care is a health care program that gives you access to your own doctor and services at little or no cost. The program provides services at NYC Health + Hospitals locations citywide. It is available to all New Yorkers who do not qualify for or cannot afford health insurance.

<https://access.nyc.gov/programs/nyc-care/>

Nutrition Resources & SNAP

WIC Special Supplemental Nutrition Program for Women, Infants and Children

WIC helps low-income women, and their children buy food. You'll get an eWIC card for buying food. You'll also get access to services like nutrition counseling, breastfeeding support, health education, and referrals to other programs.

<https://access.nyc.gov/programs/women-infants-and-children-wic/>

Supplemental Nutrition Assistance Program (SNAP)

Get help paying for groceries with SNAP. SNAP benefits are sometimes called food stamps. They come on a debit card that you can use at many grocery stores and farmers markets.

<https://access.nyc.gov/programs/supplemental-nutrition-assistance-program-snap/>

Food Pantries

Food pantries provide groceries you can cook at home and community kitchens which provide hot meals.

<http://foodhelp.nyc.gov>

Housing & Homeless Resources

Homeless Shelters and Services

If you're homeless or have a housing crisis, you can apply for shelter or get help to avoid shelter altogether.

<https://access.nyc.gov/programs/homeless-intake-shelters-and-drop-in-centers-dics/>

Housing Choice Voucher Program (HVP) Section 8

Section 8 pays part of the rent for low- and moderate-income families who want to rent in the private market. Generally, families pay no more than 40% of their monthly income towards their rent. NYCHA pays the rest to the property owner.

<https://access.nyc.gov/programs/section-8/>

Help with Rent for Families with Children

FHEPS pays some or all of the rent of families who have been evicted, are facing eviction, or have lost housing due to domestic violence.

<https://access.nyc.gov/programs/family-homelessness-and-eviction-prevention-supplement-fheps/>

Supportive Housing for Homeless Veterans

HUD-VASH helps veterans and their families who are homeless find and keep permanent housing. Veterans get a Section 8 rental voucher that helps pay for a place to live. VA case managers can also connect veterans with other supportive services.

<https://access.nyc.gov/programs/supportive-housing-for-veterans/>

Housing & Homeless Resources

Affordable Housing Lotteries

Find and apply for affordable rental and homeownership opportunities across the five boroughs of New York City.

<https://housingconnect.nyc.gov/PublicWeb/>

HomeFirst Down Payment Assistance

Home First gives qualified homebuyers up to \$100,000 toward the down payment or closing costs of a home.

<https://access.nyc.gov/programs/homefirst-down-payment-assistance/>

Center for New York City Neighborhoods (CNYCN)

Center for New York City Neighborhoods (CNYCN) connects homeowners to free resources and services. Help is available for every stage of homeownership:

- Foreclosure Prevention
- Flooding
- Scam Prevention
- Home Maintenance
- Estate Planning

<https://access.nyc.gov/programs/center-for-nyc-neighborhoods/>

Call 646-786-0888 or toll free at 855-466-3456 for help.

Housing & Homeless Resources

New York State Heating and Cooling Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) helps low-income people pay the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit if you are in impending danger of running out of fuel or having your utility service shut off.

New York City residents - [access.nyc.gov](https://www.access.nyc.gov)

Outside of New York City - myBenefits.ny.gov

In person: Both New York City residents and non-New York City residents can apply in person at your [HEAP Local District Contact](#).

In writing / by mail: If you live outside New York City, print and mail the completed HEAP application to your [HEAP Local District Contact](#). New York City residents can mail their application to: HRA/HEAP, PO Box 1401, Church Street Station, New York, NY 10008.

Emergency Broadband Assistance

If you receive SNAP or Cash Assistance, you may qualify for a \$50 per month discount on your mobile or fixed broadband internet service, along with a one-time \$100 discount for purchasing a laptop, tablet, or desktop computer. To learn more and apply, visit:

[GetEmergencyBroadband.org](https://www.getemergencybroadband.org)

Housing & Homeless Resources

National Flood Insurance Program (NFIP)

The National Flood Insurance Program (NFIP) protects your home and belongings in the event of a flood. Traditional homeowners and renters insurance does not cover flood damage. A federal flood insurance policy is the only way to make sure your home is covered.

<https://access.nyc.gov/programs/national-flood-insurance-program/>

NYC Rent Freeze (SCRIE)

The NYC Rent Freeze Program, which includes the Senior Citizen Rent Increase Exemption (SCRIE) Program and the Disability Rent Increase Exemption (DRIE) Program, helps those eligible stay in affordable housing by freezing their rent.

<https://www.nyc.gov/site/rentfreeze/index.page>

Child and Family Programs

State of New York Childcare Assistance

Parents and guardians who are employed or engage in work-related activities (required or voluntary), including those in school, may be eligible for childcare. If eligible for childcare, parents and guardians have the right to appropriate, affordable, accessible, and suitable childcare. HRA will never require you to use a specific provider but can help you find one that is best for you if you need one.

If you are employed or participating in a work activity and would like HRA to help pay for childcare, you and the provider will need to complete and submit the forms below.

<https://ocfs.ny.gov/programs/childcare/ccap/>

Childcare Infants and Toddlers

EarlyLearn programs provide free or low-cost childcare and education for children six weeks to two years old. There are hundreds of programs in New York City that offer safe and positive learning environments for children.

<https://access.nyc.gov/programs/early-learn/>

Childcare Vouchers

Childcare vouchers help cover the cost of childcare for children 6 weeks to 13 years old. Children with disabilities up to 19 years old are also covered. Hundreds of home-based and center-based providers across NYC accept childcare vouchers and offer childcare services in safe and positive learning environments.

<https://access.nyc.gov/programs/child-care-voucher/>

Child and Family Programs

Living for the Young Family through Education (LYFE)

NYC parents who are students can get free early childhood education for their young kids through LYFE. LYFE also provides counseling, referral services, and advocacy to help parents achieve their educational and parenting goals.

<https://access.nyc.gov/programs/living-for-the-young-family-through-education/>

Virtual College Prep Program

A joint program of the CUNY School of Labor and Urban Studies and the Consortium for Worker Education offers 15-week semester long courses, tutoring services, career exploration and CUNY pre-admission advisement.

<https://slu.cuny.edu/worker-education/collegeprep/>

NYC Nurse Family Partnership Support for First-Time Parents

First-time parents can get their own personal nurse at no cost. Your nurse can answer your questions and provide valuable guidance and support for a healthy pregnancy and a healthy baby.

<https://access.nyc.gov/programs/nyc-nurse-family-partnership-nfp/>

Mt. Sinai Adolescent Health Center

Full service Medical and Mental Health center for individuals 10-26 years old.

<https://www.mountsinai.org/locations/adolescent-health-center/services/lgbtq-support-services>

Child and Family Programs

New York State Diaper Bank

To find out if an agency in your area provides diaper assistance to families in need, please call 2-1-1 on your phone or search online at 211.org. Specialists are available 24/7 to help identify local resources that may be able to help provide diapers and other basic necessities.

<https://nationaldiaperbanknetwork.org/get-help-now/>

Bridge Project

New York City pregnant mothers can receive up to \$1,000 a month for 3 years beginning in their third trimester of pregnancy.

<https://bridgeproject.org/>

Comprehensive Afterschool System of NYC (COMPASS NYC)

New York City students can join free afterschool programs that offer homework help, sports, arts, and more. Hundreds of programs are located all over the New York City.

<https://access.nyc.gov/programs/comprehensive-after-school-system-of-nyc/>

NYC Teenspace

This first-of-its-kind citywide initiative makes therapy and mental health education available at no cost to any NYC teenager, regardless of income, insurance status, and where or whether they attend school.

<https://www.talkspace.com/blog/nyc-teenspace/>

Senior Services

NYC NY Connects Services and Supports for Older Adults and People with Disabilities

Long-term services and supports helps older adults and people with disabilities. stay healthy and independent in their daily lives.

<https://access.nyc.gov/programs/nyc-ny-connects/>

Commodity Supplemental Food Program (CSFP) Healthy Food Packages for Older Adults

Adults ages 60 or older are eligible for monthly food packages if they earn below a certain income.

<https://access.nyc.gov/programs/commodity-supplemental-food-program-csfp/>

Home Care Services Program (HCSP)

You can get care at home instead of moving into a nursing home. Different types of care include a home nurse, house cleaning, physical therapy, and more, depending on your needs.

<https://access.nyc.gov/programs/home-care-services-program/>

The National Family Caregiver Support Program (NFCSP)

The National Family Caregiver Support Program (NFCSP) was established in 2000 to provide funding to states to fund a range of supports that assist family and informal caregivers to care for their loved ones at home.

<https://aging.ny.gov/national-family-caregiver-support-program>

Veterans Services

Benefits For Veterans and their Families (New York State Assembly)

Programs and services available through the New York State Department of Veterans' Services and the U.S. Department of Veterans Affairs.

<https://nyassembly.gov/write/upload/req/veterans.pdf>

Veterans Affairs Supportive Housing

HUD-VASH helps veterans and their families who are homeless find and keep permanent housing. Veterans get a Section 8 rental voucher that helps pay for a place to live. VA case managers can also connect veterans with other supportive services.

<https://access.nyc.gov/programs/supportive-housing-for-veterans/>

Veterans' Property Tax Exemption

Veterans' exemptions lower the property taxes of qualified veterans, their spouses or un-remarried surviving spouses, and parents of soldiers who died in the line of duty (Gold Star parent).

<https://access.nyc.gov/programs/veterans-exemption/>

LGBTQ+ Services

New York State Resources for LGBTQ Youth

New York State resources for LGBTQ youth including mental health services, shelter, legal and local resources.

<https://ocfs.ny.gov/programs/youth/lgbtq/resources-youth.php>

NYC Up & Out

New York City resources and directory for the LGBTQ community.

<https://www.nycupandout.com/lgbt-directory.html>

Callen-Lorde

Callen-Lorde is the global leader in LGBTQ+ healthcare. Since the days of Stonewall, we have been transforming lives in LGBTQ+ communities through excellent comprehensive care, provided free of judgment and regardless of ability to pay.

<https://callen-lorde.org/>

The Center LGBTQ

Operating in-person and virtually, we provide recovery and wellness programs, economic advancement initiatives, family and youth support, advocacy, arts and cultural programming, and space for community organizing, connection, and celebration.

<https://gaycenter.org/health/>

Mental Health Services & Support

New York State Office of Mental Health/Mental Health and Wellness Information

Resources to help New Yorkers understand mental wellness, cope with everyday stress, and stay resilient.

<https://omh.ny.gov/omhweb/resources/publications/>

NYC Health and Mental Hygiene Mobile Crisis Teams (Children, Adolescents, and Adults)

A Mobile Crisis Team is a group of behavioral health professionals who can provide care and short-term management for people who are experiencing severe behavioral crisis.

<https://www.nyc.gov/site/doh/health/health-topics/crisis-emergency-services-mobile-crisis-teams.page>

National Alliance on Mental Health New York State (NAMI)

NAMI New York State is an organization of family, friends and individuals whose lives have been affected by mental illness.

<https://naminys.org/>

Addiction Services & Support

Substance Abuse and Mental Health Services (SAMHSA) Helpline

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call: 1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>

New York State Office for Addiction and Support

The New York State Office of Addiction Services and Supports (OASAS) is to provide, support, and oversee a data-driven continuum of addiction services delivered with equity, dignity, compassion, and respect.

<https://oasas.ny.gov/about>

HOPEline Services

The HOPEline is staffed by specially trained professionals with training in addiction and people with lived addiction experience or peer advocates that are available at the request of the caller.

For help and hope 24/7, call 1-877-8-HOPENY(467369) or text HOPENY (467369). Toll-free and confidential.

<https://oasas.ny.gov/hopeline>

Addiction Services & Support

NYC Public Schools Substance Abuse Prevention and Intervention Specialists (SAPIS) Program

The Substance Abuse Prevention and Intervention Specialists (SAPIS) program provides a range of prevention and intervention services in grades K-12.

<https://www.schools.nyc.gov/school-life/special-situations/substance-abuse-prevention-and-intervention>

National Institute on Alcohol Abuse and Alcoholism (NIAAA) for Middle School

This webpage contains interactive activities to help parents, caregivers, and teachers introduce and reinforce key messages about peer pressure, resistance skills, and other important topics related to underage drinking.

<https://www.niaaa.nih.gov/alcohols-effects-health/niaaa-middle-school>

National Problem Gambling Helpline

Free help line for gambling problems.

Call 800-GAMBLER.

<https://800gambler.org/>

Grief & Loss Support

Managing Grief - NYC.ORG Resource Sheet

<https://www.nyc.gov/assets/olr/downloads/pdf/wellness/resourcesformanaginggrief.pdf>

GriefShare

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief.

<https://www.griefshare.org/>

Postpartum Support International

Experiencing the loss of a pregnancy, infant, or child brings unimaginable pain, grief, and isolation. Non-judgmental support, information, and connection with others is available to you.

<https://www.postpartum.net/get-help/loss-grief-in-pregnancy-postpartum/>

Living with Suicide Loss (American Foundation for Suicide Prevention)

Suicide affects millions each year, the American Foundation for suicide prevention can provide resources to help you heal. Connect with others who have lost a loved one to suicide, hear how they have navigated their loss, and learn how to support loss survivors.

<https://afsp.org/ive-lost-someone/>

Animal Medical Center (AMC) Pet Loss Resources

The AMC Pet Loss Support Program, which is free and open to the public, is a place to find that community.

<https://www.amcnyc.org/pet-loss-support-resources/>

Domestic Violence & Sexual Assault Resources

New York State Domestic Violence Hotline: 1-800-942-6906

New York State Sexual Assault Hotline: 1-800-656-4673

New York State Office for the Prevention of Domestic Violence

The Office for the Prevention of Domestic Violence (OPDV), created in 1992, is the country's only executive level state agency dedicated to the issue of gender-based violence. It replaced the former Governor's Commission on Domestic Violence established in 1983.

<https://opdv.ny.gov/about-us>

New York State Coalition Against Sexual Assault (NYSCASA)

The New York State Coalition Against Sexual Assault is New York is a non-profit coalition of Community-based rape crisis centers located throughout the state.

<https://nyscasa.org/>

Safe Horizon

Safe Horizon is the Nation's Leading Victim Assistance Organization operating a network of programs across New York City communities and systems.

<https://www.safehorizon.org/>

Immigration Services

ActionNYC offers free legal help for immigrants.

ActionNYC offers free and safe immigration legal help regardless of immigration status. Services are offered by trusted legal service providers at community-based organizations, hospitals, and schools.

<https://access.nyc.gov/programs/actionnyc/>

We Speak NYC (WSNYC)

We Speak NYC helps English language learners age 16 and above to learn English and access services. The program has online classes, videos, web, and print materials for you to practice at home.

<https://access.nyc.gov/programs/we-speak-nyc/>

CUNY Citizenship Now!

New York City Council sponsored citizenship events in all boroughs including citizen application assistance.

Call 646-664-9400/212-652-2071 or Text: 929-334-3784

<https://www1.cuny.edu/sites/citizenship-now/>

Miscellaneous Services

idNYC

IDNYC is a card for all New Yorkers, from all backgrounds, and from all five boroughs. Your immigration status does not matter. The free, municipal identification card for New York City residents, ages 10 and up, provides access to a wide variety of services and programs offered by the City. IDNYC cardholders enjoy benefits and discounts offered by businesses and cultural institutions across the five boroughs.

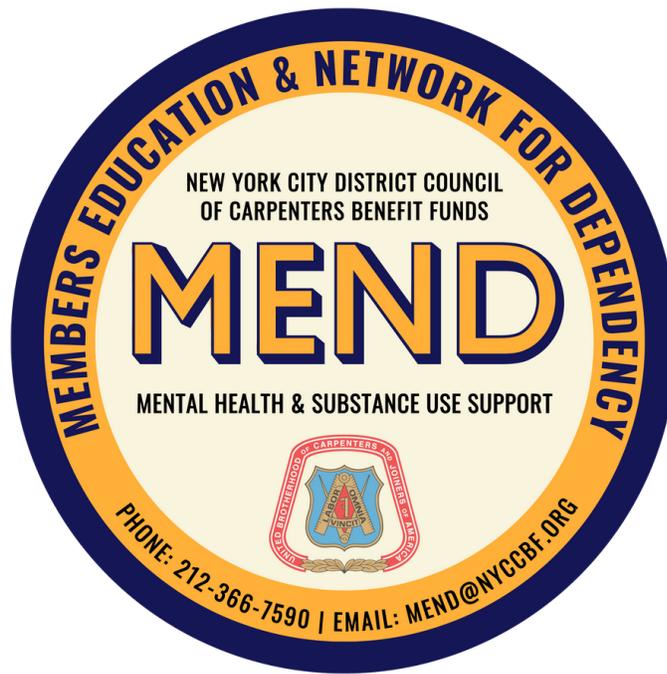
<https://www.nyc.gov/site/idnyc/index.page>

Fair Fares

Fair Fares NYC is a program created to help people who live in New York City with low incomes manage their transportation costs. With the Fair Fares NYC discount, eligible New York City residents ride for half the regular cost. Fair Fares NYC allows you to receive a 50% discount on subway and eligible bus fares or Access-A-Ride fares.

<http://web.mta.info/nyct/fare/rfindex.htm>

Members Education & Network for Dependency



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MEND provides assistance to participants and their dependents in addressing and finding treatment for mental health and substance use issues. Services are confidential and include:

- Assessment
- Case Management
- Coordination of services with outside providers
- Support Services
- Education
- Referrals for:
 - Inpatient and Outpatient treatment for mental health and/or substance use
 - Therapy
 - Psychiatry

If you or one of your dependents is struggling with substance use or mental health issues, please contact the MEND Program for assistance from our accredited staff.

**395 Hudson Street, 5th Floor
New York, NY 10014**

**212-366-7590
MEND@nyccbf.org**

