

COVID-19 Resources

About COVID-19

Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 (COVID-19)

Classroom

Tips and Tools for Students Participating in Virtual Coursework

United Way COVID-19 Community Economic Relief Fund

- They will help with bills, rent and food.
- Call 1-866-211-9966 and provide your zip code and you will be provided a list of local agencies to provide assistance

Health care

- If you need to know that if they are eligible for Medicaid, they can get coverage to get screened and treated.
- For students who are not eligible for Medicaid or undocumented, you can go to a health center and access care site with sliding scale fees.

Food

- Food bank locations or food resources can be found by visiting www.auntbertha.com or by the Why Hunger hotline at 1(800) 5-HUNGRY.
- If this crisis goes on and students' finances are deeply affected, some students may become newly eligible for SNAP. Be sure to get them information about that critical program and help them apply. You may direct students to your state health and human services websites that offer resources about available public benefit programs and screeners to test their eligibility.
- Coupons-Use this website to find grocery deals and coupons to help save you and your family money: <https://www.inspiringsavings.com/?fbclid=IwAR2l-Wtfxn91M6WOcVxqu4EUZdBDUTgushCKTonYokzI4uBgxhH-tEfEnDM>

Housing

- Information with students on how to reduce their utility bills and apply for emergency funding if they need it.
- For those who may be worried about quarantining in a home where they do not feel safe, help is available from the National Domestic Violence Hotline 24/7/365 at @ndvh by chat or by calling their hotline at 1-800-799-7233.
- <https://www.foodbanknyc.org/get-help/>
- **Home-delivered meals program.** New York City is establishing a home-delivered meals program for people who do not have other means of accessing food. The application for food delivery assistance is here.

Free or Reduced Cost Internet

- **Internet Essentials**
- **FCC agreement** stating that providers will waive late fees, not cutoff service for lack of payment, and open hot spots.
- **Altice USA** is offering Altice Advantage 30 Mbps broadband solution for free for 60 days to any new customer household within their footprint.
- **AT&T COVID-19 response:** offers open hot-spots, unlimited data to existing customers, and \$10/month plans to low income families
- **Charter Free Internet offer for 2 months**
- **Comcast COVID-19 response:** offers free Wi-Fi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time
- **Cox COVID-19 response:** New plans include offering a low-income internet tier with no annual contract and relaxing data usage overage charges for all tiers.
- **Comcast COVID-19 response:** offers free Wi-Fi for 2 months to low income families plus all Xfinity hot-spots are free to the public during this time
- **Charter Free Internet offer for 2 months**
- **Sprint COVID-19 response:** follows FCC agreement, provides unlimited data to existing customers, and, starting Tuesday, 3/17/2020, will allow all handsets to enable hot-spots for 60 days at no extra charge).
- **T-Mobile COVID-19 response:** follows FCC agreement, plus unlimited data to existing customers, and, coming soon, will allow all handsets to enable hot-spots for 60 days at no extra charge (I expect others will follow).
- **Verizon COVID-19 response:** no special offers, but following the FCC agreement.

- **AT&T Keeping Service Connected and Waiving Charges**
 - AT&T is offering schools 60 days of unlimited data for laptops, tablets and hotspots
 - AT&T is delivering 60 days of free and unlimited use of Caribu, an app that enables families to connect through a video-call to read books, draw and learn together in real-time no matter where they are
 - Keep our public Wi-Fi hotspots open for anyone who needs them
 - AT&T will keep service connected, waive late payment fees, and waive data, voice and text overage charges for any wireless customer experiencing hardship caused by the coronavirus pandemic
- **Comcast** is offering free broadband internet access to households below certain income thresholds through their internet essentials program that include increased speeds.
- **Charter to Offer Free Access to Spectrum Broadband and Wi-Fi For 60 Days For New K-12 and College Student Households and More**
 - Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call **1-844-488-8395**. Installation fees will be waived for new student households.
- **Sprint**, meanwhile, will provide for 60 days unlimited data to customers with metered plans, starting March 18, along with 20GB of free mobile hotspot data.

Educational-ish

- **Take an online financial literacy course:** <https://teachbanzai.com/>.
- Watch Ted Talks: <https://www.ted.com/talks>
- Practice or learn a foreign language: <https://www.duolingo.com/>.
- **Learn to code:** <https://www.codecademy.com/>.
- Virtually tour museums, theme parks, and aquariums - see lists below (there might be some overlap)
 - [List 1](#)
 - [List 2](#)
 - [List 3](#)

Instructional Resources

Apple

- **Final Cut Pro**
 - To get a free trial of Final Cut Pro version 10.4.8 for your Mac, enter your name and email address in the box below, then click Download.
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- Logic Pro
 - All the power you need in production. All the creativity you want in music.

Coursera

- Online learning platform Coursera has made some 3,800 courses free to every university in the world impacted by coronavirus until July 31, 2020.

GitHub

- Software development platform GitHub is offering computer science instructors free access to developer tools for domain name, code visualization and application monitoring through the GitHub Teacher Toolbox, along with free access to auto-grading with GitHub Classroom.

McGraw-Hill

- Education publishing company McGraw-Hill is offering free access, training and support for its digital learning platforms McGraw-Hill Connect and ALEKS.

Perlego

- Online textbook library Perlego is offering free access to its repository of more than 300,000 titles for the next six weeks.

Verbit

- AI-driven transcription and captioning company, Verbit is offering free access to its new integration with Zoom until April 9 to provide embedded transcription and live captions within the Zoom application.

Adobe

- offering free access to Creative Cloud tools through May for home use by students attending schools that currently only provide lab access through May.

DocuSign

- Free access to DocuSign for managing electronic agreements.

Support.com

- Free tech support to anyone working or studying remotely right now.

Expensify

- Reimburse you up to \$50 for essential goods and groceries purchased on your SNAP card.

LinkedIn

- Free 16 learning courses that provide tips on how to stay productive, build relationships when you're not face-to-face, use virtual meeting tools and balance family and work dynamics in a healthy way.

Audible (Amazon)

- Free stories for kids of all ages to stream on your desktop, laptop, phone or tablet. For as long as schools are closed, we're open. Starting today, kids everywhere can instantly stream an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

Fitness

Peloton

- Free 90-day trial of its subscription workout app as more gyms shut down in response to the coronavirus pandemic. The fitness freebie doesn't require a Peloton-branded bike or treadmill. Users can choose from classes such as yoga, meditation, strength training and more.

Yoga

- YouTube Channels
 - <https://www.youtube.com/user/yogawithadriene>
 - <https://www.youtube.com/user/cexercise/videos> - You can always fast forward the talking at the beginning.

Entertainment

Netflix Party

- Want to watch a movie with friends, from your own couch?

Codenames

- Play Codenames with your friends:

Chess

- Play Chess

Audible

- Offering free books for as long as schools are out - no commitment necessary.

Mental Health

Care for your Coronavirus Anxiety

Coping with social isolation

Social Distancing Festival

Find a Teletherapist

- To find a therapist, search and filter by therapists who offer teletherapy

NAMI online support groups and hotline

- For people with mental illness and for caregivers and friends of people with mental illness

Daily Strength

- An active online support group for anxiety

How to get alone time when at home with family

More Than **6,000 Mental Health Professionals** Have Signed Up to Provide Free Online Mental Health Services - New Yorkers Can Call **1-844-863-9314 to Schedule an Appointment**

Relaxation and Coping

Zoom/live video meditation and yoga classes

Mental health podcasts by women of color

Coping skills worksheets and toolkit

Headspace

- Free meditations you can listen to anytime.

Calm

- Free resources from Calm to take care of our minds and stay grounded, including content hand-picked to support your mental and emotional wellness through this time.

TIPS FOR COVID-19 ANXIETY

Reach out if your anxiety is
getting out of control

1-800-273-TALK (8255) or
text **Got5** to 741741.



Office of
Mental Health

