



COVID 19 Resources for Saratoga County

Updated 3.25.2020

Saratoga County COVID-19 Hotline: 518-885-2276 (Available 8am – 5:30pm)

New York State COVID-19 Hotline: 1-888-364-3065 (Available 24/7)

Basic Needs:

Food Resources:

- Visit the Saratoga Chamber website for info on delivery and take out in Saratoga ([Click Here](#))
- Visit the Ballston Spa Business & Professional Association Facebook for info on delivery and take out in Ballston Spa ([Click Here](#))
- Salvation Army is offering delivery for those who are in need of nutritional assistance. For details, [click here](#).
- Visit the Food Pantries for The Capital District’s website to see updated information regarding hours and more for their member pantries, [Click here](#).
- For information about school meal access please see your school’s info below. If you have questions, please contact your school directly.

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|---|------------------------------------|
| Ballston Spa | Saratoga Springs |
| Burnt Hills Ballston Lake | Schuylerville |
| Corinth | Shenendehowa |
| Edinburg Common School | South Glens Falls |
| Galway | Stillwater |
| Hadley-Luzerne | Waterford-Halfmoon |
| Mechanicville | |

Internet:

- Spectrum is offering free internet to students and those in need ([Click Here](#))

Childcare for Essential Healthcare Workers and First Responders:

- Contact your local school district for assistance with childcare if needed.
- Brightside Up Child Care Referral Agency 518-426-7181 or [Click here](#).
- Capital District YMCA in Southern Saratoga has childcare open for essential workers. To find more information on their website, [Click here](#).

Hotlines/Warm Lines:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line - text GOT5 to 741741 to connect with a crisis counselor
- SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TalkWithUs to 66746 SMS
- New York State Domestic and Sexual Violence Hotline: 1-800-942-6906
- Wellspring Domestic Violence Hotline: 518-584-8188 or visit their website www.wellspringcares.org for an online chat hotline.
- New York State's Hopeline for those struggling with addiction: 1-877-846-7369. Text: 467369. The Hopeline is available 24 hours a day, every day of the year. All calls are toll-free, anonymous and confidential.
- NYS Department of Health's Uninsured Care Program hotline 1-800-542-2437 or 1-844-682-4058
- Northern Rivers Family of Services – For critical behavioral health needs and immediate crisis support contact 518-292-5499 www.NorthernRivers.org
- NYS COVID-19 Emotional Support Helpline: 1-844-863-9314 (8am-10pm, 7 days/week)

Financial Assistance, Paid Sick Leave, Unemployment Insurance, etc.

Paid Sick Leave and/or Short-term Disability Benefits:

- If you are subject to a mandatory or precautionary quarantine order and/or must stay home due to symptoms related to COVID-19 (either your own or those of a family member for whom you are caring), you may be eligible for temporary federal or New York State paid sick leave, short-term disability benefits, and/or up to 12 weeks of job-protected leave. Talk to your employer. If your employer is uncertain, call the NYS Paid Family Leave Helpline at 844-337-6303.

Unemployment Insurance:

- Unemployment insurance for people out of work due to COVID-19 closure or quarantines is available without the typical 7-day waiting period. Contact the NYS Department of Labor at <https://labor.ny.gov/ui/claimantinfo/ContactInfo.shtm>

Mortgage Relief:

- For anyone unable to meet their mortgage payments due to COVID-19, contact your mortgage lender to learn about the 90-day relief available to New York State residents.

Bank Fee Waivers:

- During the COVID-19 crisis, NYS is requiring banks to waive ATM fees, late fees, overdraft fees, etc.

Utilities:

- The rule permitting utilities to discontinue service after non-payment of 180 days if nonpayment is a result of COVID-19 has been waived. For more information, contact the NYS Public Services Commission <http://www.dps.ny.gov/>

IRS Tax Filing:

- The federal tax filing deadline has been extended until July 15, 2020. Learn more, [Click here](#).

Health Insurance/ Healthcare Costs:

- COVID-19 testing is now available at no cost to the individual (no co-pays for those with insurance and no charge for the uninsured).
- Special enrollment period open through April 15th for uninsured individuals to ease Coronavirus fears. <https://nystateofhealth.ny.gov/>
- Telemedicine access to a live, emergency medicine provider for Coronavirus concerns (including scripts for tests) is available free of charge to CDPHP and MVP members:
 - CDPHP members can download the app, “CDPHP ER Anywhere” on their smartphone or call 1-866-ER-ANYWHERE to be connected to a live, emergency medicine provider, or visit www.cdphp.com/ERAnywhere.
 - MVP Health Care members can call 1-833-myERnow (1-833-693-7669), or visit <https://myernow.unitedconciergemedicine.com/>.

“Essential” vs. “Non-Essential” Business:

- For guidance regarding which businesses are considered “essential” at this time, please see NYS Empire State Development’s website at <https://esd.ny.gov/guidance-executive-order-2026>

Talking to Kids about COVID-19:

- A Just for Kids: A Comic Explaining the New Coronavirus from NPR, [Click here](#).
- Child Mind Institute: Talking to Kids About the Coronavirus, [Click here](#).
- PBS Kids: How to Talk to Your Kids About Coronavirus, [Click here](#).
- Brain Pop Video: Coronavirus, [Click here](#).
- Autism Focused Intervention Resources & Modules: Supporting Individual’s with Autism through uncertain times, [Click here](#).

Mental Health/Coping Strategies:

- NYS COVID-19 Emotional Support Helpline: 1-844-863-9314 (8am-10pm, 7 days/week)
- SAMHSA: Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak, [Click here](#).
- NYS Office of Mental Health: Managing Anxiety in an Anxiety-Provoking Situation, [Click here](#).

• Coping Strategies For Adults:

- Coping and distraction techniques & ideas, [Click here](#).
- Guided Meditation for Sleep - Body Scan Technique, [Click here](#).
- Mindfulness Breathing, [Click here](#).
- 12 Minute Bedtime Yoga, [Click here](#).

• Coping Strategies For Kids:

- Kids Meditation – Square Breathing, [Click here](#).
- Kids Breathing w/ Glitter jar technique, [Click here](#).
- Cosmic Kids Yoga YouTube channel, [Click here](#).
- Kids Activities, [Click here](#).

• For Those Experiencing Grief:

- TED Talk: we don't "move on" from grief. We move forward with it, [Click here](#).
- Grief blog: www.modernloss.com
- Apps:
 - PTSD coach (IOS or android) - gives education about PTSD and tools for managing each distressing symptom as well as links to crisis if needed
 - Mood coach (IOS only) education about depression, PTSD and behavioral activation. Good for both depressive symptoms and ways to find self-care activities!
 - Calm (breathing, sleep stories, meditation- the free version has a good amount
 - Mindfulness Coach- Leaves on a Stream meditation
 - Stop, Breathe, & Think- breathing strategies

For Those in Recovery: (online 12 step meetings)

- One-on-One Peer Support for individuals in recovery or their families is available from Healing Springs Recovery Community & Outreach Center at 518-306-3048
- Virtual (Zoom) meetings offering sober social activity through Healing Springs Recovery Community & Outreach Center are being held daily (see the calendar and how to access the meetings on their Facebook Page).
- Virtual/online meetings for Alcoholics Anonymous, Heroin Anonymous, and other addiction support groups are generally available through their home pages. Alternatively, online meetings are also available through <https://www.intherooms.com/home/>
- For substance use treatment and referral: SAMHSA's National Helpline Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español) Website: <http://www.samhsa.gov/find-help/national-helpline>

Virtual Entertainment:

- Monterey Bay Aquarium has live web cams, [Click here](#).
- San Diego Zoo has live web cams, [Click here](#).
- National Gallery of Art, Washington D.C. is offering two online exhibits, [Click here](#).

Physical Activity:

- NYS is temporarily waiving all park fees in state, local and county parks.
- Virtual YMCA workouts:
 - Saratoga Regional YMCA <https://srymca.org/virtual-ymca>
 - Capital District YMCA <https://cdymca.org/virtual-workouts/>
- The Physical Activity Alliance has collected a list of online resources and ideas for at-home physical activity at, [Click here](#).

Special Needs Resources:

Home Schooling

- Applied Behavioral Analysis Programs: 101 Great Resources for Homeschooling Children with Autism, [Click here](#).

Support

- Autism Focused Intervention Resources & Modules: Supporting Individual's with Autism through uncertain times, [Click here.](#)
- Office for People with Developmental Disabilities (OPWDD): COVID-19 Guidance, [Click here.](#)

Diabetes Information

- Juvenile Diabetes Research Foundation (JDRF): Coronavirus & Type 1 Diabetes: What you need to know, [Click here.](#)