COVID 19 Resources for Saratoga County
Updated 3.20.2020

Saratoga County COVID-19 Hotline: 518-885-2276
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)
• 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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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.

Hotlines/Warm Lines:

• National Domestic Violence Hotline: 1–800–799–7233
• Wellspring Domestic Violence Hotline: 518-584-8188 or visit their website www.wellspringcares.org for an online chat hotline.
• 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
NYS Department of Health’s Uninsured Care Program hotline 1-800-542-2437 or 1-844-682-4058

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, you may be eligible for temporary federal or New York State paid sick leave with job protection and/or short-term disability benefits. 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/unemploymnetassistance.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 remains April 15, 2020. However, the payment 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).
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].

Coping Strategies:

• 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.

• “Saratoga County Virtual Workout“ - every day at 6a.m., Saratoga County Chamber of Commerce intends to post a virtual workout from a local fitness provider (15-30 minutes). https://www.saratoga.org/

• Virtual YMCA workouts: https://srymca.org/virtual-ymca