



COVID 19 Resources for Saratoga County

Updated 4.8.2020

Saratoga County COVID-19 Hotline: 518-885-2276 (Available 8am – 4pm)

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](#).
- Skidmore Food Access Hub, [Click here](#). (“This page provides information, maps and resources about the coronavirus response in our local area with a focus on access to foods from Farms, Restaurants (take-out), School Lunch programs, and Food Hubs“)
- For information about school meal access please see your school’s info below. If you have questions, please contact your school directly.

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

Prescriptions:

- We have checked with many local pharmacies and they are now offering different pick up/delivery options to help keep everyone safe. There are pharmacies primarily utilizing their drive-through windows, providing a ship to home option, offering curbside pick-up, as well as home delivery.

Please check your individual pharmacies website or give them a call to find out the best way to get your prescriptions at this time.

Internet:

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

Childcare for Healthcare Workers, First Responders and Essential Workers:

- 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. For more details visit the Governor's Paid Sick Leave website, [Click here](#).

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:

- NYS tax filing deadline has been extended until July 15th, 2020. To learn more, [Click here](#). For information from the IRS, [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).
- New Yorkers without health insurance can apply through NY State of Health through May 15, 2020; must apply within 60 days of losing coverage. Visit the NYSDOH website here for more info <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, MVP, and Blue Shield of Northeastern NY 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/>.

-Blue Shield of Northeastern NY: If you do not have a primary care physician, Blue Shield provides access to Doctor on Demand, giving you access to a board-certified physician.

If you are a member of Blue Shield of Northeastern NY, register for the Doctor on Demand app via this link: <https://www.bsneny.com/content/neny/member-services/benefits/seeking-care.html>

Business Loans and Other Assistance:

- If you are a business owner, you may be eligible for COVID-19 related government assistance, such as an Economic Injury Disaster Loan (EIDL) or the Paycheck Protection Program (PPP). Funds can be used for payroll and other operating expenses with loan forgiveness and up to \$10,000 in advance funds available to eligible applicants. See the U.S. Small Business Administration website to apply: <https://www.sba.gov/funding-programs/disaster-assistance>. Also, a summary of the loan programs is available from Bond, Schoeneck & King at <https://www.bsk.com/news-insights/summary-of-federal-relief-loans-available-to-small-businesses-amid-the-covid-19-pandemic>.

“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](#).
- For the more than 400,000 New Yorkers living with Alzheimer’s and their caregivers, you are not alone during this challenging time. The Alzheimer’s Association Helpline is available 24 hours a day, 7 days a week for support and information. Call it day or night at 1-800-272-3900. You can also find tips for dementia caregivers at www.alz.org

- **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:

- The Wild Center virtual tours, [Click here](#).
- Georgia Aquarium has live web cams, [Click here](#).
- Houston Zoo has live web cams, [Click here](#).
- 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](#).
- Kids Out and About: Master Guide to COVID 19 Online Activities for Kids and Teens, [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](#).
- Resources for Speech and Language, [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.](#)
- Autism Society: Coronavirus Response and Resources, [Click here.](#)
- Text4Caregivers: FREE text service that distributes timely and relevant self-care and stress-management support via text messaging. Including resources and information on how to deal with additional stress of the coronavirus, [Click here.](#)

Diabetes

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