



COVID 19 Resources for Saratoga County

Updated 3.24.2020

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.

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.
- 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

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).

“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](#).

Mental Health/Coping Strategies:

- SAMHSA: Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak, [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](#).