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.

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<th>Ballston Spa</th>
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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.

• 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/](http://www.dps.ny.gov/)

IRS Tax Filing:

• The federal tax filing deadline has been extended until July 15, 2020. Learn more, [Click here](https://www.irs.gov/article/68076F00).

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](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](https://www.npr.org/sections/parenting面對).

• Child Mind Institute: Talking to Kids About the Coronavirus, [Click here](https://www.childmind.org/).

• PBS Kids: How to Talk to Your Kids About Coronavirus, [Click here](https://www.pbs.org/)

• Brain Pop Video: Coronavirus, [Click here](https://www.brainpop.com/).

Mental Health/Coping Strategies:

• SAMHSA: Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak, [Click here](https://www.samhsa.gov/).  

• Coping Strategies For Adults:

  - Coping and distraction techniques & ideas, [Click here](https://www.samhsa.gov/)

  - Guided Meditation for Sleep - Body Scan Technique, [Click here](https://www.samhsa.gov/).

  - Mindfulness Breathing, [Click here](https://www.samhsa.gov/)

  - 12 Minute Bedtime Yoga, [Click here](https://www.samhsa.gov/).
• 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](https://srymca.org/virtual-ymca)
  - Capital District YMCA [https://cdymca.org/virtual-workouts/](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](#).