

Looking for Help?

If you, or anyone you know, are a young person going through any kind of crisis, it is important that you know you are not alone and that things can change. The bravest thing you can do is ask for help.

FREE MEALS

<u>Location</u>	<u>Address</u>	<u>Time</u>
Beatstro	135 Alexander Ave., Bronx, NY 10454	12pm
Bronx Drafthouse	884 Gerard Ave., Bronx, NY	12:15pm
Bland House	40-25 College Point Blvd., Flushing, NY 11354	12:30pm
Davidson Community Center	2038 Davidson Ave, Bronx, NY10453	11:30am
William Hodson Senior Center	1320 Webster Ave., Bronx NY 10456	11:45am
Greater Holy Tabernacle Church	3780 3rd Ave., Bronx, NY 10456	12:30pm
Morrisania Air Rights Senior Center	3135 Park Ave., Bronx, NY 10451	11:45am
Andrew Jackson Senior Center	325 E. 156th St., Bronx, NY 10451	11:45am

FOOD PANTRIES:

- **The Hopeline**

884 East 163rd Street

Bronx, NY - 10455

(718) 402-1212 ext. 5

Walk in hours:

Monday 9:30pm - 5:00pm

Tuesday and Thursday 2:00pm - 5:00pm

Requirements: Bronx resident, can provide photo ID and proof of address.

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Important Note: Margaret's Place services are temporarily unavailable while NYC schools are closed through April 20. Please check back at that time for more information.

- **Food Bank for New York City - Bronx**
355 Food Center Drive
Bronx, NY - 10474
(212) 894-8060
Hours: Tuesday, Thursday: 11:00am – 3:30pm
Wednesday: 1:00pm – 8:00pm
Saturday: 11:00am – 2:00pm
- Supper Klub Meal Program for Children and Teens
Monday – Friday: 3:30pm – 4:30pm
- For resources specifically within your zip code, please visit:
<https://www.foodbanknyc.org/get-help/>

WiFi and Internet Services

Free WiFi at home:

- **Comcast** - offering Essentials internet service designed for low-income families free for 60 days for new qualifying customers. Visit <https://www.internetessentials.com/> for more information. Call 1-855-8-INTERNET for set up.
- **Spectrum** - house holds with K-12 students can get free Spectrum Wifi for 60 days (including free installation for new customers). Call 1-844-488-8395 for set up.

Free public WiFi:

- **Comcast** - Xfinity WiFi hotspots will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity WiFi hotspots, visit www.xfinity.com/wifi.
- **AT&T** - AT&T is also providing free access to its public WiFi hot spots. Look for "att-wifi" or "attwifi" in the list of available wireless networks from your smartphone or laptop.

Wifi via smartphone:

- Metro PCS, T-Mobile, Sprint, AT&T and Comcast are all lifting their unlimited data caps for cell phone subscribers for at least 60 days. Contact your cell phone provider for more information.

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- MetroCS will allow you to add a free 10GB of mobile hotspot per month by adding an add on service available in the MyMetro app, [MyAccount](#) or by calling Care at 611.
- T-Mobile and Metro by T-Mobile are providing customers an additional 20GB of mobile hotspot/tethering service for the next 60 days coming soon.

CRISIS & ONLINE RESOURCES

- **NYC Well Crisis Hotline**
1(888) NYC-WELL
24-hour access to crisis counseling, mobile crisis response, and referrals for local mental health or substance abuse service.
- **Crisis Text Line**
Text Home to 741741 for free, 24/7 crisis support in the US.
<https://www.crisistextline.org/>
- **Reach Out**
Teen Line Help Online (<http://teenlineonline.org/category/help-online/>)
ReachOut is run by Inspire USA Foundation. ReachOut is an information and support service using evidence based principles and technology to help teens and young adults facing tough times and struggling with mental health issues <http://us.reachout.com/>

MENTAL HEALTH & COUNSELING

- **The Door**
The Door offers young people ages 12-21 comprehensive educational, health, nutritional and counseling programs, as well as legal services for young people in need of civil legal representation. In order to use any Door services, a young person must become a member. Membership is FREE and CONFIDENTIAL. To schedule a membership appointment call (212) 941-9090 ext. 3200

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- **Lincoln Medical & Mental Health Center**
234 E 149th street Unit 4A Bronx, NY 10451
718-579-5156
- **New York Psychotherapy and Counseling Center- Bronx Child and Family Mental Health Center**
579 Courtlandt Avenue Bronx, NY 10451
718-485-2100
- **JCCA**
555 Bergen Ave #4, The Bronx, NY 10455
(718) 742-8550

SEXUAL ABUSE & DOMESTIC VIOLENCE

- **Safe Horizon**
Domestic Violence Hotline: 800.621.HOPE (4673)
Crime Victims Hotline: 866.689.HELP
Rape, Sexual Assault & Incest Hotline: 212.227.3000
- **Day One NY**
Teen dating abuse and domestic violence support through community education, legal advocacy, supportive services and leadership development.
Teen Date Rape Crisis – helpline for young victims of dating abuse toll-free 1 800.214.4150.
- **NYC Family Justice Center, Bronx**
The New York City Family Justice Centers offer comprehensive services in one location for victims of domestic violence.
www.nyc.gov/domesticviolence
198 E 161st St
Bronx NY 10451 United States
Phone: 718-508-1220

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- **National Domestic Violence Hotline**
1800-799-7255
www.ndvh.com
- **National Dating Abuse Hotline**
1866-331-9474
www.loveisrespect.org
- **Child Abuse Hotline**
1800 – 422-4453
www.childhelpusa.org

LGBTQ+

- **The Trevor Project**
1-800-850-8078 Suicide prevention for gay, lesbian, bi or questioning youth. 24 Hours.
- **Destination Tomorrow**
452 E 149th Street, 3rd floor Bronx, NY 10455
1646-723-3325
DestinationTomorrow.org

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