Wagner College Office of Campus Ministry Mental Health & Social Service Resource Guide

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Please note: The resources included here are not endorsed by Wagner College, and Wagner is not responsible for the content of or service provided by any of these resources.

Mental Health/Pastoral Care Hotlines & FREE Tele-Therapy:

American Red Cross Virtual Family Assistance Center in New York State: The American Red Cross across the regions of New York State have developed a program in response to COVID-19 to support individuals and families who have lost family members to death as a result of COVID-19. The program will link crisis counselors with families to provide emotional and spiritual support, as well as targeted short-term casework to assist with navigating through the challenging processes they might be faced with as a result of the death.

This might include challenges with moving the family member's body through the hospital, nursing home, medical examiner and funeral home systems in this time when those systems may be overwhelmed and their processes may be different than they normally are. They may also include linkage to legal resources for estate, custody, immigration or other issues related to the death.

There is an online intake form can be submitted by a family member, a friend who thinks someone needs help, or an agency on behalf of the family. For those without access to the needed online technology, the phone number submitted within the form will link the caller to an intake person who will assist with the initial steps for getting assistance.

Red Cross Intake Form (English) Red Cross Intake Form (Spanish)

Voice Phone: 585-957-8187

The program is expected to operate for as long as families will benefit from the service or through the month of September.

Deaf Counseling Center: A Deaf-owned and operated counseling and consulting practice staffed by Deaf licensed professional therapists. They specialize in working with Deaf people and their families.

<u>Lighthouse Guild's Behavioral Healthcare Program:</u> As COVID-19 continues its rapid spread, Lighthouse Guild reaffirms its commitment to protecting the safety and wellbeing of those that they serve. The Behavioral Health specialists at Lighthouse Guild understand the distress you may be feeling and offer a range of services to support your emotional needs. Lighthouse Guild's

Behavioral Healthcare is now available via telehealth (telephone and video calling), especially to individuals with or at risk of vision loss. Those seeking behavioral healthcare via telemental health service may call 212-769-7800. They are already accepting most insurances and are working to develop support groups, too.

Information needed:

- Name
- Date of Birth
- Address
- Phone
- Insurance (primary and, where relevant, secondary)
- How would the patient like to work telephone or Video call?
- Caseworker contact
- Emergency contact

Phone: 212-769-7800

Additional Information on Lighthouse Guild's Behavioral Healthcare

NYC Well: NYC Well is your connection to free and private mental health support. You can reach out to a counselor by phone, text, or chat and get help with stress, depression, anxiety, or drug and alcohol misuse. To get help 24/7 and in more than 200 languages:

- **Text:** Text "WELL" to 65173 to text with a counselor.
- Chat: Go to the NYC Well website to chat with a counselor or peer support specialist.
- Talk: Call <u>888-NYC-WELL</u> to speak with a counselor or peer support specialist.

<u>New York – Project Hope Support Helpline:</u> NY Project Hope helps New Yorkers understand their reactions and emotions during COVID-19. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope helps people manage and cope with changes brought on by COVID-19. NY Project Hope Crisis Counselors understand what you are going through. Talking to them is free, confidential, and anonymous. Talk to someone who is trained, knowledgeable and never judges. Sometimes it helps to talk with someone you don't know. **Emotional Support Helpline:** <u>1-844-863-9314</u>

<u>National Alliance on Mental Illness:</u> The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance. Call **800-950-6264** or text NAMI to **741741**.

New York State Chaplain Task Force: New York State Chaplain Task Force, and its national division, United States Chaplain Task Force, is a 501c3 Not-For-Profit organization which trains, maintains and dispatches highly skilled volunteer Inter-Faith Community Crisis Chaplains to provide spiritual and emotional support and assistance to individuals and their families, local &

state agencies, as well as public and private institutions, in times of crisis. 24/7 Compassion Line for Pastoral Care: 1-833-697-2831

<u>Richmond University Medical Center Mobile Outreach:</u> A hospital-based program providing Staten Island residents with support group and self-help services for a wide variety of issues, illnesses, and disabilities; also linking individuals to a suicide help line.

Address: 690 Castleton Ave, Staten Island, NY 10310

Phone: 718-818-6900

<u>The Salvation Army:</u> In response to the rising levels of anxiety and uncertainty due to the COVID-19 pandemic, The Salvation Army has launched an emotional and spiritual support hotline for people who just want to talk. The hotline connects callers to pastors and other emotional care personnel who provide a listening ear - and if requested, spiritual guidance and prayer support. The hotline also helps the Army determine areas with additional needs and collect prayer requests. The Salvation Army launched a similar hotline in the wake of the September 11 attacks, and saw an immense response. The phone number is 1.877.740.8829. Staff are available 8 a.m. - 4 p.m., and counselors speak English and Spanish. Callers are encouraged to leave a message if they call off hours.

Apps For General Spiritual Wellness:

Soulvana: Comprehensive app featuring meditations, classes, and inspiring reflections/talks by some of the most remarkable spiritual teachers, guides, healers & shamans on the planet

Jiyo: Inspired by Deepack Chopra, this wellness-focused app address mind, body and spirit (meditation, metaphysics, nutrition, relationships, sleep, personal growth, and exercise).

Gaia: Unique blend of films, shows, classes and articles that include yoga, meditation, personal transformation, spirituality and alternative healing content.

Spiritual Stories Daily: Inspiring stories about spirituality, inner strength, inner peace, spiritual growth and the powers of the mind. The stories show the power of thought in action, and speak about the spirit that is beyond the mind. These stories are meant to teach, inspire, and motivate.

Spirit Junkie: Start the morning right and keep the good vibes going with an inspiring affirmation every day. You can meditate on this affirmation, repeat it throughout your day or set reminders to view it and let it bring you back to center.

Miracle Now: This app provides daily inspiration as a spiritual guide to help expand one's miracle mind-set.

ConZentrate: Helps improve the focus of the mind by allowing you to go deeper into your meditation. The app makes it a fun event by setting goals that you can achieve and at the same time allowing you improve your concentration. The result of every goal is to unlock a background or a ball or background music.

Headspace: Teaches you how to breathe, meditate, and live mindfully. There are exercises on everything from managing anxiety to stress relief to breathing, happiness, calm, and focus. It can help you focus, breathe, stay calm, and create the conditions for a better night's sleep by practicing meditation and mindfulness.

Grateful: A Gratitude Journal: Consists of daily prompts that give you something to write about, especially if you are totally mind-blocked. If you do not feel like answering the prompt given to you, you can always choose another one. If you are in a great mood to think and be creative, you can even write your own

Day One: An award-winning app that makes journaling about your life a simple pleasure. Builds awareness, gratitude, reflection skills.

365 Gratitude: Helps you focus on what is good in your life. You can win rewards and prizes by unlocking medallions when you complete daily challenges. The app features daily prompts that can help you appreciate your family, friends, work, and relationships. Comes with a mood-tracker.

Interfaith and Religion-Specific Apps:

Ocean 2.0 Interfaith Reader: An interfaith resource of sacred texts from all major religions.

Lectio 365: A daily devotional resource that helps you pray the bible every day. The app is inspired by Lectio Divina, a way of meditating on the Bible that's been used by Christians for centuries, often referred to as Centering Prayer. Also provides a weekly focusses around six practices that help one live like Jesus: prayer, mission, justice, creativity, hospitality and learning.

Our Bible: Developed by Progressive Christians, this app focuses on spiritual wellness and providing a space where everyone is welcome. Provides daily devotions, scriptures, podcasts and chatrooms.

Jesuit Prayer: One-stop Ignatian spirituality on the go. Features daily scriptures, reflection, prayers, and inspirational images

YouVersion Bible: Enjoy hundreds of versions of the Bible, including audio, bookmarks, notes and reading plans.

Tao Te Ching: Provides the complete text of this book written by Lao Tzu.

Torah Anytime: Video and audio Torah classes on personal growth, Jewish mysticism, philosophy and thought, dating and marriage, parenting, Israel, life after death, holidays, life cycle and more.

Sikh World: Sikh teachings, information on Gurus, read and listen to the Sri Guru Granth Sahib, read and listen to daily Hukamnama, listen to live Kirtan, listen to Nitnem and other Gurbanis, videos, and more

Heart Space: Provides an inner experience of Sufi spirituality through audio recordings of guided spiritual practices. Includes inspirational texts from Rumi, Hadith, and the Qur'an.

MuslimPro: Most popular Muslim app with full Qur'an, prayer times, audio recitations, Qibla locator, calendar, maps of halal restaurants and Mosques.

Buddhify: Helps to brings calm, clarity and kindness to all parts of your life. Meditations and mindfulness exercises included to help you reduce stress and anxiety and to help you live happier and healthier.

Daily Hinduism: A gateway to the rich tradition of Hinduism. Stay informed about important holy days, follow your favorite deity or community, experience important festivals.

Baha'i Prayers: Includes daily prayers, hidden words, bookmarks, Qiblih compass, 95 counter, calendar, solar times and reminders.

FEMA COVID-19 Funeral Assistance Appropriations:

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

COVID-19 Funeral Assistance Line Number

Applications begin on **April 12, 2021 844-684-6333** | TTY: **800-462-7585**

Hours of Operation:

Monday - Friday 9 a.m. to 9 p.m. Eastern Time

Substance Abuse & Treatment:

Addiction Angel

Phone: 646-404-0637

Amethyst House Inc./CD Community Residence

280 Richmond Terrace Staten Island, NY10301

Phone: 718-448-1900

Bridge Back to Life

1688 Victory Blvd, Staten Island, NY 10314

Phone: 718-447-5700

Camelot of Staten Island

4442 Arthur Kill Rd # 4, Staten Island, NY 10309

Phone: 718-356-5100

Community Health Action of Staten Island

56 Bay Street Staten Island, NY 10301

Phone: 718-808-1300

Jewish Board of Family Children's Services

2795 Richmond Avenue Staten Island, NY 10314

Phone: 718-370-9847

Project Hospitality Inc.

14 Slosson Terrace, Staten Island, NY 10301

Phone: 718-448-1544

Samaritan Daytop Village Inc.

1915 Forest Avenue Staten Island, NY 10303

Phone: 718-987-3136

South Beach Addiction Treatment Center Addiction Inpatient Rehab Program

777 Seaview Avenue Staten Island, NY 10305

Phone: 718-667-5202

Staten Island Mental Health Society Day Treatment Program South Shore

6581 Hylan Boulevard, Building 12 Staten Island, NY 10309

Phone: 718-720-6727

Tackling Youth Substance Abuse

444 St. Marks Place, 3rd Floor, Staten Island, NY 10301

Phone: 718-226-0258

YMCA of Greater New York Staten Island Counseling Center North

285 Vanderbilt Avenue Staten Island, NY10304

Phone: 718-981-4382

Virtual Support Groups for People Using and/or Recovering from Substance Use:

Narcotics Anonymous

https://virtual-na.org/ na.org/meetingsearch

Alcoholics Anonymous

<u>aa-intergroup.org/directory.php</u> <u>onlinegroupaa.org</u> <u>aaonlinemeeting.net</u>

Web Resources for People of Color:

Black Women's Health Imperative:

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

Boris Lawrence Henson Foundation:

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

Brother You're on My Mind:

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an online toolkit that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

Ebony's Mental Health Resources by State:

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

Henry Health:

Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.

Melanin and Mental Health:

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

Ourselves Black:

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

POC Online Classroom:

Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.

Sista Afya:

Organization that provides mental wellness education, resource connection and community support for Black women.

Therapy for Black Girls:

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

The SIWE Project:

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

The Steve Fund:

Organization focused on supporting the mental health and emotional well-being of young people of color.

Unapologetically Us:

Online community for Black women to seek support.

LGBTQ+ Resources:

The Ackerman Institute: Gender and Family Project:

Phone: 212-879-4900

The Gender & Family Project (GFP) of the Ackerman Institute provides comprehensive multidisciplinary support services for gender expansive children, transgender adolescents, their families and their communities. GFP will continue to offer services remotely, including online support groups for youth and families, as well as individual and family therapy services.

BlackLine:

Phone: 1-800-604-5841

BlackLine provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

The Trevor Project:

The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ youth ages 16–25. The Trevor Project is continuing to operate their 24-hour helplines. Young people can also access the virtual support center linked below for additional COVID-19 resources.

• If you are considering suicide and need immediate support, call the TrevorLifeline at <u>1-866-488-7386</u> (available 24/7)

• Services are also available 24/7 by chat at TrevorChat (website below) and TrevorText (Text "Start" to 678678)

Trans Lifeline:

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Operators are located all over the U.S. and Canada and are all trans-identified. If you are in crisis or just need someone to talk to, even if it's just about whether or not you're trans, please call.

• If you are in crisis or need immediate support, call the Trans Lifeline at 877-565-8860. While the hotline is open 24/7, EST operators are guaranteed to be on line from 10am—4am.

Rainbow Heights Club (RHC):

Phone: 718-852-2584

Rainbow Heights Club provides advocacy, socialization and support to lesbian, gay, bisexual and transgender people who are living with serious mental illness. RHC is currently closed for inperson services but continues to offer weekly telephone support groups and connection to services by telephone.

Callen Lorde Community Health Center:

Callen–Lorde Community Health Center provides sensitive, quality health care and related services for New York's lesbian, gay, bisexual, and transgender community. Callen-Lorde is experiencing changes in staffing due to COVID-19 and is no longer taking walk-ins, but they are conducting intake by phone and operating limited in-person hours.

- For medical services and intake, call <u>212-271-7200</u>
- For prescriptions and pharmacy questions, call 877-436-4352
- In-person services offered in Manhattan and the Bronx

The LGBT Center:

Mental Health, Peer and Community Support

The Center fosters a welcoming environment where everyone is celebrated for who they are. They offer New York's LGBTQ communities with advocacy, health and wellness programs; arts, entertainment and cultural events; 12-step recovery support; and parenthood and family support services. The LGBT Center has closed in-person services and is offering remote service navigation around legal assistance, mental health connections, HIV and STI testing, housing, immigration, and youth services.

- To reach the Center, call <u>212-620-7310</u> from 9am–10pm, Monday through Saturday, and 9am–9pm on Sundays
- Learn about upcoming virtual events

EXPONENTS:

EXPONENTS is dedicated to serving those impacted by HIV/AIDS, substance use, incarceration, and behavioral health challenges. EXPONENTS is currently offering programs and services virtually, including drug treatment, recovery support and mental health services.

Phone: 212-243-3434

Brooklyn Community Pride Center:

The Brooklyn Community Pride Center provides services and support to the borough's LGBTQ+ community through original programming and partnerships with other organizations. Brooklyn Community Pride Center has moved most of their community programs to a virtual platform, including peer support groups, classes, and other virtual opportunities to connect with community members.

Phone: 347-889-7719

The Pride Center of Staten Island:

The Pride Center of Staten Island provides high-quality, life-enriching LGBTQ programs and events. Pride Center programs have moved to digital platforms, including peer support groups, events, and other peer support programs. The Pride Center's Virtual Front Desk will have contact hours from 10am–4pm, Tuesdays–Saturdays.

Phone: 718-808-1360

Domestic Violence:

NYC 24-Hour Domestic Violence Hotline: 1-800-621-HOPE

Barrier Free Living:

Barrier Free Living (BFL) offers comprehensive support services for survivors of domestic violence with disabilities at its fully accessible BFL Freedom House domestic violence shelter, award-winning BFL Secret Garden domestic violence counseling program, and BFL Apartments that offers permanent homes with support services to survivors with disabilities and their families. BFL is based in New York City.

Phone: 1-800-799-7233

Safe Horizon:

Safe Horizon is a nonprofit organization providing social services for survivors of abuse and violent crime in 57 locations throughout the five boroughs of New York City. Safe Horizon has suspended most in-person programming, but they are continuing to operate a Spanish and English-language 24/7 hotline.

Phone: 1-800-621-4673

Community Health Action:

Community Health Action of Staten Island supports survivors of domestic violence and sexual assault to overcome the impact of abuse. We work together to create healthy families and communities free from violence.

Phone: 718-808-1300

Housing Services:

If you need a safe place to stay, resources are available. Youth ages 16 - 20 may be able to find emergency shelter at <u>Crisis Services Programs</u> throughout NYC. To get connected:

• Call or stop by one of the drop-in centers below

• Call 311 and ask for shelter for youth

If you're over 20, you can go to a drop-in center below to get a referral. Anyone over 18 in NYC can also go to adult shelters.

Youth drop-in centers:

Drop-in centers in all five boroughs offer a safe place for youth ages 14-24 to hang out, charge your phone, find clothing and food, and take care of other needs. You can also get a range of services, from health care to job support (most drop-in centers offer these after an intake conversation with staff). Find out how to access centers in the **Bronx**, **Brooklyn**, **Manhattan**, **Queens**, and **Staten Island**.

CMCS Sunrise Drop-In:

Address: <u>333 E 149th St, Bronx, NY 10451</u>

Contact: <u>718-993-5495</u> Drop-in hours: 24/7

Hours for new client intake: 9am – 8pm (7 days/week)

SCO Family of Services:

Address: 398 Grant Ave, Brooklyn, NY 11208

Contact: <u>718-277-6403</u> Drop-in hours: 24/7

Hours for new client intake: 24/7

Ali Forney Center:

Address: 321 W 125th St, New York NY 10027

Contact: <u>212-206-0574</u> Drop-in hours: 24/7

Hours for new client intake: Varies; call for details

The Door:

Address: 555 Broome St, New York, NY 10013

Contact: 212-941-9090

Drop-in hours: 11am – 8pm (Mon, Tues, Thurs, Fri); 11am – 10pm (Wed) & 11am – 7pm (Sat)

Hours for new client intake: 2 – 5pm (Mon, Tues, Thurs, Fri) & 2 – 7pm (Wed)

Safe Horizon Streetwork:

Address: 209 W 125th St, New York, NY 10027

Contact: 212-695-2220

Drop-in hours: 12 – 5pm (Mon, Tues, Thurs, Fri) & 12 – 3pm (Sat & Sun) Hours for new client intake: 10am – 12pm (Mon – Tues & Thurs – Sun)

Sheltering Arms – Jamaica:

Address: 89-74 162nd St, 3rd Floor, Jamaica, NY 11432

Contact: 718-526-2400 ext. 2080

Drop-in hours: 24/7

Hours for new client intake: 24/7

Sheltering Arms – Far Rockaway:

Address: 1600 Central Ave, Far Rockaway, NY 11691

Contact: <u>718-471-6818</u> ext. 2123

Drop-in hours: 10 am – 8pm (Mon – Thurs), 10am – 7pm (Fri) & 12 -8pm (Sat)

Hours for new client intake: Same as drop-in hours

Project Hospitality:

Address: 27 Port Richmond Ave, Staten Island, NY 10302

Contact: <u>718-876-4752</u> Drop-in hours: 24/7

Hours for new client intake: 24/7

Shorter-term housing:

Youth ages 16 - 20 who need a safe place to stay may find shelter and support services at Crisis Services Programs for up to 120 days. To get connected, most youth visit a <u>drop-in center</u> and ask for a referral or call 311.

Longer-term housing:

Youth 16-20 who don't have stable housing may find a supportive place to stay for up to 24 months at Transitional Independent Living (TIL) programs. TIL programs also offer services including education programs, job help, counseling, and life skills. To get a referral, youth usually go to a <u>Crisis Services Program</u> first. To start the process, you should visit a <u>drop-in center</u> and ask about residential programs.

If you're 21 - 24 years old, you can go to a <u>drop-in center</u> above to get a referral. Anyone over 18 in NYC can also go to <u>adult shelters</u>.

Financial Help:

You may be eligible for <u>Supplemental Nutrition Assistance Program (SNAP)</u> to help you buy food and <u>Cash Assistance</u> to help with costs, including emergency rent help and your safety or health. If you plan to apply, keep in mind:

- **Home address**: You don't need a permanent address to apply.
- Youth under 21 years old: You can apply for SNAP benefits and Cash Assistance on your own. You may be eligible if you're 16 or older, don't live with your parents or a legal guardian, and you meet the rest of the eligibility requirements.
 - o **Youth 16 and 17**: You may need an assessment to make sure you're in a safe living situation before you can apply on your own.
- **In college**: You may be able to get SNAP benefits in college if you're also working, caring for a child, or **meet other requirements**

• Training, education, and employment: Cash Assistance recipients can get <u>training and</u> <u>education services</u> to help develop their career

You can apply for SNAP online through <u>AccessHRA</u>, submit documents through your smartphone, and complete an interview over the phone. To apply for Cash Assistance, visit an <u>HRA Job Center near you</u>.

To find out what other benefits and programs you may be eligible for, <u>visit ACCESS NYC</u>. To learn more about applying for benefits as an immigrant, <u>visit HRA's website</u>.

Food & Nutrition:

If you need food now, you can:

- Call the Emergency FoodLine at 866-888-8777
- Find a provider on the NYC Food Map
- Visit a drop-in center

Learn more about <u>Emergency Food Assistance</u> and how to get groceries at a food pantry or a cooked meal at a community kitchen. You can also reserve a spot at food pantries using the **Plentiful app.**

Staten Island Food Pantries:

First United Christian Church

109 Victory Blvd., Tompkinsville

Open: Sundays from 2:30 to 5 p.m. (Note: Closed the first Sunday of each month)

St. Mary's of the Assumption Church

PH Moveable Feast Mobile Food Pantry

Available: Last Tuesday of each month from 10 a.m. to 11 a.m.

Cassidy Coles Senior Center

PH Moveable Feast Mobile Food Pantry

125 Cassidy Pl., New Brighton

Available: Third Monday of each month at 9 a.m.

El Centro De Hospitalidad

1546 Castleton Ave., Port Richmond

Open: Thursdays from 6 p.m. to 8 p.m. and Saturdays from 9 a.m. to noon (Note: The center accepts emergency calls at 718-420-6466.)

First United Christian Church

109 Victory Blvd., Tompkinsville

Open: Sundays from 2:30 to 5 p.m. (Note: Closed the first Sunday of each month)

St. Mary's of the Assumption Church

PH Moveable Feast Mobile Food Pantry

Available: Last Tuesday of each month from 10 a.m. to 11 a.m.

Cassidy Coles Senior Center

PH Moveable Feast Mobile Food Pantry

125 Cassidy Pl., New Brighton

Available: Third Monday of each month at 9 a.m.

Salvation Army

1295 Forest Ave., Port Richmond

718-442-2145

Open: Monday through Thursday, 10 a.m. to 2 p.m.

Council of Jewish Organizations

984 Post Ave., Port Richmond

718-720-4047

Monday through Friday 10 a.m. to 2 p.m. with emergency calls taken on Sundays.

Richmond Senior Services

500 Jewett Ave., West Brighton, 729 Delafield Ave.

718-816-1811

Open: Tuesdays from 10 a.m. to 2 p.m. to seniors and Thursdays from 10 a.m. to 2 p.m. for

families.

Faith United Methodist Church

221 Heberton Ave., Port Richmond

718-442-5684

Ask for Mr. Morris or Norcie and call for an appointment

Catholic Charities -- CYO Center

120 Anderson Ave., Mariners Harbor

718-447-6330

Open: Tuesdays from 1 p.m. to 3 p.m.

Rescue Ministries S.I.

2083 Richmond Terr., Mariners Harbor

718-448-7115

Staten Island Seventh Day Adventists Church

80 Union Ave., Mariners Harbor

718-442-4806

Project Hospitality

514 Bay St., Stapleton

718-815-0800

Open: Tuesdays from 9 a.m. to 11 a.m. and 1 p.m. to 3 p.m.; Thursdays from 9 a.m. to 11 a.m.

African Refuge Center

PH Moveable Feast Food Pantry 185 Park Hill Ave., Stapleton Open: Wednesdays at 10 a.m.

House of Restoration Ministries

PH Moveable Feast Mobile Food Pantry 70 Beach St., Stapleton Open: Third Sunday of each month at 9:30 a.m.

Salvation Army

15 Broad St., Stapleton

Open: Mondays through Fridays from 9:30 a.m. to 1:30 p.m.

Stapleton UAME Church

49 Tompkins Ave., Stapleton 718-273-2857

Open: Tuesdays and Fridays, 10 a.m. to 1 p.m.

Christian Pentecostal Church (CPC)

900 Richmond Rd., Concord

718-273-5850

Open: Tuesdays from 7 p.m. to 8 p.m.; Wednesdays from 7 p.m. to 7:30 p.m.

Open: Thursdays from 1:45 p.m. to 3:45 p.m.

Our Lady of Good Counsel Church

10 Austin Pl., Tompkinsville

718-447-1503

Open: Saturdays from 10 a.m. to 11 a.m. Note: New clients accepted the first Saturday of each month.

Trinity Lutheran Church

309 St. Paul's Ave., Stapleton

718-987-5233

There is both a food pantry and Soup Kitchen. The food pantry is open every Saturday from 11 a.m. to 1 p.m. and the Soup Kitchen every Saturday from noon to 1 p.m.

Staten Island Liberian Community

180 Park Hill Ave., Stapleton

Lobby G

Open: Wednesdays from 2 p.m. to 4 p.m.

New Morning Day Care Center

141 Park Hill Ave., Stapleton Lobby A & B 718-981-3692 Call for information

Catholic Charities Community Services: Rusty Staub Mobile Food Pantry at Immaculate Conception Church

105 Targee St., Stapleton 718-447-2165

Open: Tuesdays from 10 a.m. to 11:30 a.m.

Shiloh AME Zion Church

PH Moveable Feast Mobile Food Pantry 779 Henderson Ave., West Brighton PH Moveable Feast Mobile Food Pantry 7516 Amboy Rd., Tottenville 718-984-1722

Open: Second Sunday of each month at 1 p.m.

St. Paul's United Methodist Church

South Shore Food Pantry 7558 Amboy Rd., Tottenville 718-227-2485

Open: Tuesday through Friday from 10 a.m. to 1 p.m.

Mesivtha of Staten Island (Open to congregants only)

1870 Drumgoole Rd. East, Pleasant Plains

718-356-5412

Open: Wednesdays from 3:30 p.m. to 4:30 p.m.

St. Edward's Food Pantry

6581 Hylan Blvd., Tottenville

718-356-5412

Open: Wednesdays and Saturdays from 10 a.m. to 1 p.m.

Kosher Pantry:

Jewish Community Center of Staten Island

Joan & Alan Bernikow JCC

1466 Manor Road, 10314.

The phone number for new clients is 718-475-5245. Existing clients can schedule appointments at 718-475-5242.

Open: Monday through Friday from 10 a.m. to 5 p.m. by appointment only.